



REAP Reporter

Newsletter from REAP Food Group • FALL 2021

A GENTLE WIND, A MIGHTY FEAST FOR FOOD SECURITY

Dan Cornelius dons about as many hats as kernels adorn an ear of corn. Member of the Oneida Nation of WI and Deputy Director and Outreach Specialist of the Great Lakes Indigenous Law Center at UW Law where he earned a degree, Cornelius has worked just over a decade for the Intertribal Agriculture Council (IAC).

His work centers around assisting Native Nations with development of Tribal agriculture and food systems, promoting access to USDA programs that enhance conservation, infrastructure, and value-added production, and expanding intertribal commerce.

Since 2020, Cornelius has also operated his own farm, Yowela?-talih^, near Stoughton. "Yowela?-talih^" translates in Oneida to "gentle wind," from the previous farm's moniker, Zephyr Farm. Cornelius stewards the land "in a manner that promotes ecological health and considers the land's health for the long-term," he explains. He places particular priority on corn, a significant staple crop of the Ho-Chunk Nation, upon whose land the farm sits.

Cornelius' no-till corn cultivation draws inspiration from traditional and modern methods. His goal: discover a sweet spot where peak productivity, nutrition, flavor, and respect for heritage converge.

Always a proponent of gathering around food, Cornelius teamed up with REAP Food Group, Madison chefs, and visiting Tribal members in September to host a Harvest Farm Dinner at Yowela?-talih^.



Clockwise from top: Dan Cornelius harvests corn to be braided for table settings. Kyla Beard preps an indigenous variety of squash to roast over coals. Smoked duck infuses a stock while blackberries are cooked down into a glaze for aged bison.



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A SPECIAL THANKS TO OUR HARVEST DINNER SPONSORS:

Perkins Coie
Roth Cheese
Sitka Salmon Shares
TASC

Proceeds from the event primarily benefited Feeding WI's Tribal Elder Food Box Program, which Cornelius helped launch to improve Tribal food security.

Seasoned hands assisted: TradeRoots Culinary Collective co-founder Chef Yusuf Bin-Rella, WI State Assembly member/chef Francesca Hong, and Native food sovereignty advocates Greg Johnson (Lac du Flambeau), Shelley Buffalo (Meskwaki), and Gary Besaw (Menominee).

The five-course menu featured indigenous varieties of corn and squash plus wild rice and cranberries for dessert. Beyond raising money for the boxes directed for Menominee, Oneida, and Red Cliff tribes, Cornelius hoped the event would build community and expand awareness.

Despite the challenges around gathering, the dinner welcomed around 100 guests. Cornelius notes that "hosting the first event at my farm was a unique challenge and exciting opportunity. I'm looking forward to future events."

FROM THE DIRECTOR from Helen Sarakinos



In small ways, our days are shifting back to a semblance of normal. In my household, that means in-person school, return to offices and the smiling eyes of colleagues, a midday coffee run. I get lots of hope and joy from these shifts.

There are other things, however, that I sincerely hope don't return to business as usual. Like our local food system. While many commit to supporting local food growers, producers and businesses, we collectively have ignored the needed investment in people and equipment and buildings to grow, process, deliver and store local food, not just here in Dane Co., but all over the country. When the pandemic hit, this invisible problem became brutally obvious. Decision-makers at the local, state and federal levels are proposing policy solutions to rebuild and scaffold local food systems - both the people and the infrastructure. Schools are still facing struggles to get the food they need to feed children and this has renewed calls for passing a Universal School Meals

program as lawmakers reauthorize the legislation that guides school meal programs. In WI, Governor Evers has proposed bills that would fund efforts to get more locally grown food into schools, institutions and larger cafeterias, fund meat and produce processing and even increase school meal reimbursements to schools who buy food from local farmers. A lot of good ideas are being put on the table and hopefully some will be put into action. It will take all of us letting our elected officials know that "back to normal" is not acceptable when it comes to food security, climate and pandemic resilience and the ability for a community to feed itself.

I'd be remiss if I didn't also make the pitch to keep supporting the work of REAP to create pathways to getting fresh, local food to schools and institutions that serve all residents. We're heading into our biggest fundraising effort of the year and after looking through this issue of the Reporter, I hope you will consider a year-end gift so we can keep building a sustainable and just food system in Southern WI. Giving is easy at www.reapfoodgroup.org/give/

WELCOME, NEW STAFF AND BOARD MEMBERS!

Allison Pfaff Harris, Farm-to-School Director. The Western WI native has long witnessed the power of food in creating healthy bodies, minds, and communities. With a B.S. in Dietetics from UW-Madison, she has worked as a dietitian in a community hospital, a personal chef, and a farmhand volunteer. At the WI Department of Public Instruction, School Nutrition Professionals exposed Allison to the power of policy in action. With REAP, Allison supports the work of everyone involved in growing food to bring to the cafeteria.

Samantha Kincaid, Communications Manager. After earning a B.A. in History from Beloit College, the Southeast WI native and sometimes farmhand fell into Madison's rich local food scene. Through baking and pastry, she forged relationships with farmers and cheesemakers in WI and then Philadelphia, where she worked as a pastry chef for restaurants, including her own which she operated with her chef-

husband. Ready for a change, the couple returned to WI this fall, where Samantha hopes to advocate for sustainable food growers and systems outside of the kitchen.



Allison Pfaff Harris



Samantha Kincaid

Katie Rozas Fahrenkrug, Board Member. Katie provides language development support for multilingual learners through the UW-Madison WI Center for Education Research. She brings to the board years of training and experience in Communications and Education.

Sarah J. Elliott, Board Member. Through work with REAP, DCFM, and an M.S. in Urban and Regional Planning, Sarah brings to the board skills in strategic planning plus organizational and local food systems development.

Tommy Stauffer, Board Member. Trained in Finance and Marketing, the Vitruvian Farm co-owner and operator brings to the board years of experience building farmer-restaurant-distributor networks.

ATLAS RENEWAL 2022

Time to renew your Farm Fresh Atlas membership! Renew or become a first-time member for the early bird rate of \$65 through December 1st! Renewal/join deadline is January 31, 2022.

Since 2002, REAP's Farm Fresh Atlas of Southern Wisconsin ("Farm Fresh Atlas") has connected consumers to local growers and farmers' markets throughout Columbia, Crawford, Dane, Dodge, Grant, Green, Iowa, Jefferson, Lafayette, Richland, Rock, Sauk, Vernon, Walworth counties. Farm Fresh Atlas' 150+ growers and food businesses pledge that they are family-owned, committed to sustainable agriculture and provide safe and fair working conditions.

Farm Fresh Atlas Reach



Instagram: 2,079 followers



Facebook: 4,600 likes, 5,100+ followers



E-newsletters: 2,000 subscribers



Publications: 25,000 print copies distributed

BRIDGING COMMUNITIES, ONE TURNIP AT A TIME

As REAP and Roots4Change (R4C) wound down the Farms to Families Fund in spring of 2021, we used the summer and fall to engage the community together in equally impactful ways. REAP Community Partnerships Coordinator Yolibeth Rangel-FitzGibbon and others joined

Hands-on learning for children included making strawberry-spinach smoothies using bike-generated blenders. Meanwhile, at Moonrise Herbs, R4C and Moonwise farmers served a meal of local cheese, fresh turnips, radishes, and herbs harvested by the young attendees.



Children attending an event during in Leopold Park in late June made smoothies from locally sourced spinach and strawberries.

R4C for several gatherings at parks around Dane Co. and at Moonwise Herbs farm and educational center near Stoughton.

Community-grounded activities centered on the wellness of Latino/Indigenous families, highlighting the importance of local food, nutrition and embracing a healthy lifestyle while respecting and celebrating families' cultural backgrounds. REAP sourced ingredients from area farms to offer cooking demonstrations with R4C and provide a local snack.



the transformation of maize into masa using nixtamalization, followed by a quality check of the final product.

Into the fall, REAP continues to build ties to BIPOC communities and food issues. In October, we convened our first Latino Food Advisory Board. Representatives included farmers, food entrepreneurs, and food and wellness advocates. The objective according to Community Partnership Coordinator Yolibeth was to listen to our community's perspective when asked: "If you could build a food system that benefits your community, what would it look like for you?"

Through rich discussion, the Board identified common challenges, and provided a framework for strengthening outreach to address them. We look forward to building resources towards a stronger, culturally significant, and resilient local food system together in 2022.

A visit to Farm Fresh Atlanta member Tortilleria Zepeda in Lone Rock capped off the summer. Participating families learned about ingredient provenance and the

Thank you to our Corporate Partners

Edible Madison
Organic Valley
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Wisconsin Meadows

SNACK IS BACK!

In September, REAP resumed snack distribution via the Madison Metro School District's Fresh Fruit and Vegetable Program (FFVP). With the help of David Rodriguez of International Catering Co. in Madison, REAP serves locally-sourced produce to 13 elementary schools weekly in the district. International Catering processes the snacks and delivers them to MMSD, then the District distributes the finished product to the individual schools.

Students have so far sampled cherry tomatoes, baby bok choy, concord grapes, mini sweet peppers, and a variety of apples. The FFVP will continue weekly throughout the school year, exposing students to fresh fruits and vegetables grown within 150 miles of Madison.

FFVP recipients tasted local apples as part of the Great Lakes Great Apple Crunch celebrating National Farm to School Month in October. Anyone could participate, and of 1,146,223 total crunches in the Great Lakes Region, 185,078 came from WI!



SAVE THE DATE

November 30: GIVING TUESDAY
Individuals across the globe will give, collaborate, and celebrate generosity. You can join in on the fun by making your year-end gift to REAP! To make a contribution, please visit reapfoodgroup.org/.

COMING SOON

Watch for more information about Farm-To-School training opportunities for those farmers interested in selling wholesale products to schools and institutions.

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PREMIUM WILD-CAUGHT SEAFOOD.

Delivered to Your Door.

Easy You order seafood online. We deliver it to your door! We also include expertly crafted recipes from chefs.

Quality Our members rate us 5 out of 5 for taste and quality. We back them up with a 100% Satisfaction Guarantee.

Wild Call us biased, but we think there's nothing better than world-renowned, wild-caught Alaska seafood.

People Enjoy unique opportunities to connect with fellow seafood lovers and fishermen who catch your fish.

Responsible Support healthy ocean ecosystems, small-scale fishermen, and a more sustainable seafood system.



REAP Food Group's mission is to transform communities, economies and lives through the power of good food. You can support our mission by making a donation online at reapfoodgroup.org/give. Every annual donation above \$45 makes you a REAP member.