

# FARM NEWS

Creekside Farm CSA | Spring 2019 | April

## 2019 Research Projects at the Creekside Farm Education Center

How do we make local, healthy food more accessible and affordable to low income households who bear the brunt of health-related illness due to processed and fast foods? Education, access and cost are key factors.

Sustainable agriculture can actually mitigate CO<sub>2</sub> levels in the atmosphere. Creekside Farm is testing and implementing research-based programs and processes to create a 'carbon sink' that can accurately measure carbon storage capacity and the potential for remediation of climate change through sustainable agriculture practices.



New Piglets at the Farm!

## Our Research Projects for 2019



Recent research has identified serious risks to human health and the environment that are directly related to our modern, industrial agriculture system, including high obesity rates from processed foods in children and adults leading to rising rates of diabetes and heart disease. Industrial agricultural systems also release significant CO<sub>2</sub> into the atmosphere. Join us in a search for answers!

### New "Double SNAP" Program in partnership with ASAP

Low-income households have disproportionately higher rates of obesity and related illness such as diabetes and heart disease. This can be directly attributed to poor diets of high calorie, high fat, high sugar processed and fast foods, and not enough healthy, whole foods. Creekside Farm is partnering with ASAP in a program that will feed hungry households healthy, whole foods while it supports local farms and farmers. The program does two good things with the same funding dollar; It supports the healthy eating habits of food-insecure households while it brings business to small farms. Read our White Paper and find out how you can get involved with this project or other programs at **our partner organizations**.

