Our Cooperative Community

Seeds at City Urban Farm
Cultivating hope and educating for a sustainable planet

We’re putting in a new donation box at the cash registers here at the Co-op:

Seeds at City Urban Farm
Seeds at City, located at San Diego City College, was formed through a partnership between San Diego City College, San Diego Roots Sustainable Food Project, San Diego High School and Garfield High School. Established in June 2008, it is the first of its kind at an institution of higher education in San Diego County. The program unites people of all ages, cultures and backgrounds with the common goals of improving the quality of the earth and the lives of those who work the land and who share in the harvest. It also provides local, healthful organic foods to those who have little or no access to such produce and offers education in the art of sustainable living to all.

Through this hands-on learning environment students across a variety of disciplines, from biology to mathematics to child development, put theory into practice. Building bridges from the classroom to the community, service learning takes root in this project. Students, scholarship winners and volunteers work side by side with professional organic farmers to learn the fundamentals of sustainable agriculture. The farm teaches respect for the environment, offers meaningful work experience and creates a bountiful harvest to share with those who have little or no access to local, organic produce.

At Seeds at City you can take part in a 14-week sustainable urban farming apprenticeship under the instruction of our experienced urban farmers; work toward a certificate in Sustainable Agriculture or take classes for your personal development; and get your hands dirty as a volunteer on Tuesday and Saturday mornings. Additionally, Seeds at City offers an Associate degree in Sustainable Urban Agriculture as well as certificate programs in: Urban Farming, Urban Gardening, Organic Gardening for the Culinary Arts, Introductory Ecological Landscaping, and Advanced Ecological Landscaping.

The farm is located at San Diego City College at the corner of 14th and C Streets and parking is free on Saturdays. Check out updated farm happenings at the Seeds at City blog at www.seedsatcityurbanfarm.blogspot.com

Hey Teachers ~ Bring your Students to the Wild Willow Farm and Educational Center!

People’s Organic Food Co-op is offering sponsorships for elementary and middle school children to tour and experience hands-on learning at the Wild Willow Farm and Educational Center. Are you a teacher interested in an inspiring farm field trip? If so, this opportunity is not to be missed! The Wild Willow Farm, located near Imperial Beach, offers a variety of educational topics—from composting to farm insects to water conservation—and helps students take an active part in growing food.

Field trips typically last 2 to 3 hours, depending on your needs. Students are typically split into groups and rotate through 3 to 4 activities, which include planting, weeding, watering, bed-building, composting, mulching, etc. The farm directors choose tasks and activities that are age-appropriate.

A few of the field trip activities include: Sustainability Scavenger Hunts, where students learn what sustainability means in the context of farming; Brown Bag Botany, where students learn the edible plant parts (roots, stems, leaves, flowers, fruit, seeds) and how the foods that they are familiar with fit into those categories; Homes for Seeds, a hands-on lesson that introduces students to seed needs including nutrients, structure, moisture, warmth, and light; Recycling with Worms, where students observe worm bins and hold worms; and Farm Insects: Friend and Foe, where farmers discuss beneficial insects that pollinate, eat pests, and help the farm.

By applying for a sponsorship through People’s, a $5 per student charge will be waived. For more information on the Wild Willow Farm and Educational Center, please visit the farm’s website at http://s.coop/3b0T. For sponsorship applications, please contact Member Services at People’s Co-op, located on the Co-op’s second floor.

Bag Raffle Winners
Congratulations to our recent bag raffle winners: Sybil, Pat, Barb, Alyssa, Lona, John, Brandie, Ellen, Trisha, Sue, Jan, James, Nancy, Sandra, Roh, Robert, Kan, Stefanie, Barbara, Sophia, Wendy, Jenna, Brett, Calvin, Karen, Marissa, Audrey, Roberta, Bob, Kris, Alexa, Joan, and Chris. If you haven’t participated yet, please join in. All it takes to receive a raffle ticket—which entitles you to the Co-op’s daily drawing of a $30 People’s Co-op gift card—is to bring your own large grocery bag or box when you shop. Each large bag that you bring in and use, entitles you to one raffle ticket.

Don’t forget the Coffee Cup Raffle upstairs in the Deli. Each time you use your own cup, you’ll receive a raffle ticket for a $5 People’s Co-op gift card.

Be Green - Go Paperless
Receiving the Co-op’s newsletter in the mail each month is a benefit of Co-op membership and a great way to keep up on all of the latest news. You can also read the Co-op News online by visiting our website at www.obpeoplesfood.coop and entering your email in the “Join our E-newsletter” box. Then, on the first of the month you’ll get an email with a link to download the Co-op News. If this suits you, please be sure to let us know that you’d like to opt out of the paper copy by emailing us from our website or by telling us in person at the Co-op.

Moving, Address Change? Please, Let Us Know
If you are planning to move, or have moved in the past month, please contact Membership Services and let them know your new address. This will save your Co-op postage costs for returned newsletters, and will ensure that you don’t miss a single issue of your Co-op News.

To reach membership, please call Kylie at People’s Co-op (619) 224-1387 or email your address change to membership@oceanbeachpeoples.com

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