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**2011 "Get Your Grow On" Urban Farms and Gardens Tour Kicks off June 15**

*Thirty-eight farms and gardens and dozens of pre-tour events celebrate local food and healthy communities.*



Their motto: "From seed to crop to jar to dollar." The young farmers of BoysGrow are one of 38 stops on this year's Urban Farms & Gardens Tour.

By Janet Brown Moss

Wow, it's here. Well, it's *almost* here, the 4th Biennial KC Urban Farms and Gardens Tour, I mean. I caught a drift of conversations similar to the following wafting across the air in the metro from folks who picked up tour booklets this past week. Here's some of what I heard.

"Okay family and friends lets get out our calendars and chart a course for the days and nights of June 15 to June 26." "What? You are asking me to plan a two week stretch of my life? I am not a planner type."

Well, I am not a planner either, but when talking about ways to keep myself and family fed with fresh, nourishing and local food, I make an exception. Doing that cannot be as spontaneous as driving through a fast-food place, even though sometimes I wish it were.

"Okay let's look it over. OMG, there are 22 events in the nine days before the tour and two tour days! I don't even know how to begin choosing. Are you expecting me to take my vacation days to learn and experience growing food in the city?" "Yea, we probably can't make all of them so let's look this over and note the things we most want to do or know more about."

Of course the biggest event is the tour of farms and gardens on June 25 and 26, when 38 urban farms and gardens across the metro will open their fields so the public can see what growing good food in our cities is all about. A detailed description of each site and its scheduled activities is online at [www.urbanfarmstourkc.com](http://www.urbanfarmstourkc.com) and in the official farm tour booklets at area libraries, coffee houses and other pick-up spots. The tour is self-guided, and attendees are encouraged to visit as many sites as they like from 10am to 5pm on Saturday and Sunday.



The beautiful Huns Garden joins the tour again this year.

New to the tour this year are several bike tour options; a greater variety of food demos--snow cones, mead, raw foods and more; food wagons and other types of vending on some of the sites so folks can purchase food to eat as they tour; vendors selling home-made items for home and health; raising tilapia in the city and suburbs; an increasing number of community gardens in "food desert" areas and youth learning entrepreneurial skills by growing and marketing food.

June 15 at 6pm kicks off the urban food journey with an evening at the Central Library in Kansas City, MO. Michael Ableman, author, farmer, photographer, and food system activist for some 30 years (wow, isn't he ahead of the crowd), is going to help us see the big picture of the food revolution; choices about what we eat, from where it comes, whether it means we grow our own food or buy from local farms and gardens or a combination of both. The real key is "keep it healthy and local, yokel." The event includes a reception with healthy foods and drinks.

Now the real decision-making begins. Do we want to go to art & films about food? One of the events, *Us and Earth: Artistic Expressions of Urban Food and Farm* includes an exhibit of art created by farmers and gardeners, with Chef Danny of Danny's Big Easy preparing samples of food from neighborhood gardens. Or do we want to attend workshops that teach us what to do with the food (cooking, canning, preparing it raw), learn about items to eat, other than plants (bee-keeping, raising chickens), or take in some activities our kiddos will enjoy, such as *Grow a Book* at Reading Reptile and *Grow Fun Food and Grind Grains* at KC Community Gardens?

There are several "Eat Out Local" nights when restaurants that use local food ingredients will donate a portion of sales to the tour budget, so we hardly even have to cook to eat healthy and local during farm and garden tour days. One night will be a feast prepared by Chef Celina Tio, owner/chef of Julian Restaurant in Brookside, contestant on Bravo's Top Chef Masters and recent runner-up on The Next Iron Chef. She will prepare this feast from food local growers bring from their gardens to be considered for a menu item named after their farm or garden on the Julian menu.

Topping off the pre-tour events will be a potluck local-food picnic co-sponsored by the Garden Center Association of Greater Kansas City, that will appeal to cooks of home- and farm-grown produce! If we want we can enter our dish in a contest that will be judged by Ethne Clark, editor of the national publication "Organic Gardening," Gordon Roe, publisher, tastebud magazine, Kansas City's own eating-well magazine, and Mary Pepitone, writer of the Kansas City Star's beloved food column, "Come into my Kitchen."

Reach Janet at [janetbridgeworks@sbcglobal.net](mailto:janetbridgeworks@sbcglobal.net).

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## Workshop Promotes Edible Forest Gardening and Builds Local Capacity

Perennial food production finds support against the background of peak oil and climate change.

*"Just as a healthy forest is made up of many species, so a healthy diet should include as wide a variety of natural whole foods as possible: fruits, nuts, vegetables (especially green, leafy ones) and herbs. At present in the industrial world, we rely on a perilously small number of cultivated plants to feed ourselves. Not only does this lack of variety threaten our food supply, but the intensive monoculture approach requires us to farm large tracts of land in unsustainable and destructive ways. What's more, an unnaturally limited diet can negatively affect our health and thus all other aspects of our lives. A multilayered forest garden, even on a small scale of an individual backyard, ensures an ever-changing harvest of absolutely fresh, organic food throughout much of the year. Growing and harvesting food that is nutritious and "alive" not only provides us with more energy, but contributes to an overall sense of well-being and self-reliance that nourishes the spirit as well as the body."* From *Forest Gardening: Cultivating an Edible Landscape* by Robert Hart.



By Daniel Dermitzel

Some 50 farmers, gardeners and permaculturists gathered at the Ramada Hotel in Overland Park on Sunday, May 22, for an afternoon of learning about a method of growing food called Edible Forest Gardening. Presentations by some of the region's most knowledgeable teachers were followed by a design exercise and a visit to Cultivate KC's experimental forest garden in Merriam, KS. It was a wonderful learning experience for most folks and a first step for many toward implementing more sustainable food production on a small and medium scale.

People came from as far away as Lincoln, NE, to learn about Edible Forest Gardens at Cultivate KC's first workshop of this kind.

Starting us off was Michael Almon, owner of *Forest Floor Permaculture* and *Paradigm Design* in Lawrence, KS, who shared with

us an overview of forest ecology and succession theory. Understanding the development of a forest over time is helpful to the designer of edible forest gardens who is aiming to create the conditions for maximum productivity. These conditions usually require more light than is available in a dense, fully mature forest, which suggests that we design for a slightly less dense woodland instead. Michael also taught us about plant guilds and the complex life underground, the soil food web.

After this ecology primer, Steve Moring of *Vajra Farm* gave an overview of forest garden site analysis and design patterns. We learned about the need to plan with the end state in mind, then working backwards

in time to arrive at a planting schedule that corresponds to changes in light and shade conditions, soil chemistry and other changes as the forest garden matures.

Steve Mann of *Prairie Ecosystems Management* continued to further flesh out design considerations by explaining different guidelines for plant spacing and discussing



A design exercise and a trip to the Cultivate KC experimental forest garden concluded the workshop.

forest garden establishment techniques that suit designers working on different scales and with different financial and material resources.

The presentations concluded with Matt Bunch of *Powell Gardens* and Cathy Bylinowski of *Cultivate KC* discussing some of the most common plant species found in edible forest gardens. At their most basic, forest gardens are divided into three architectural layers: canopy trees, shrubs and the herbaceous layer near the ground. In discussing the plants for each layer, the speakers emphasized native species and plants whose function is to add beauty to the forest garden. Designers will need to decide how to balance different functions of the forest garden, such as food production, native ecological restoration and aesthetics.

The afternoon then turned interactive as we traced the steps of the design process behind Cultivate KC's forest garden, including a process of arranging paper cut-outs representing different plants on a forest garden site map. After being given some basic information about the forest garden site, the teams started working, moving plants across the map, identifying and matching plants to different niches and laying out features such as infiltration swales and access pathways. As someone who recently went through this same process, I was astonished at the degree to which the design teams grappled with the same questions that had accompanied my own decision-making.

We concluded the workshop with a trip to the nearby Cultivate KC experimental forest garden. It was an opportunity for all to see the completion of the design process and the first implementation phase. Some workshop participants lingered for an hour or more to study the garden, imbibe its atmosphere, connect with the plants, and discuss various design features.

It was a wonderful afternoon full of learning and appreciation of agriculture and forest ecology. It was a coming together of farmers, gardeners and designers from different backgrounds to explore and affirm their commitment to ecological agriculture. It was also a coming together of teachers from around the region to collaborate and share their knowledge. I'm grateful to the presenters, volunteers and others who helped with this project. And many thanks to the Audubon's [Togethergreen](#) project which has provided the funding for this project.

Reach Daniel at [daniel@cultivatekc.org](mailto:daniel@cultivatekc.org). For a short video on edible forest gardens go to <http://www.agroforestry.co.uk/forgndg.html>.

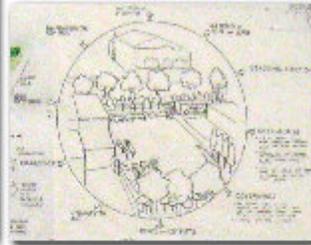
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### **UMKC Course Examines Planning and Design Strategies for Urban Agriculture** *Students take steps to develop a pattern language for urban agriculture.*

By Jake Wagner and Daniel Dermitzel

This spring Assistant Professor Jacob A. Wagner, and guest instructor Daniel Dermitzel, taught their second year of the Planning for Urban Agriculture class at the University of Missouri, Kansas City (UMKC) Department of Architecture, Urban Planning and Design. The class provides a broad introduction to food systems planning aimed at students in Urban Planning and Design, Urban Studies, Environmental Studies and other related majors. The course provides an opportunity to explore the limits of knowledge and practice in urban food production, policy and design related to urban agriculture.

This semester the team experimented with a new final research project focused on design patterns in urban agriculture. Architect Christopher Alexander et al. initially proposed the idea of patterns in the built environment in the 1977 book *A Pattern Language*. According to the authors, "each pattern describes a problem which occurs over and over again in our environment, and then describes the core of the solution to that problem, in such a way that you can use that solution a million times over, without ever doing it the same way twice" (p. x). Pattern languages have been developed for other design applications, including recently the design of edible forest gardens (see story *Workshop Promotes Edible Forest Gardening and Builds Local Capacity* above).



A partial set of integrated design patterns for urban agriculture at the 500 block of E 31 Street in KC, MO.

The patterns address sustainable crop production, distribution, transportation, waste recycling and other functions. By Idris Raoufi, UMKC.

For the course, we developed a set of ten pattern groups, each centered around a problem statement. For example, the first pattern group, *Patterns of Size and Scale*, includes patterns that address the problem of low scale economies and profitability associated with most urban agriculture activities. Other pattern groups include *Patterns of Inputs and Outputs*, *Patterns of Connectivity*, *Patterns of Stacking Functions through Space and Time*, and *Patterns of Governance*. Each of the ten pattern groups has its urban agriculture-related problem statement and together we spent time during the course to identify design

patterns to solve these problems. For example, patterns to address the limited scale economies of urban agriculture include collaborative input sourcing, equipment sharing, developing niche crops, combining several backyards and vacant lots under a single farm management, and providing government subsidies.

The application of the pattern language concept in urban agriculture is a way to identify the obstacles to urban food production and how we can respond in specific, replicable ways to address these obstacles. This approach also helps students to identify patterns in the urban built environment that shape the ways we can develop, promote and sustain urban food production.

Students worked on the final patterns assignment for much of the second half of the semester developing an analysis of a specific site in the Kansas City metro area and generating a series of urban food production strategies using patterns from each of the ten groups. The results illustrated a variety of compelling design strategies for urban agriculture in very urban locations as well as the suburban fringe.

The class also included a farm work day where students work at Cultivate Kansas City's Gibbs Road Community Farm to understand the physicality of farm work and to see a working urban farm. The overall goal of the course is to create a new generation of thought leaders, planners, designers and policymakers who have a more intimate understanding of the challenges and opportunities for urban food production.

Teaching this course would not have been possible without the assistance of many wonderful guest lecturers including, Laura Adams of Black & Veatch, Kevin Anderson of Missouri Organics, Dr. Molly Davies of UMKC Geosciences, Dr. Mary Hendrickson of MU Columbia, Beth Low of the Greater Kansas City Food Policy Coalition, Dr. Sabine Martin and Dr. Ganga Hettiarachchi of K-State University, Patty Noll of the KCMO Planning Department, and Tim Walters of the KCMO Water Department. We are grateful to them for sharing their expertise and in some cases making their facilities available to our students.

Reach Jake at [wagnerjaco@umkc.edu](mailto:wagnerjaco@umkc.edu) and Daniel at [daniel@cultivatekc.org](mailto:daniel@cultivatekc.org)

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## Philanthropy and 200 Tomatoes

*One of the first to fund urban ag, this grantmaker draws lessons from experience and from growing vegetables in his garden.*

*Greg Horner is a Program Officer at the Cedar Tree Foundation, which is based in Boston but supports nonprofits across the country, including Cultivate Kansas City. We are grateful to Greg and his organization for their commitment to developing urban agriculture programs and for contributing to Urban Grown.*

By Greg Horner

In our family lore, 2011 may be remembered as “the year Dad grew 200 tomato plants in Gillian’s bedroom.” Along the way I learned a few things about urban agriculture and about agriculture-focused philanthropy, which is my day job. First, what my tomatoes taught me:

- Start with a plan: growing 200 seedlings only took up 4 trays; repotting them took over the house. Potting mix in my 3-year-old daughter’s underwear drawer did not go over well.
- Invest in basics: I started with an expensive compost-based potting soil and a soil blocker tool, which together delivered great results.
- Expect the unexpected: mildew, crop failure, and the blowing over of my roadside stand all complicated things.
- Use your peer networks: my network helped me with potting soil, growing tips, infrastructure repairs, and word-of-mouth marketing.
- Fake it ‘til you make it: there’s no learning like experience; sometimes jumping in over your head is the best way to swim.
- Tolerate risk: would I be stuck with 100 extra tomato plants? All farming and gardening involves some risk; the fear of failure or financial loss is justified, but shouldn’t stop us from pursuing a reasonable goal intelligently. Sometimes the risk is not money but time and emotional investment, which are just as precious.
- Plan for Infrastructure: the first year of this operation involved a lot of new structures; certainly I was reinventing the wheel when I made a rack for the lights and seedling trays, a roadside stand, and a 3-way mobile hoophouse system for my driveway.



Cedar Tree Foundation’s Greg Horner supports urban ag and practices it.

So how does this relate to my work in philanthropy at the Cedar Tree Foundation, where I focus on supporting sustainable agriculture? I think philanthropic funders of urban agriculture and beginning farmers should:

- Start with a plan: a compelling multi-year vision is needed for a grant; ideally, the grant application process can help by prompting long-term and big picture thinking.
- Invest in basics: donors of all sizes should be willing to support a nonprofit’s basic needs such as payroll and supplies. The people are what make an organization able to deliver great results.
- Expect the unexpected: a plan is just a plan; what we’re after is social change, not strict adherence to a grant proposal. Weather, politics, disease, the economy...anything can happen to throw a plan off course.
- Support Technical Assistance: a little help along the way, especially in the first year, can help a lot. Cedar Tree’s Urban Ag philanthropy supports five strong organizations that provide technical support at a local level to community gardeners and urban farmers.
- Build peer networks: farmers and gardeners are more successful when they are in a supportive network; philanthropic grantmaking should support organizations that are linking people together, such as Cultivate Kansas City.

- Tolerate risk: philanthropy of all sizes has a key role to play in supporting new ideas. Funding them is a vote of confidence that enables new ideas with more than money. We funders and donors need to accept, and even expect, some failures: without them, it is impossible to fund innovation.
- Invest in infrastructure: many foundations shy away from investing in shared greenhouses, high tunnels or processing facilities. Increasing the capacity of growers to extend their season, work together, reach new markets or add value to their products is a powerful way to expand both urban and peri-urban agriculture.

With luck, both my grantmaking and my gardening will improve this year, and will continue to inform each other. Maybe growing strong nonprofits and growing healthy tomato plants aren't so different?

Reach Greg at [greg@cedartreefound.org](mailto:greg@cedartreefound.org).

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### Field Notes from the Gibbs Road Community Farm



Farm manager Alicia Ellingsworth mows a cover crop of buckwheat to make room for a cash crop.

By Alicia Ellingsworth

What makes busy people with plenty of options spend an early Saturday morning on a holiday weekend pulling weeds, mulching and transplanting for no apparently immediate reward of any kind?

What makes four young people work under the sun in 100 degree heat every day for six straight weeks during the scorcher summer of 2010? What brings so many people to farmers' markets each day of the week in this town?

We need to eat. That's true, but we're hungry for more than fresh vegetables. We're hungry with a deeper ache.

It's my experience, that we are hungry for connectivity. We are drawn to the possibility of a connection to another then caught by the connection to the soil under the sun and in the elements. Life can be so easy these days; it can be so clean and it can be so cold and lonely. The simple act of slowing down and listening brings rich fullness and satisfaction. It brings an opportunity to ask ourselves questions that really matter and it brings the chance to explore these questions among others.

Of course we grow food. Gibbs Road Community Farm grows more than 12 tons of it a year. That's nothing to laugh at or to ignore and I don't intend to let that stop on my watch. But growing food is not the whole story. When folks come to the farm they not only see where their food comes from but they see an opportunity to spend an entire day under a blue sky, to use sleepy muscles and to feel where they come from.

My article in the April edition of *Urban Grown* talked about the experiments on the farm this season. The tomatoes in the high tunnel are growing. Buckwheat blooms in many beds in the field and high tunnels. That article called two volunteers who have been coming now every Thursday since April to help care for the tomatoes. We've come to depend on their labor. We make our plans with them in mind. They are now connected to the farm, to the tomatoes and more to themselves and each other by stepping up and stepping out of the routine of daily life. Buckwheat grows to feed the soil and to offer nectar to the honeybees, but it, too, is doing more. It creates conversation. It brings smiles to field crew as they walk by knowing that we are doing something however small to give back and to begin to understand that soil not only holds the plant that gives us food, but that soil holds life itself. We feel a goodness in our hearts when we see it because we know we've slowed the fury of production just a bit and are striving to reconnect and to give to what gives to us.

Thomas Berry said, "We are most ourselves when we are most intimate with the rivers...mountains...woodlands...sun...moon...stars in the heavens...the air that we breathe...the earth that supports us, the soil that grows our food...the meadows in bloom." That quote hangs on my refrigerator with a magnet made by another urban farmer and dear friend which reads: "Be yourself."

Reach Alicia at [alicia@cultivatekc.org](mailto:alicia@cultivatekc.org).

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### **Support Comes in Many Forms for Cultivate Kansas City**

*Half-way through the year, we'd like to take time to say "thank you."*

By Jill Erickson

Since 2005, Cultivate Kansas City has been working to create and support a healthy food system for all Kansas Citians. We succeed when we have help from generous volunteers who weed, mix soil, fill seed packets and plan special events. We succeed when our peer organizations and community members share time and expertise and general support. Our success means a young farmer selling his produce at market for the first time, a child experiencing where her food "really" comes from, an old man tilling his community garden plot with his family in preparation to sell his produce at market, a resettled refugee feeding her family. Our success means your getting to know your farmer and engaging in a meaningful way with the system that feeds you. This success depends on financial support from federal government programs, individuals, corporations and local businesses, foundations and special events.



Newly added farm plots at the Juniper Gardens Training Farm are being fenced courtesy of the H&R Block Foundation. Thank you!

One of our largest special events takes place this June when we will be hosting the Kansas City Urban Farms & Gardens Tour. This event is planned and coordinated by hundreds of volunteers donating thousands of hours. It is supported financially by local businesses who value philanthropic community support and healthy communities including our Major Harvest Sponsors this year: DST Systems, Boulevard Brewing Company and the UMB Big Bash.

Grants support our success significantly. As we near the half-way mark of 2011, I am proud to announce that Cultivate Kansas City has been awarded grant funding for fencing, for support of training new farmers, for working to educate communities on healthy eating, for building healthy communities with more access to fresh, local vegetables, for supporting socially disadvantaged farmers and for creating a new grassroots team working to promote growing local food.

- Bank of America
- H&R Block Foundation
- Health Care Foundation of Greater Kansas City
- Kansas Health Institute – Wyandotte County Healthy Communities
- Menorah Legacy Foundation
- Oppenstein Brothers Foundation
- USDA Community Food Project

And of course, we succeed when we have support from individuals. As you may know, in late May we mailed out letters announcing our new name and inviting you to consider making an investment in the future of the city where you live, work and play (and EAT!). We asked you to make a contribution to support our work because there are 20 farmers enrolled in the Juniper Training Farm program who rely on your support to learn and develop skills to grow food for their families and for our city. We asked for

your contribution because there are three apprentices working at the Gibbs Road Farm who rely on the experience and training to become future growers in our community. We invited you to give, because your gift is a chance for you to make a big difference in your food system.

When you send a check to support Cultivate Kansas City, you are providing workshops to train farmers at Juniper Gardens; you are providing one-on-one technical expertise to a new urban farmer; you are helping more people access more local food every day right here in our city. If you haven't sent a gift, but are interested, please visit our website and consider making a tax-deductible gift today and get involved in your community! Thank you.

To all of our community partners who support our work, we humbly thank you and we look forward to what the second half of 2011 brings!

Reach Jill at [jill@cultivatekc.org](mailto:jill@cultivatekc.org).

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### Urban Legacy Slowly Gives Way to Ecological Renewal

*At Kansas City urban farm asphalt parking lots become a place to grow food.*



Turning parking lots into fields: An urban agriculture experiment at Conception Community Farm.

By Bobby Wright

Are we in over our heads? This thought is the dominant question that swirls through my head as I finish the final cut with the concrete saw. The size of the saw along with its industrial diamond tipped blade can lead one to believe falsely that the asphalt stands no chance once confronted with the sheer power of a man with this machine. However, it turns out that asphalt can and does put up a mighty good fight. So after a ten minute battle, drenched in sweat and covered in dust, I grab a shovel and pry up a two foot block of asphalt. The new void reveals the next barrier, a six inch layer of highly compacted sand and gravel. I start digging.

Conception Community Farm, CCF, has been a hope for two years now, possibly longer. CCF is located just two miles east of the Country Club Plaza in Kansas City, MO. The property is in the care of The New Rising Star Missionary Baptist Church, which sits on a south facing slope that overlooks Bruce R Watkins 71 Hwy. as it curves over Brush Creek. All together the church owns 1 ½ acres, nearly 2/3 of the city block; most of this space is covered in unused asphalt parking lots.

The Pastor of the church, James A Howard, Sr., who invited us into the neighborhood, was brought up farming down in Louisiana. So when we first began dreaming of transforming the parking lots into a farm, that would serve the surrounding neighborhood, he became one of our biggest supporters. But how would we get there? Although nature has been long at work growing up through the cracks in the pavement, tomatoes growing in these same cracks might not fare the same. We began researching methods for restoring asphalt parking lots to growing space. While we found many examples of growers growing in similar environments, incorporating multiple methods, we did not find sufficient data to answer our



In search of ways to restore nature's productive capacity.

three main questions. What is the cost, how much labor does it take, and is it sustainable?

We decided to submit a proposal for a [SARE](#) grant and in March we were thrilled to find out that our proposal would be fully funded. The project entitled “Growing On and Under Asphalt” will compare the cost, labor, and sustainability associated with two methods of building growing beds on the lots. The first is bringing in soil from off the site and building raised beds on top of the asphalt; part of our research is to understand any risks associated with growing directly on asphalt and how to mitigate them. The second, more challenging, daring, are-we-in-over-our-heads method, involves removing the pavement and resurrecting the soil trapped beneath the layers of asphalt sand and gravel.

What does it take to accomplish this? What will we do with the 200 cubic yards of asphalt, and 400 cubic yards of sand and gravel that need to be removed? Is the soil below even salvageable? One technique we are experimenting with is cutting the asphalt out in 2'x1' blocks. These blocks will then be used to build retaining walls and fences on other parts of the farm. Likewise the sand and gravel will be mixed with cement to form mortar and stucco for the asphalt retaining walls.

What about the compacted soil below the pavement? What does it take to restore the soil? Last fall I spent a week learning how to grow soil at a biointensive workshop with John Jeavons. His method involves double digging and incorporating organic matter in the form of compost into the soil. What is the best way to grow soil? Is that not the most important question for the future of agriculture?

As I shovel out the final pieces of gravel, I reach the soil line. I poke my shovel into the clay and discover a small root growing just below the surface. After nearly 50 years of being trapped below ten inches of pavement there is still life. I look out over the fields of pavement laid out before me and the task seems impossible. Years stand in the way of fields of fruits and vegetables. But the seeds of patience have been sown, and are starting to sprout. We may not be growing many crops, but that does not mean that we are not growing. Are we in over our heads? Probably, but I am thankful.

Reach Bobby at [conceptionfarm@gmail.com](mailto:conceptionfarm@gmail.com).

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## Calendar Of Events

*City-Wide Residential Composting Program & Farmstand - Grand Opening!* Saturday, June 4, 2pm - 6pm. URBAVORE Urban Farm, 5500 Bennington Ave., Kansas City, MO 64129. Residents can now compost ALL FOOD SCRAPS, GRASS CLIPPINGS, and LEAVES through this first-of-its-kind composting program. Your organic waste will be turned into nutrient rich compost enhancing URBAVORE's fruit and vegetable production. This produce will be sold on-site at the weekly farmstand. Compost Drop-Off hours: Wednesday through Saturday, 9am - 6pm, year-round. Farmstand: Every Saturday Afternoon, 2pm - 6pm, Jun. - Oct. The Grand Opening will include farm tours, compost education, music, festivities, and urban-grown FOOD! For more info please visit [www.badseedkc.com](http://www.badseedkc.com).

*2011 Urban Farms & Gardens tour Kick Off: Grow for the Future - Michael Ableman.* Wednesday, June 15, 6:00-7:30 PM. Kansas City, MO Public Library, 14 West 10th Street, Kansas City, MO 64105. Co-sponsored by the Kansas City, MO Public Library, Park University and the Fred & Shirley Pryor Foundation. Michael Ableman is an author, farmer, photographer, and food system activist. In his thirty plus years of work in the food system, his consistent message has been a call to engagement in the food system--to engage through our choices about what we eat, to engage through growing our own food, to engage through supporting a vital and sturdy local food system. As the farmer and founder of the country's first Center for Urban Agriculture, he laid out a clear vision for urban farms as essential elements of sane, healthy, and lively communities. Mr. Ableman will share his thoughts on how we can redeem our food system and the integrity of the environment and embrace food as a keystone of human life and community. A reception featuring local and organic food and beverages follows the talk. Free, please register in advance at [www.urbanfarmstourkc.com](http://www.urbanfarmstourkc.com).

*Get Your Grow On Cook-Off: A local food picnic.* Friday, June 24, 6pm - 7:30pm. Loose park Pavilion, 5200 Pennsylvania Avenue, Kansas City, MO 64112. Co-sponsored by Garden Center Association of Greater Kansas City. Calling all fabulous cooks of home- and farm-grown produce! Come join other local foodies at a fun family picnic and cook-off at the Loose Park Pavilion. Bring your favorite dishes featuring local fruits, veggies, meat, and dairy to a community picnic. You can share your dishes with others (a la potluck) or just eat the food yourselves and brag about how wonderful it is to other picnickers! Want to show off your cooking? You can enter your dish(es) in one of these categories: Local Appetizers, Local Side Dish, Local Main Dish, Local Dessert and have your original dish be judged by Ethne Clark, Editor of the national publication "Organic Gardening," Gordon Roe, publisher, tastebud magazine, Kansas City's own eating-well magazine, and Mary Peppitone writer of the Kansas City Star's beloved food column, "Come into my Kitchen." The winners and runners-up in each category will win fabulous prizes and get their recipes published in the 2013 Urban Farms & Gardens Tour Cookbook. Free for all picnickers. To enter your dish in the Local Dish Cook-Off, go to [www.urbanfarmstourkc.com](http://www.urbanfarmstourkc.com). \$10 per entry, and only 30 entries will be accepted.

***Remember, the 2011 Urban Farms and Gardens Tour Happens on June 25 & 26. Pre-tour events begin on June 15. Complete event info at [www.urbanfarmstourkc.com](http://www.urbanfarmstourkc.com). We look forward to seeing you on the tour!***

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To subscribe or unsubscribe please send an email to [info@cultivatekc.org](mailto:info@cultivatekc.org).  
For editorial comments please contact *Urban Grown* editor Daniel Dermitzel at [daniel@cultivatekc.org](mailto:daniel@cultivatekc.org).  
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[www.cultivatekc.org](http://www.cultivatekc.org)  
(913) 831-2444

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