

## My FRESH Experience

My name is Jessica Cartagena and my journey with FRESH New London has been my biggest adventure since I started as in the summer of 2006. I have learned so much and shared my experience; the knowledge we learn from FRESH is taken home and shared with our family and friends. I explain to other youth that FRESH has more than a vision, it has goals and plans, to make Change. New London is a very small city and has a whole mess of problems. FRESH works because it should not be a problem for anyone to get healthy food.

When we started the Mobile Market, people in the community did not know all the benefits it would bring them. After a few weeks of hard work letting the community know about the market we had some satisfied customers. I'd like to add that FRESH has helped make me a wise and proud young lady who will make a difference one step at a time. People ask: "which came first, the chicken or the egg?". I figured out that it doesn't matter. If it wasn't for the seeds that produce the foods for this chicken then it wouldn't live to make any eggs. I hope this organization will get the full support it deserves because FRESH supports me, you, and our city.



## THE FRESH NEWSLETTER Spring 2008

**Welcome to the first ever issue of the FRESH Newsletter. We hope to publish the newsletter every spring & fall. Here are a few of the voices of FRESH New London. We would love to hear your voice, call us at 444-8050 x.14 or email at [freshnewlondon@hotmail.com](mailto:freshnewlondon@hotmail.com).**



FRESH Crew & Staff: Mary Nicolas, Emily Lerner, Louis Myers, Jessica Cartagena, Michelle Miranda, Ronelle Drayton, Robert Maldon, Julie Thony, Arthur Lerner & Laura Burfoot. Not pictured: Eric Bardalez

### A FRESH Face for a New Position

I have a vision for my hometown: A vision for a better New London, a better life and future for its youth and better food for it's citizens. Hi, my name is Mary Jane Nicolas, my friends call me Mary and I'm the new Education Coordinator for F.R.E.S.H. New London. The best thing for me about this position is that it merges some of my greatest passions into one satisfying day at the "office!" From creating curriculums for K - 8<sup>th</sup> grade and transforming those ideas into after-school programs to partnering with children/youth-focused organizations and planting fruits and veggies with students at the FRESH Community Garden Center, I love my job!

## Volunteer Wanted

FRESH needs a driver for the Mobile Market Bus for some or all of the 2008 season. The Mobile Market is a vegetable market on wheels that runs every Tuesday and Friday from 4-8 pm, July through Oct. The Youth Crew runs the market: growing, harvesting and selling the vegetables for affordable prices throughout New London. If you would be interested in learning more about this dedicated volunteer opportunity, please contact FRESH at 444-8050 x14 or [freshnewlondon@hotmail.com](mailto:freshnewlondon@hotmail.com). **There are lots of ways to get involved with FRESH, as a volunteer, supporter, mentor or gardener. Please contact us if you're interested in learning more about how you can become involved!**

**Come to a FRESH PARTY!!**  
**You are invited to a Barbeque Potluck at the Community Garden Center (corner of Williams & Mercer Sts, New London) on Saturday, May 31<sup>st</sup> from 4:00 - 7:00.**

### FARM Update

My name is Robert Maldon. I've been with FRESH since the summer of 2006. My experience with FRESH has had a big impact on my life. It has gotten me more involved in my community. This season, I have a new position of FRESH Assistant Farm Manager. Here's an update on the Farm: The field has been extended from a ½ acre to now 1 full acre. We have been working hard at the Greenhouse starting up all of the plants that we are going to grow this season. We have started to till up the soil and are adding compost. Our plans for 2008 include: building a new harvest shed, installing a new irrigation system and a better fence to keep out the deer.

## A FRESH Appeal

FRESH New London is dedicated to building greater community health and food security in New London. We are dedicated to working with local supporters to form a network and community that can sustain our efforts. Thank you for your past, present, and future interest in and support of FRESH New London.

Here is how your generosity can help New London get FRESH!

- \$50 buys 1-2 yards of top quality compost for the urban garden
- \$100 buys enough screws and other materials to construct beds for community garden plots
- \$500 buys the culinary supplies we need to prepare weekly community meals
- \$2500 pays for over 300 hours of positive employment of the FRESH Youth Crew
- \$5000 supports new after-school programs for New London kids

Enclosed please find our tax deductible contribution of \$ \_\_\_\_\_ in support of FRESH New London. Please make checks payable to FRESH/ TSNE.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone & Email: \_\_\_\_\_

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## **FRESH 2007 – Some Highlights**

- 10, 000 pounds of vegetables were harvested from the FRESH Farm; approximately 7500 were donated or sold at low cost.
- The Mobile Market ran 2 days/wk, July - Oct, selling veggies at 12 sites in New London.
- FRESH and Mitchell College partnered to create the New London Fresh Market; products were sold from 15 CT farms, including FRESH.
- The FRESH Community Garden Center was founded in May 2007. Community gardeners grew on 40 plots. Weekly lunches prepared by the youth, workshops, films and other community events were held at the Garden.

## **FRESH 2008 – Looking Ahead**

- A new Educator, Mary Nicolas, has been hired to develop garden-based education and “food literacy” for New London youth.
- The Youth Crew will expand from 11 to 15 members for the intensive summer program. The 7 returning youth leaders have all graduated into more involved leadership roles. Cooking, nutrition and finances will be added to the curriculum.
- The FRESH Farm has expanded its vegetable growing; fruit trees, raspberries and strawberries have also been planted this spring.
- The Community Garden Center continues to grow – more beds for educational programs and for community gardeners. Regular workshops and other events will be offered to the public.
- The Mobile Market and the New London Fresh Market will continue to build on their success.