

Builders of a Just and Regenerative Local Food System

Gardens for Humanity <http://ccetompkins.org/garden/community-school-gardens/gardens-4-humanity/> Josh Dolan Community Food Gardens Educator sapsquatch7@gmail.com Gardens 4 Humanity (G4H) is a community-driven food justice organization that promotes economic, personal, and neighborhood empowerment, and health through education, urban gardening and local farm connections.

Whole Community Project <http://ccetompkins.org/community/whole-community-project/> Jemila Sequeira Coordinator (607) 272-2292 ext 157 es538@cornell.edu The Whole Community Project (WCP) is a collaborative effort of organizations and individuals in Tompkins County to support the health and well-being of our children and youth, ensuring that every single child has all the healthy food they need and plenty of opportunities for safe, fun and active play.

Healthy Food For All Elizabeth Karabinakis, Cornell Cooperative Extension, 607-272-2292 evk4@cornell.edu provides households with limited income in Tompkins County access of a variety of fresh, locally grown produce at a price they can afford through Solidarity (subsidized) Community Supported Agriculture (CSA) shares.

GreenStar Community Projects www.GreenStarCommunityProjects.org initiates and supports community projects that promote cooperatives, healthful living, local self-reliance, self-sufficiency and community, ecological stewardship and social justice, and that do so in ways that enhance the socio-economic diversity of the projects and those intended to benefit from them

Groundswell Center For Local Food And Farming www.groundswellcenter.org/ an agriculture education nonprofit whose mission is to engage diverse learners and empower them with skills, knowledge and access to resources so they can build sustainable land-based livelihoods and equitable local food systems.

Ithaca Farmer's Market www.ithacamarket.com/ The Ithaca Farmer's Market is a cooperative with 150 agricultural & food vendors who live within 30 miles of Ithaca, that has helped to grow many local food businesses

Congo Square Market www.congosquareithaca.com/Congo_Square_Market/Home_-_Congo_Square_Market.html Jhakeem Haltom, Market Manager jhaltom@cityofithaca.org - (607) 351-7602 celebrates healthy affordable food and empowered communities 4-8 pm every Friday during growing season Southside Community Center 305 S. Plain St. Ithaca, NY 14850

Cornell Cooperative Extension Nutrition and Agriculture Programs <http://ccetompkins.org/> (607) 272-2292 supports many programs to build an inclusive and thriving local foods system

Regional Access <http://regionalaccess.net/wordpress/> seeks to create a viable, sustainable food distribution system providing the freshest, most nutritious, and diverse local foods to the greatest number of New York residents.

Youth Farm Project <http://youthfarmproject.weebly.com/> Ann Piombino annpiombino@yahoo.com Farmer/educator Dan Flerlage danflerlage@hotmail.com program coordinator YFP brings youth from diverse backgrounds together to learn about food production, study the inequities within the existing food system., and grow as leaders by taking responsibility for all aspects of farm work

Ithaca Community Harvest (ICH) <http://ithacacommunityharvest.org/index.php> Lara Kaltman

larakaltman@gmail.com 607-272-2292 X 131 Programs include:

The Fresh Fruit and Vegetable Snack Program (FFVSP) & Market Box Program

<http://ithacacommunityharvest.org/Programs/ffvsp.php> Megan Begert ffv.bjm@gmail.com

Gleaning Trips <http://ithacacommunityharvest.org/Programs/gleaningtrips.php>

Community Chef Program <http://ccetompkins.org/nutrition/community-chef> Neisha Butler
(607) 272-2292 neishabutler@yahoo.com

Get Your GreenBack Tompkins (GYGB) getyourgreenback.org - ideas on eating local food and saving money. GYGB list of local food resources

<http://getyourgreenbacktompkins.org/resources/food> Karim Beers kwb6@cornell.edu

Ithacan <http://ithacan.ning.com/> a web-based social network where home food preservers in Tompkins County organize food preserving events and share information.

Southern Tier Food Bank www.foodbankst.org distributes quality food through a network of hunger-relief agencies, develops innovative programs and expands local, community, statewide and national partnerships.

Tompkins County Food Distribution Network www.tompkinsfood.org a group of 15 food pantries located all over Tompkins County, that seeks to ensure that everyone in Tompkins County has enough to eat and that no one goes hungry.

Friendship Donations Network <http://friendshipdonations.org/>

Loaves and Fishes www.loavesandfishes.org

Peaks Over Poverty <http://peaksoverpoverty.org/about/>

Finger Lakes Permaculture Institute <http://fingerlakespermaculture.org/> Karryn Ramnaujan

Finger Lakes Feasting www.fingerlakesfeasting.com/ great info about where to find local ingredients, with recipes too

Ithaca's Food Web www.ithacasfoodweb.com

Eating Ithaca, www.eatingithaca.com/ produces great podcasts about local food

Edible Finger Lakes <http://www.ediblefingerlakes.com/> Quarterly magazine with gorgeous photos that celebrates the Finger Lakes food system and its many brilliant players

Main Street Farms www.mainstreetfarms.com/index.htm Urban Aquaponics farm & educ ctr

Permaculture Farms: Good Life Farm www.thegoodlifefarm.org/ Interlaken

Tree Gate Farm <http://treegatefarm.blogspot.com/> Ithaca

NY Locavore Challenge <http://www.nofany.org/events/ny-locavore-challenge> all through September!