

Kevin Conlon
City Editor
news@corlandstandard.net

Corlano Standard Local News

Dec

Donations for food program

\$60,000 in matching funds would expand effort to feed poor

By ROBERT CRENNAN
Staff Reporter

rcrennan@corlandstandard.net

DRYDEN — Donors have until Sunday to help feed 600 people through a consortium of Tompkins County farms — and see their donations matched dollar for dollar.

About 600 people get food from the Healthy Food for All program, some of which

comes from Ithaca Organics in Dryden. The Tompkins Cortland Community College farm in Dryden is also involved.

The fundraiser had gathered \$36,000 of its \$60,000 goal by mid-week, said Liz Karabinakis, the community food educator for the Cornell Co-op extension of Tompkins County, which runs Healthy Food for All. The funds will be matched by an anonymous donor.

Traver Sherman, owner of Ithaca Organics, got the farm involved 2009, because Kara-

binakis noted he offers a wide range of vegetables in a community supported agriculture program that he's offered since 2007, similar to how Healthy Food for All operates with nine other farms.

"You can eat whatever you want," Sherman said. "If you like tomatoes, you can grab 20 tomatoes if you want."

Healthy Food for All offers shares at \$23 a week. The program pays half the cost of the shares, Karabinakis said, making up for portions of the bill

some people cannot afford.

"We ensure that families with limited income can experience local produce," Karabinakis said.

Participants can pick from two types of shares: box shares and free choice shares.

Box shares come with a set amount of predetermined food choices and people pick the boxes up from either the farm or a pick-up spot from the second week of June through November. Free choice shares allow users to stuff however much

food they want in their bags.

Sherman said the food varies by season. Spring sees lettuce, onions, carrots, kale, spinach, potatoes and radishes. Summer brings tomatoes, eggplants, melons and peppers. And autumn provides pumpkins and squash.

Sherman said people who buy shares take on the same risks the farmers do: uncooperative weather and crop failure, for example. But they also get the benefits of getting to eat whatever crops are in season.

How

- Ma nation for all. or
- Ma Tompkins County, Ithaca, Pa.
- Pa Tompkins County, Ithaca, Pa.
- Pa Tompkins County, Ithaca, Pa.
- Pa Tompkins County, Ithaca, Pa.