

PERSONAL GROWTH

Growing Your Own

- Growing your own food has so many benefits.
- Do the benefits outweigh the time and effort needed to produce a harvest? (That \$60 tomato...)
- Learn how everything from backyard gardens to small-scale farming on Cape can positively impact our environment, health, and budgets

Planting seeds...



**Is growing
your own
food worth
it?**

**What is our local
food system?**

**How can I
be an active
participant in
our food
system?**

Hello!



Dylan Leary
Love Farms
Co-Founder



Jeny Christian
Farming Falmouth
Farm Manager &
Soil steward



Jess Kowal
Farming Falmouth
Administrator &
Real Estate Advisor

Why we grow food?



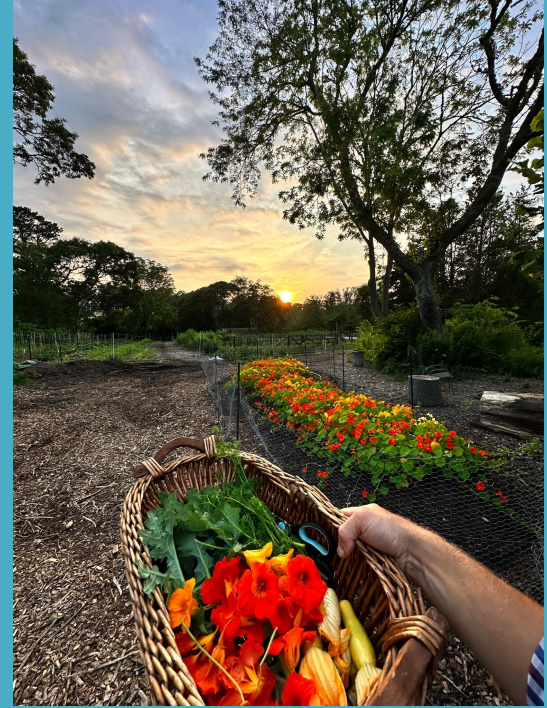
Have you ever tried to grow something ?

🌱 The \$60 Tomato is Worth It

It's not just about saving money.
It's about:

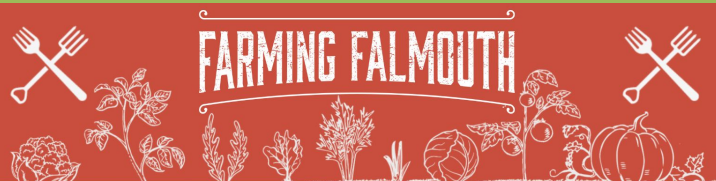
- Personal connection
- Wellness & peace
- Learning and patience
- Respect for farmers

“Even if you fail, what you learn is priceless.”



Tips for learning...

- Start Simple & Small
- Take a Class
- Focus on Compost/Soil health



GROWING TOGETHER SESSION #5

MAY 31TH, 1030 - 1PM

Farming Falmouth Service Garden on Tony Andrews Farm

WARM SEASON CROPS PLANTING, TRELLISING, AND PRUNING

Join Farming Falmouth & Master Gardeners and learn to maximize your garden's productivity with warm-season crops like tomatoes, peppers, and squash. This workshop will teach you planting techniques, trellising methods, and proper pruning to ensure healthy, high-yielding plants. Grow with confidence! Q&A to follow. ***All are welcome!***

Grow With Us, Learn Lifelong Food Growing Skills



SCAN TO SIGN UP
OR VISIT OUR WEBSITE



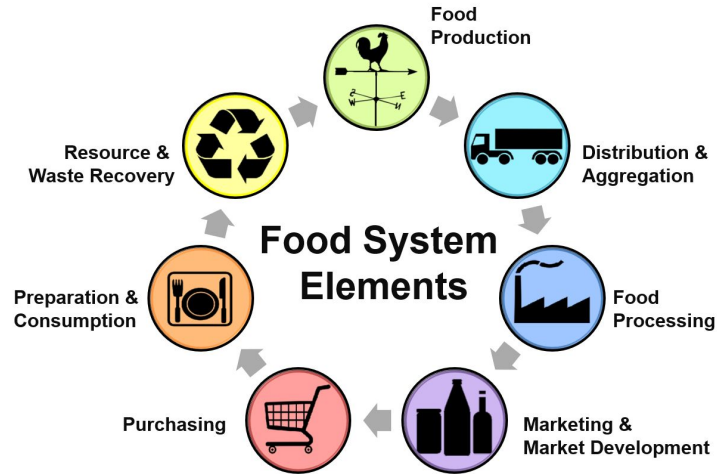
FARMING FALMOUTH | GOOD FOOD FOR ALL | GROWING TOGETHER SINCE 2019

FarmingFalmouth.org | @FarmingFalmouth | info@FarmingFalmouth.org

Gardening is Tending the Body, Soul & Soil

- Provides nutrient-rich food
- Supports a diverse microbiome, benefiting immune function
- Reduces exposure to harmful chemicals through food
- Providing essential minerals for health
- Improves mental health through a connection with nature
- Exercise, Sunshine, Fresh air, depth of connection to self

What is our local food system?



Food Reflection



Think Back...

- “When was the last time you ate out?”
- “What was on your plate?”
- “How much of it came from Cape Cod?”



Quick Poll

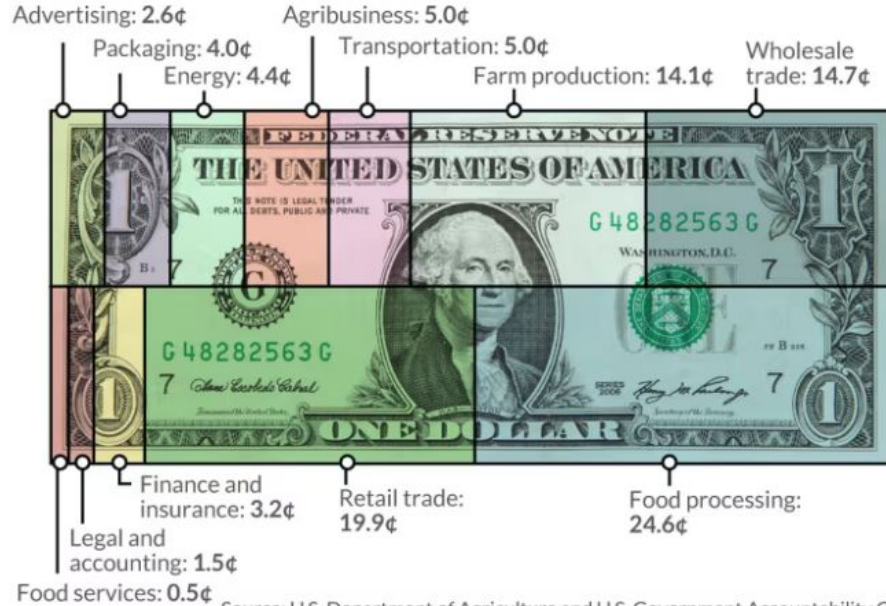
- Raise your hand if you’ve been to the grocery store this week
- Raise your hand if you’ve been to a farmers market or local farm



It’s easy to forget where our food really comes from.

Where exactly did each dollar you spent on food go?

For each food dollar that consumers spent in 2021, 24.6 cents paid for food processing and 5 cents covered transportation costs



Source: U.S. Department of Agriculture and U.S. Government Accountability Office

The Disconn

- Food miles: Most restaurant thousands of miles.
- Current Modern System
 - Fragility
 - Environmental damage
 - Health issues
 - Lost Local Economies and Food Cultures





FOOD WASTE IN THE U.S. IS...

EXCESSIVE

40%

OF ALL FOOD PRODUCED
IN THE U.S. IS WASTED



133 BILLION
POUNDS

Food wasted per year.
That represents 1,249
calories per person, per day.

EXPENSIVE



\$161 BILLION

Uneaten food at retailers,
restaurants, and homes
costs \$161 billion annually



\$1,500

Per capita, this amounts
to over \$1,500 for a
family of four

ENVIRONMENTALLY HARMFUL



Food makes up 20%
of landfill weight—the
single largest municipal
waste source



The methane
released by food
is a greenhouse
gas 21 times more
powerful than
carbon dioxide

AN OPPORTUNITY



Diverting 15% of the food
that currently goes to
waste would be enough
to cut the number of food
insecure Americans in half



Food waste can
be composted into
sustainable soil
additives or be used
to generate electricity



Encouraging institutions
to purchase so-called
“ugly” produce would help
farmers find new markets
for healthy products that
currently go to waste



A Living Example

- Local, regenerative ingredients
- Grower partnerships across the Northeast
- Community vibe with live music & casual setting
- Farm tours to reconnect people with the land

“We’re building what we wish existed.”





Opening August 2025!





Our Purpose — To revitalize our local food system by cultivating an informed and engaged food community



Food System Collaboration

Goal: Build partnerships with stakeholders in the food system, such as schools, government, food pantries, restaurants, and healthcare providers.

Actions:

- Donating food to the communities food pantries
- Member of the Falmouth Farm-to-School team with our district getting food curriculum back into our K-12 priorities
- Commissioned a Local Food Need Assessment
- CCYP Summit networking with YOU!



FALMOUTH
SERVICE CENTER
more than a food pantry





Growing Together

Community Educational Series

The Service Garden

$\frac{1}{4}$ Acre Garden produced 5K lbs of
fresh food for local food pantries

Community Orchard

120+ Fruit Trees

The Patch

Farmland Preservation, currently fundraising for our 1st six acre parcel.



Sprouting?

- Start small, try growing a single herb or tomato plant.
- Save Land For Food!
- Take a class on growing food or volunteer at a local garden.



Local Food System

- Visit your local Farmer's Market
- Tour a Farm
- Join a Food Policy Council
- Join a CSA of a Farm





Every Food Dollar = A Vote

- You shape the food system with each purchase
- Ask your favorite restaurant if they source locally.



Let's Keep Growing

Support the people growing food near you

— your plate, your body, and your planet will thank you!



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