Sitka Local Food Network

St. Peters Fellowship Farm

Community Greenhouse

Inuvik Community Garden – 200 kilometers above the Arctic Circle

Subsistence

Grow Sitka Grow Campaign
"Gardens, scholars say, are the first sign of commitment to a community. When people plant corn they are saying, let's stay here. And by their connection to the land, they are connected to one another."
— Anne Raver
The idea began at the...
2008 Sitka Health Summit

The main goals set were:

• Food Security for All
• Create a Farmers Market

• Build a Community Greenhouse
• Form a Vibrant Community Center

• Support Hames Athletic and Wellness Center
• Perform a Walkability Analysis
So we started growing…
At the new St. Peters Fellowship Farm
And new beds were planted at...
The Sitka Community Garden
So that we could start the...
At the Alaska Native Brotherhood Hall
EATING SITKA
Our community responded with…

- Kids & Fish & Flowers
- Fun & Fry Bread & Art
The Sitka Local Food Network was honored as a Wellness Champion in the Nutrition category at the 2009 Sitka Health Summit!
And now we want to do it year around...

In the Sitka Community Greenhouse
(these are at Chena Hot Springs).
A Community Greenhouse =

- Fresh food
- Education
- Social Opportunities
- FUN!!

Here is how it works:
Volunteers earn credit for every hour they work at the greenhouse.

The greenhouse manager provides a wide variety of tasks to choose from every day.

Volunteers trade their credits in for fresh produce, flowers, and plants.
In Cheyenne, they discovered great things happened to the people who used the greenhouse.

New relationships were formed and they discovered something called…
Horticultural Therapy
This is how the Cheyenne Greenhouse looks today.
It is now operated by the municipality and has expanded to include a botanical garden.
Solar Conservatory

The 6,800-square-foot conservatory consists of three greenhouses. The center greenhouse is filled with sunshine, tropical plants, and special attractions such as herb and cacti gardens, and a waterfall pond filled with Koi fish. The west greenhouse is used primarily for growing vegetables. The beds are full of lettuce, onions, cabbages, broccoli, carrots and many other vegetables. This food is provided to the project’s volunteers fulfilling one definition of sustainability: “provide for the support of; provide sustenance or nourishment.”

The efforts in the east greenhouse are primarily focused on propagation of bedding plants and flowers for the botanic garden grounds and all flowers for the Cheyenne park system. Volunteers spend hundreds of hours germinating the seeds and transplanting over 50,000 bedding plants for 80 city flowerbeds. Throughout the summer volunteers can be found weeding, fertilizing and grooming these beds as well as the many flowerbeds and specialty gardens on the grounds of the Cheyenne Botanic Gardens.
What is Horticultural Therapy?

"Horticultural therapy is a professionally conducted client-centered treatment modality that utilizes horticulture activities to meet specific therapeutic or rehabilitative goals of its participants. The focus is to maximize social, cognitive, physical and/or psychological functioning and/or to enhance general health and wellness."

From: Horticultural Therapy Methods: Making Connections in Health Care, Human Service, and Community Programs (Haworth Press, 2006)

Generally speaking, what benefits does Horticultural Therapy offer?

• Provides meaningful, purposeful activity
• Offers versatility in programming for all developmental areas
• Addresses innate psychological needs and connection with the natural world
• Offers restoration and respite from mental stress
• Encourages human growth that is fundamental and central to each, individual served
• Impacts visitors, staff and family members as well as participants
One possible site in Stika:
Proposed site of the Sitka Community Greenhouse
On Mount Edgecumbe High School Property
One idea is to heat the greenhouse with woodchips...

The USCG is researching this option presently.
We are also working with the Alaska Center for Energy and Power to use waste vegetable oil as a heat source for the facility.
Our Main Goals:

• To provide nutritious locally grown produce.
• To create a vibrant community center.
• To provide meaningful and therapeutic opportunities for youth, SEARHC patients and relatives, seniors, disabled individuals and the general public.
• To provide educational programs and creating demonstrations in gardening, renewable energy and sustainable earth-friendly solutions.
Who can use the greenhouse?

• YOU, and Sitka Schools, Community Schools, MEHS, SAIL, SEARHC, SAFV, Center for Community, Seniors, Youth Advocates, Child Care Centers, SNEP, YAS, Community Hospital patients and visitors, Food to Schools, and many more.
Potential Revenue Sources

Wholesale vegetables made available to grocery stores, schools, hospitals, the Pioneers Home....

Thousands of miles fresher. Significantly reduced transportation costs. Varieties not currently available. Grower control limits use of unhealthy chemicals.
Restaurants and other commercial kitchens gain access to the freshest herbs and specialty crops.
Locally grown promotion for their customers.
Longer lasting flowers for local florists means happier customers and better business.
Educational credits for students of all ages...
Horticultural tourism is a growing business...
Horticulture Therapy…

As more people understand the benefits of HT for therapy and rehabilitation, they are more likely to choose organizations that offer this service. HT is reimbursable through many insurance plans if guidelines are followed.
The City & Borough of Sitka currently spends $4,000 to $5,000 per year importing bedding plants from lower '48 vendors. We can save on shipping costs, and keep that money circulating in Sitka's economy while working directly with City landscapers to grow what they want.

Marine Passenger Fees may allow for increased landscaping budget.
• Local Support
• Private and Public Grants
• An Endowment Fund

14th annual Running of the Boots
11am at the Crescent Harbor Shelter
Season’s End Celebration 2023
Fresh Produce

Checking out the geothermal floor heating in the greenhouse
Community
Ecotourism

Chena Hot Springs’ Appropriate Technology Tours

Renewable Energy Conference
We need people to help with:

- Communication with community partners
- Publicity
- Funding
- Business planning
- Research (building materials, insurance, plant materials, etc.)
- Site work.
- Strategic Planning