

Urban Food Policy Council Summit on Creating Access

Questions and Answers

Please note that this is not a comprehensive listing of Q&As and resources. To delve deeper, please watch the links for each session:

[Liberty St. Market](#)

- **What schools are partnering with Liberty St. Market?**
We have not set up these partnerships yet, but we want to this summer. We want to build relationships with teachers. In addition to elementary, middle, and high schools, we want to develop work-study opportunities with area colleges. This will be easier as students are transitioning back to full-time studies and summer school is being required to be offered in person by the State.
- **What types of people usually sell at Liberty St. Market?**
It is diverse. We have had some farmers with produce sell vegetables, fruits, herbs as well as creating snacks from locally produced foods. Vendors had foods that changed every week. Community gardeners and urban farmers can sell.
- **Is there an initiative for gardeners to grow specific crops for SNAP/EBT?**
Items that are eligible for SNAP/EBT are fresh fruits, veggies, dairy products, baked goods, meats, eggs, fish, poultry, honey, jams/jellies, and food-producing plants. There's a large range, but it's optional. There isn't an initiative yet, but there should be.
- **Are there requirements for selling produce as organic?**
There are farmers who are proud to promote their natural and sustainable growing methods, stewardship, and overall community health, but there is no official organic certification for selling at the market.

[Policy and Ordinances](#)

- **Are the permits annual or one-time?**
The permit is good forever. It covers you every year until you decide to stop farming or gardening. If you stop using the land and want to restart, you would need to reissue the permit.
- **Are there any groups that make chicken coops? Is there a way to subsidize them for farmers? Are there ways to make rain barrels inexpensively available?**
Boyscouts make really good chicken coops. Chicken coops are very easy to make and customizable to scale. Rain barrels can be made from food-grade plastic barrels. Cooperative Extension has a video on how to make rain barrels, there are also 250-gallon barrels available through them.

Community Gardening

- **What are ways that people can participate in community gardening?**
Depending on their interests, Cameron can match the individual with an appropriate garden through a matching process.
- **Are resources, tools, or seeds available through the Cooperative Extension?**
Cameron assists communities (with a team of 5-7 people) to set up the garden through a planning process. Cooperative Extension through that process can provide tool lending, seeds, and help to source any items that they do not have.
- **How can we ensure the sustainability of a community garden?**
At the start, make sure there is community buy-in and make sure you identify the garden's purpose. This purpose or vision will be a touchstone moving forward. If participation starts to fizzle out, do community engagement to assess what is causing the lack of participation. For example, maybe it's childcare needs. Neighborhoods change--continue to assess the needs. One person cannot keep the garden going. It's about community. Cameron is working to build a network between the community gardens, so that learning can be fostered in a different way.

Urban Farming

- **Is it important to do a market analysis before starting with urban farming?**
Yes! You want to make sure that the products you are going to sell are wanted. What are your skills? Do a self-inventory. Determine *how* you would like to sell. You can assess whether you want to sell at a market or right on your farm. Another option is offering CSA, but this requires a lot of customer engagement. Start slow with CSA, and then build on small success.
- **What about value-added products?**
Everyone has the same crops as you when you have them. Come up with a value-added product that is unique to you. However, you will need to identify a commercial kitchen or co-packer to do that? Also think about using the food you grow that would go to waste for a value added product . . . maybe like a salsa!
- **Is there a market for cut flowers?**
Yes, and social media has helped with that. There also has been growing awareness of imported flowers having a strong concentration of pesticides. In growing flowers, it is recommended that you sell "bouquets," rather than "arrangements." Arrangements carry a unique tax that bouquets do not.
- **What are the keys to success in urban farming?**
Be in touch with the market: know what's selling, what's missing, and what's in demand. People need convenience, so be customer-focused in all aspects of selling your product. Do a self inventory. Realize you cannot do it all. Ask for help!
- **What is co-packing?**
They are food process companies that run a small batch for you to label and pack for you.

Farmers can take their product there to have it produced. You have to pay, but it is not a bad way to go as you get your feet under you in your business.

Resources

- **UFPC** meets every second Thursday of the month at 6:00 PM. There is a stream of every meeting available on [the City of Winston-Salem's Youtube channel](#). If you want to join a meeting to share information or for any inquiries regarding the Liberty St. Urban Farmers' Market, contact Tiffany Oliva at toliva@cityofws.org or Megan Regan at meganre@wfu.org.
- **WIC** is currently serving over 9,500 participants in Forsyth County. WIC is the only federal program that does not require citizenship status to apply, they are currently processing all applications via phone, participants receive benefits the same day they apply. They also provide Farmers Market coupons to women and children ages 2-4 for the summer, Cobblestone is a partner for this event. This is a value of \$30 per participant in addition to all the healthy food. WIC Appointment line: (336)703-3336
www.nwica.org.
- **Winston-Salem RISE** will be holding a two-day summit in the fall. There will be programs leading up to the summit discussing eight disparities surrounding education, housing, food security, economic development, job & workforce development, health & wellness, and criminal justice. Each subject will have five workshops. To get involved and for more information contact: WS Rise Project Manager, Chuck Byrd at chuckbyrd@icloud.com.
- **Cameron Waters, Community Gardens Program Coordinator -- Forsyth County Cooperative Extension**
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[Forsyth County Cooperative Extension](#)
- **The Center for Environmental Farming Systems**
[Hubs & Kitchens: Food Hubs, Commercial Community Kitchens, and Copackers in NC \(2017\)](#)
[Wholesale and Retail Product Specifications: Guidance and Best Practices for Fresh Produce for Small Farms and Food Hubs](#)