Syracuse Urban Farming Initiative

**ALL PEOPLE DESERVE ACCESS TO HEALTHY FOOD, PRODUCED IN AN ENVIRONMENTALLY, SocialLY AND ECONOMICALLY SUSTAINABLE SYSTEM.**
South Syracuse is a “food desert”

Traditional grocery stores have left the inner city, leaving residents with limited access to fresh produce. Lack of transportation often results in shopping at convenience stores which have a higher proportion of processed foods.

Research shows that a diet high in processed foods may lead to increased rates of obesity, diabetes and heart disease.

Developing an urban food system will educate and acclimate our children to make healthy choices and share that renewed perspective with their peers.
Goal: Establish an urban agriculture program that will provide access to nutritious, affordable produce, create jobs, and build community spirit.
Job Skills Training Program

- Provide skills training to unemployed/underemployed members of the surrounding neighborhood as well as assist formerly incarcerated individuals with transition/re-entry into the community.

- Train these unskilled and unemployed individuals in organic and farming methods while simultaneously developing strong work ethics and life skills opportunities.

- Provide opportunities for recently migrated immigrants and refugees who bring strong agricultural skills. These individuals can integrate into our local community by teaching local residents these skillsets and working side-by-side with them as they build relationships.

- Work closely with the local Workforce Development Center in establishing employment training opportunities.
We will provide job skills training for “green collar” jobs.

**Green Roof**: growing, installation and maintenance

**Rain Barrel / Cistern**: installation

**Hoop Houses**: construction and installation

**Urban agricultural skills**: planning, planting, cultivating, harvesting
“Green Roof” is a term that refers to vegetation growing on a roof that has environmental benefits, such as storm water retention and energy reduction.
Development of Hoop Houses
(Completed Phase 3 View)
We will construct a 26’ x 96’ Hoop House that will include two 6’ x 80’ raised beds and a mini-raised bed for education of Dr. Martin Luther King, Jr. Elementary School students as well as provide a therapeutic environment for senior members of our community.
Healthy produce will be marketed in the South Syracuse community.

**Distribution of Grown Goods**

- To individual elderly and shut-in residents
- To area Senior Living Facilities
- To Dr. Martin Luther King, Jr. Elementary School for lunch menu
- To Jimmy’s Market for sale to local customers
- To general public through establishment of a weekly urban farmers’ market at designated site
We will be a model for future projects, inspire new gardeners among our children, and offer technical assistance to interested neighbors.

We will educate the community using hands-on experiences in horticulture, cooking and nutrition which will help to build demand for healthy food.
Research indicates that involvement in community farming can make a positive difference!

- Acceptance in the community reduces recidivism rates.
- Creation of jobs reduces crime rates.
- Consuming fresh produce leads to better nutrition and improved health including elimination or reduction of obesity, diabetes and heart disease.
- Increased motivation and improved academic achievement in students.
Building an “oasis in the desert” is a collaborative effort.

Syracuse Urban Farm Initiative and C-CAP (Concerned Citizens Action Program) are working, and seeking to work, with various community groups, businesses and government officials and agencies for resources and funding opportunities.
Give someone a fish and you feed them for a day. Teach that person to fish and you feed them for a lifetime.

To become a partner with us or for additional information, please contact C-CAP, P.O. Box 31, Syracuse, NY 13205 or mja119@yahoo.com.