

## Announcements for Week of August 7th

1. **Swim Jane Swim!**
2. **CSA Workshop- Planning a Farm Visit**
3. **Backyard Composting Workshop**
3. **Did You Know?- Composting**

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**1. Swim Jane Swim!** Jane Hodge, Just Food's City Farms Market Coordinator, will be swimming AGAIN in the Hudson River to raise money for Just Food and the Manhattan Island Foundation. From her previous two swims, Jane has raised \$470! For this final swim of the season, on August 26<sup>th</sup>, Jane will be swimming 5.8 (!!!) miles, and hopes to raise over \$1000 for Just Food and the Manhattan Island Foundation. Visit [www.justfood.org/support/swim](http://www.justfood.org/support/swim) for photos, her past "warm-up swims", how to donate, and other ways to help.

**2. CSA Workshop- Planning a Farm Visit** Join us for August's CSA Workshop on **Monday August 14th** from 6:00-8:00 at the Just Food office at 210 East 51<sup>st</sup> Street between 2<sup>nd</sup> and 3<sup>rd</sup> Ave. Come learn all about planning a farm visit for your members- a great way to develop community among members and to see where your food is grown!

**3. Backyard Composting Workshop** Want to close the cycle and start composting? The Manhattan Composting Project presents all you need to know about pest and hassle free composting in the unique yard spaces of New York City. Explore your options, learn how to set up and maintain different styles of backyard composting systems, and become eligible for subsidized composting materials. **August 16, 6-8pm, Chelsea Recreation Center (430 W. 25<sup>th</sup> Street between 9<sup>th</sup> and 10<sup>th</sup>)**

**4. Did You Know?** Yard and food wastes make up almost 30% of the waste stream in the United States. Composting can help decrease the amount of this waste and create material that can be added to enhance soils. Composting is the conversion of organic materials (leaves, twigs, fruit and vegetable scraps) into a soil-like material through decomposition. Four things are needed for successful creation of compost- 1) oxygen 2) moisture 3) microorganisms or worms and 4) organic waste. Adding compost to soil provides many benefits including better soil structure, aeration, erosion control and water retention. Composting can be done on different scales- from a worm compost bin in your apartment to the largest-scale composting practiced by our CSA farmers. Each borough of New York City has its own Compost Project. For more information about composting in the city and a schedule of educational events in each borough go to [www.nyccompost.org](http://www.nyccompost.org) or talk to your borough's Project about linking your CSA to a compost site in your area.



Building economic, environmental, & social justice  
through local sustainable food systems.

For more information:  
call 212-645-9880 or visit [www.justfood.org](http://www.justfood.org)