

# 4—Three Sisters Garden Project

Liz Green, Executive Director

Three Sisters is a community farm in Ipswich, with a food access mission. Liz will talk about farming and agriculture.

[threesistersgarden.org](http://threesistersgarden.org)

# Who We Are:

An Ipswich non-profit organization and community farm with a food access mission. We use sustainable farming methods to grow food accessible to all.

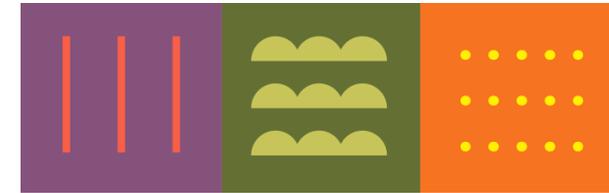


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# Everyone benefits from local food!

- 🍅 Fresh (highest nutrient levels)
- 🍅 Better shelf life/storage
- 🍅 Flavor and taste at their peak (increases enjoyment and consumption)
- 🍅 Better for the planet (fewer miles traveled = less fossil fuels used)

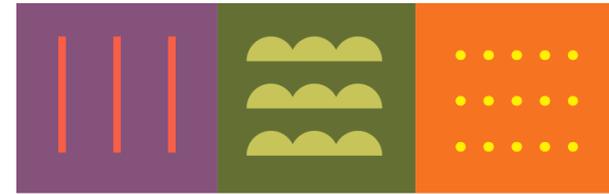


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# Why sustainable farming?

- 🍅 Industrial agriculture is one of the biggest polluters & contributors to climate change.
- 🍅 The health of soils, air, and health affects all species, from microbes to pollinators, from birds to humans.
- 🍅 Preserves open space and keeps farming active and thriving in our community.



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# What's happening in Essex County?

 While the local food and sustainability movements have grown, many people have been left behind.

 During the Covid-19 pandemic, the existing inequality on the North Shore is growing.

Some stats from Essex County Community Foundation:



# Massachusetts: "Worst in the Nation"

November 5, 2020 Boston Globe:

## Study: A million people in Mass. don't have enough food

The state has the highest percentage increase of residents facing hunger in the country.

Massachusetts has seen the highest percent increase of residents facing food insecurity of all states, according to [new projections](#) released by Feeding America last Friday. The hunger rate in the state has increased 59 percent since 2018, representing more than 1 million people who are now struggling to get enough to eat.



# High Demand for Local Food

**Myths & stereotypes abound:** “Poor or low-income people won’t buy/don’t eat fresh fruits and vegetables.”

**Fact:** When fresh produce is accessible and affordable, demand is high!



## **HIP: Healthy Incentives Program**

For households using SNAP (food stamps), HIP reimburses their purchase of **local produce** up to \$80/month.



SNAP sales at farm retailers **increased by 1,250%** from 2016 to 2019.



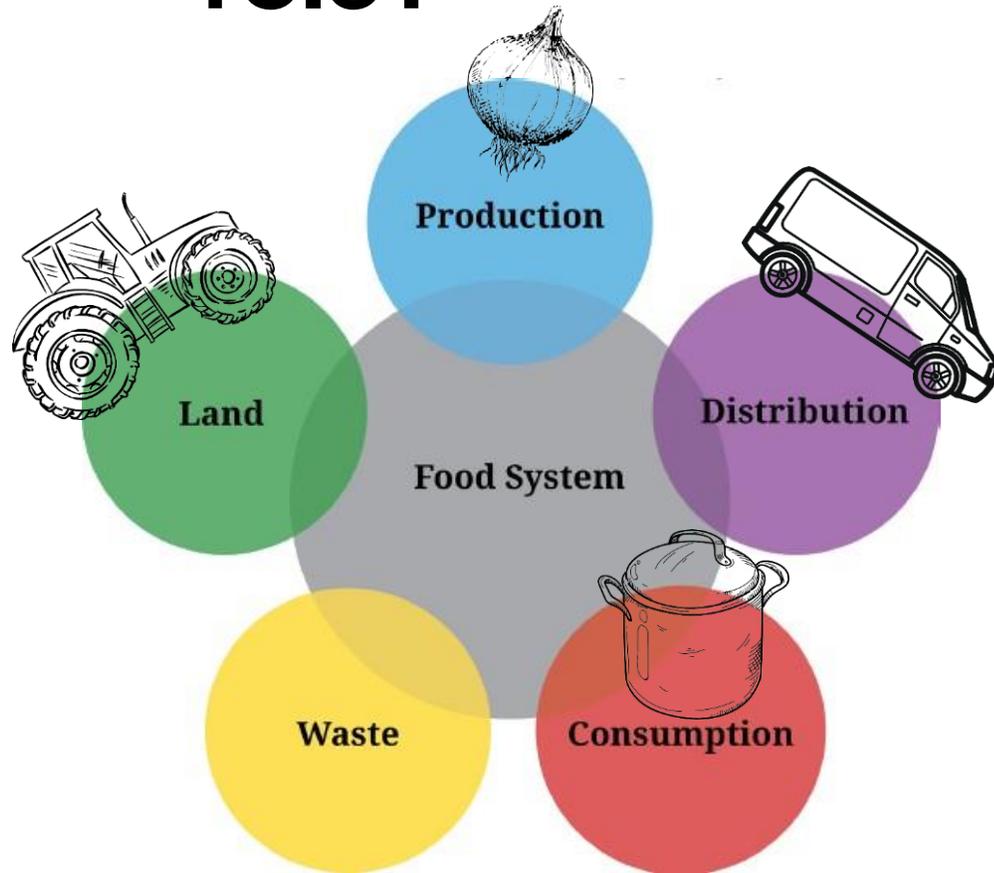
Since 2017 when the program started, more than 200 local farms sold \$22 million more fresh fruits and vegetables.



Due to high demand, HIP funding ran out 3 years in a row - advocates are calling for more funding in this year's budget.



# Three Sisters: What's our role?



## UPPER NORTH SHORE FOOD SYSTEM STUDY

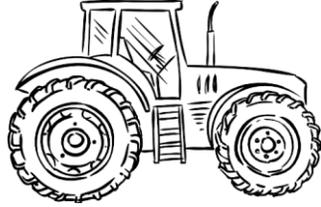
PREPARED FOR: THE THREE SISTERS GARDEN PROJECT



GALEN HAMMITT, ALLISON MASON, & BRADY POWELL

THE CONWAY SCHOOL | WINTER 2020

# What We Do



## Sustainable Land Care

- Stewarding the soil, air, and water around us
- Building healthy soils
- Pollinator-friendly
- Mindful of waste



## Grow Good Food!

- High nutrient content
- High quality: great shelf life and delicious
- Mix of great varieties throughout the season



## Accessible to All

- Sliding scale pricing, easy online signup
- Make free produce available
- Distribute on farm and through partners

## Key partners who distribute our produce in the community:



# JOIN US

## Help make a difference in our community!

- 🍅 Volunteer in our fields or office
- 🍅 Help deliver produce or manage a CSA pickup
- 🍅 Connect with our mission and community partners

**Website:** [threesistersgarden.org](https://threesistersgarden.org)

**Email:** [info@threesistersgarden.org](mailto:info@threesistersgarden.org)



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The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, leaving a large white central area. The shapes are angular and layered, creating a sense of depth and movement.

Questions?