

Welcome, everybody.

If you are coming in, we will give everybody a few minutes to get settled.

TARIK: I will turn the heat on.

RHYS: We will have both English and Spanish closed captioning today.

If you would like to use those, feel free.

For English to select the closed caption button at the bottom of your window or grab that link in Spanish.

RHYS: Thank you.

As folks are coming in, welcome.

We will get started in just a moment.

Giving everybody a moment to get joined in.

So glad you all are here today with us for the Farm-to-Table Trade Meeting.

Thank you, everyone.

My name is Reese Thorvald Hansen.

I'm program manager at Sustainable Connections.

Co-hosting the first Farm-to-Table Trade Meeting which we have 70 people about us this morning which is great.

We hope you are as excited as we are to have a really fun day of learning, connections and talking about food systems which I know we all care about or we would be here.

Mariah will in electro dues herself and.

Everyone my name is Mariah did he low yo the.

We are here today helping to organize partner to organize this event with Sustainable Connections and happy to be part of the team.

I will leave it there.

RHYS: Great.

I would like to get started today with a land acknowledgment.

I am hosting this event from the traditional lands of the Lummi, the Nooksack, Mariah is joining from the Duwamish, the First Peoples of Seattle, Suquamish, still goo WAUM mish Muckleshoot.

We wish to acknowledge them as traditional owners.

Like to pay our respect to the elders past and present and the elders from other communities who maybe here today.

We intend to be respectful guests good neighbors as re welcome their culture, heritage and sovereignty.

You maybe inhabiting other tribal lands DEPding where you are signing in from.

To find out -- having a sound moment.

My apologies for the tech error there.

You maybe inhabiting other tribal lands deP.2ding

where you are signing in from.

To find identity what ARN ancestral lands you are occupying, visit the link in the chat.

Native land.

CA.

I will kick off with a quick thank you to the event sponsors.

First want to start out thank you to our other business partners, Business Impact NW.

Mariah at Seattle Good Business Network to do good busy week.

It there are sessions and programming available all week.

We hope you will check them out.

You can check out links in the chat.

We have a great week of programming and you are already registered.

Thank you to our sponsors for the Farm-to-Table Trade Meeting.

Thank you for the what the come community foundation which helps underwrite the food and farming program nor Sustainable Connections.

And for our supporting response sores Aditi Chai and uprising craft brewery.

Mariah would you like to give a thank you.

I would like to thank King conserves district who supported our work PUFTH our program together and all of the good work at Seattle business network.

RHYS:

And Gobble Up.

Big shout-out to all of our community response sores this year.

These are folks who PAFRPTed in our amazing tasting boxes.

If you got a good food box share about it in the chat.

Upand coming as well as OLD favorites.

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I know we all were bummed not to have the amazing local chef lunch this year and this didn't feel like second best.

It felt like another best.

Thank you very much for all of our local food producers who jumped right in to make these really amazing tasting boxes.

Mariah?

> > Thanks everybody nor participating.

> > With over 41 producers it exceeded our expect Haitians of everyone we thought we could represent.

> > We had over 90 people apply to be in the BROKSs.

> > We hope to do more programming like this in the future.

> > We will keep trying to bring the producers to you if you can't come to them.

> > All right we will now get ready to introduce our keynote panel Imagining a Just Food Recovery.

> > Sorry that Brandon Revey with Revey Diesel & Marine who is a local commercial fisherman was not able to join us today.

> > He sends his regrets and a message though all of our attendees that caring for your water system is caring for the food system.

> > That's the message he would have shared.

> > We are thrilled though in electro can dues Adasha Turner who is the mound arer of Modest Family Solutions and UM media sustained institute in Everett WRA were a mission of diversifying natural resources.

>> She has a youth agroecology program that offers schooling to children youth Kinder GRARN though eighth grade.

>> They.

>> Spiritual grounding.

>> Their unique THAECHG model leans education towards economic, environmental, social, and food can justice awareness.

>> Welcome Adasha.

>> Our other panelist is Tarik hark the it mound of Feed the people.

He has had Midnight Mecca, After Dark and incorporating youth through giving opportunities through.

He has been offering free meals though anyone in need during the COVID-19 pandemic.

They have normed the Seattle community kitchen collective producing free meals since March 2020.

WRK Tarik.

ADASHA:

RHYS: DRAUSH, welcome though Adasha WRK thought Farm-to-Table Trade Meeting.

Thank you for having me.

I am Adasha Turner.

I am in Everett, Washington.

We have started a 4H program that is youth led and youth designed to tackle the issues that we are having were NOOJ?

It NOOS starting were K12, letting children she the impacts on their food systems, we get though put mileage on hour food to our grocery shores and table.

Prior to COVID we were growing a lot of our hone vegetables and having hydroponic systems.

We are teaching them different sustainable resources while trying to restore soil.

We are having where they can come in on a WREEKly basis.

Land ownership is part of a huge problem on food sustainability and land models.

Black ownership is less than one % of farms.

Thank you for having me.

RHYS:

Thank you DRAUSH.

Adasha.

TA

Hark hark.

RIK: Thank you for having me.

Good morning.

I am Tarik Abdullah chef T, A Ka cook it T.

I am mounder of Feed the people.

I have been focusing on youth education using my platforms as she was saying before a After Dark Midnight Mecca.

I now run a community kitchen, provide free meals, Thursdays, Fridays and Saturdays.

Twelve though five.

3 person team.

I am in the middle of an art project on Beacon Hill, need the people Plaza.

We maintained the building.

We are finding ways though have better education for hour kids throughed food.

This is like podcasts where we can listen in our our NAFRT people.

Tarik oar DRAUSH either are WRK though RAENS.

Food justice has been DWRIEND as a hotel transformation of the food system yards food sovereignty withial care for people and planet.

When you imagine a recovery from COVID-19 centered in the principles of food justice, what does that look like for you.

TARIK: It's WRUN thing to see had a it will look like.

But at the same time, it's growing to take time because of so many NAKZ involved.

On a community level it's one thing.

Thawing on a larger SKRAL I feel that will be more of life work nor a lot more people.

I do see food systems changing.

It will be interesting to see which cities really take grasp and see how access of food on level is important.

Hour systems have been producing excess, overfishing.

I do see promise DAUFRMENTS like writes.

We are more aware of a we are throwing away, what's growing to WRAES.

After the first three WREEEKS of being Amazoned out we can not buy anymore.

What do we need and not need.

I have seen are lot of people MURJing and realizing there is a huge amount of access we don't need.

A lot of people have insulatorend though GRARD en and look nor things that are name oriented.

We have been on the go grow grow, not focusing on the name unite.

unit.

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There is a value in growing your own food, had a you are putting in your broad.

Cold and flu season cut down 9 (0 Ms. By being aware.

We are not so quick though grow back though sleep and run back to the grocery shores.

stores grocery.

I want the parents though stay involved a little longer where their kids are needing it.

Something about a child picking their first vegetables.

Technology has warped us.

The pandemic has been a blessing and curse.

We go grow as namly yu anytime.

a family unite.

I'm hoping to see a lot more community GRARDens.

Our program is looking though put vertical GRARD ening in food deserts.

Looking at the economics Brie hind that and putting dollars in to their own community versus in to a lot of big BROKS companies that don't care.

Their

bottom line is not our health.

It's not for us to be union nucleotide uni nucleotide.

I hope post-COVID we can keep the WRAERNS and keep things moving in a productive permissible way that's not causing damage to our neighbors and to our planet.

RHYS: Both of you have focused on youth programming and engaging were youth as a part of the work you are doing.

A.

WROU like to speak though why that's a focus and what YOUR considerations are though focus on children when thinking about a just food system that.

Being a child -- nor a child to have to experience what they went through last year, I think it's like the perfect time to reintroduce them to food, dirt, and the thing is a a lot of the kids don't have the opportunity.

My friend Kristi, her daughter, twelve years old we were having a conversation talking about COVID and the frustrations she was saying how you can go to your studio and create all you want.

I am only twelve years old.

I can't go anywhere.

With that for me it always made sense.

I was like you know what?

What's the one thing we can do to keep the kids involved but safe during these times?

It's through food, which means through memories, through creation, it means freedom.

It means a sense of pride and accomplishment.

What's different now is we have to do it in more of a less in a group but you have to be more effective.

You have to hit it as much as you can with the limited amount of time you have.

The community kitchen is not all day but they enjoy had a they do.

It's growing to be something nor them to look back on.

I learned hour though grow food, cook food.

Skill set DAUFRJTS definitely.

Frederick Douglass said it's easier though repair a child than a broken man.

Hi think about being that and being a homeschooling parent nor 20 years, I showed my kids what they can have by being on that grind but the travel and being in surgery all the time took me away from my kids a lot.

They were very accomplished, started college when American thirteen they were RUPS.

I pus in front of them the wrong kind of framework.

The parent is enrolled and involved in the educating of the child to where if I had broth of them before in air reFLAUT cultural engineering, aeronautical engineering, and robotics engineering.

Once it is all said and down, what skills are we teaching our children though build back up community?

What happened to home economics and teaching out of the Commission?

There is so much science in the kitchen.

Me being retired and having my condition RAES been a blessing.

I have 26, 23, and 6 year old kids.

I'm 100% involved with her education and learning.

For her to be able to tell me a difference between a until clang and chemical change just off the baking, she loves to be in the kitchen.

Those are the sciences that will take her further than hitting the books.

One thing we don't have with fast foods and YEENS foods is there is no love in the food.

Cooking, that was one thing, my name being from the south, that's one thing they definitely do.

I and my oldest miss that.

The second time around I can can do things differently.

It's not just for me but nor the parents in the neighborhood who have to work.

That's why I created the Ummah sustained school.

It's learning differentiated instruction.

We understand we have to reach each child different in order to grasp stuff.

We put it in a cookie cutter educational system and they are not set though succeed at anything.

If my daughter can read and learn math she can go to college.

Getting the high dollar expectations out of their mind and wanting them to be truly happy.

We have a lot of broken people walking around.

Had I hear it's easier though build a stronger child than a broken man, it's no lie.

That's where I put my time and energy.

At the

end of the day, that's something I will never regret.

RHYS: Thank you.

Both of you have touched on this in your first question we asked about food justice and food sovereignty.

TARIK:

I WRORND in you could name specific obstacles in the way of achieving are just food recovery to COVID-19.

Okay.

Go ahead Adasha DRAFRJTS I was growing to say as I am learning more about the agro system and the works of the USDA one thing we have been talking before is empowerment, the word empowerment.

When you learn agricultural business doesn't have a minimum wage requirement, it's mind-blowing.

These people prepare our food, grow our food under harsh conditions.

If we can't take care of the people or taking care of us there is something wrong with that.

If they have to live in conditions we wouldn't live in there is something wrong.

When you are talking about community and larger scales, that takes time.

Once you look at agroecology, we need to learn that from the beginning because that's the basis of everything.

If we look at a wideer scale, you will see all the problems because not everybody will be specialized in one thing where they don't understand how the domino effect affects us at the micro level.

It's the macros that have the control and power.

Just putting SNAUT light on that.

Definitely the wages nor agricultural workers, shopping the youth get skills, and the youth are valued.

We should have food justice.

There are so many injustices around the systemic narratives.

That's one of them.

That's WRR I am starting.

I'm sorry I didn't mean though interrupt you.

TARIK: Last year, of course, being in industry over 20 years you learn about seasonality, local, and you see access to a degree.

Last year when I partnered were emergency feeding program and they it gave me a hour of their space.

In semi-truck amounts.

When I saw that on top of the in fact of providing the meals throughout the year, that's a hole underbelly of food people don't even know about.

Like the overproducing, it is insane.

And there is a reason why the community kitchen has no keep going.

It will preventually provide jobs.

There is excess of food that eventually grows though waste and we can do something with that.

On a local level we make these systems and we have to be consistent were the systems.

Because if we start and shop, we will continuously have things.

We should all be in communication and so they can hear what's on our minds and what we need to see and a we need help from.

I can't tackle what I saw in the grocery stores.

I can

stop everything and come up with -- hey I want though take on XY and Z because they are bringing in too many products but it's bigger than a grocery store.

We are talking about brands that are overproducing.

How come Washington can't say:

You are not allowed to pass this production number amount of something because we are going to continue having the food excess.

Is it wrong though not do what we are doing?

No.

Is it wrong though let it grow to WRAES?

Yes.

Washington at the local level we should have some get-togethers once in a while.

ADASHA: In addition to producing, being in contact with our local farmers.

The food boxes are great.

They know what the need is based off the orders and growing to orders versus growing to fill she was.

Another thing is not only the local, we need to get back in to the seasons.

We as a community or state like a certain produce that is not grown here, does that make sense to ship things from other countries and then that food growing to waste.

I have seen a lot of selected rural community being privy to the semi trucks being dropped off, food though a WEEKly basis.

I don't see that in certain community.

When I did experience that for myself I was in disbelief.

If there is this much food out here, what are we missing?

The communication is definitely necessary.

We have all these people in positions some there is no checks and balances to it just to be a supply supplier.

There has to be accountability to it.

We waste ed billions of pounds of food.

Eggs and milk.

How many people?

Bless the farmers who are letting people buy from them directly because they could not get the food shipped out.

The commercial foods was affected heavily.

Let's not be so quick though growing back though business as usual.

I hear that so much.

It's irritating.

This pandemic has been revealing on so many levels.

Anybody who says let's go back, you suspect me.

Keep it real.

We should all be able to come together, all these allies and people wanting to be allies, use their privileges to access it.

Bring folks like Chef Tarik though the table so we can have real conversations on real solutions and not just PowerPoint presentations that look well.

In theory we have real life system emails documented in this pandemic.

Use that data though improve these systems.

RHYS: Thank you both.

Giving us so much though digest and integrate.

Either one of you, if you were to ask the folks in our audience today to do one thing, maybe the next right thing, one thing you would do for call though action for them to help enact a just food recovery, what would you ask of them?

That.

A.

TARIK: I think that depends on your own leverage and access you have.

I think it goes from person to person.

Some people have abilities to the it in places they can tackle on but I think from a simple stance, I would say honestly teach yourself gardening 140 #0 1.

No one can say they desurmise chips and salsa.

.

I really say people should teach themselves BRAFKS and not kneel intimidated.

Do not go to a nursery and be overwhelmed.

Don't put yourself down that road.

YouTube university is amazing right now: Platforms people are doing right now such as the grow family network.

They sit on three acres of land and document day though day and teach before gardening.

Email happens.

I had email last year and the year before but I was still able to produce food.

Yeah.

Try GRARD ening, a couple little projects.

DRAFRNLTS it may not be more everything but get in to come mosting.

We only have sixty years of regrowable soil on this earth.

We have overproduced and put too many chemicals in the soils.

There is a lot of science in composting and the break down.

Huh start to separate your trash and waste, someone said mankind lost its way once we invented the toilet.

I'm not saying going back that way but I am saying take a class, the universities have a lot of waste warriors and sustainable stew with regards programs shoe with regards programs stewards programs.

If you get in to come mosting and worms, even if it's in a not it's amazing what you can produce.

The taste is better.

It's higher quality food.

If you are able to, support your local farmers.

There are so many farmers doing CSAs where you can get on their list and Pay the money for the year.

Be cautious.

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Child.

Conscious.

ADASHA:

Don't go back though normal.

TARIK:

Let's get are right.

At the kitchen, and even before that, a friend of mine, Amanda Houston has her own Pea match.

She was taking scraps, banana has MOT.

potassium.

She would put it with water, boil it, strain it, boom one less thing not going in to the trash.

Use it for Tea.

And all the egg shells.

We have not thrown one egg shell away since we were at the kitchen last year.

We dry the eggshells and keep them in giant knife GROL alone buckets.

That's free calcium you can blend with water, oyster shells.

ADASHA:

There are things you can do before you throw it in the come most.

If you knew how depleted our soils are SFLOO there are soil enthusiasts here for sure.

I want though give the audience time though submit questions.

AD

While they do that, if each of you want to point out somebody you would like to give a shout-out to that more people should know what they are doing.

T

ASHA: It's chef T.

ARIK: That list is long.

Sister Adasha force.

Plant-based food share.

She is doing a plant-based box.

Dev chef doing school lunches nor kids probably for the last power years.

four years.

Right out of his own house.

Another subject matter we can go down a rabbit hole another day.

School lunches.

This guy is making a better meal than the school lunches.

Black star farmers.

Yes farm.

Black sovereignty farms in Portland.

Elliott, Kitchen Sync Strategies.

There is amazing work he is doing.

Adasha there are a ton of people DAFRNLT I cheated.

I ram sorry.

Black food sovereignty and black farmers are larger networks of folks doing amazing work.

All of the community workers, all of the activists on the grind that are looking at multiple issues.

It's not just food.

People who don't have access, the homeless, the disenfranchised, underserved population, so many people don't have businesses and some don't have the business background or time to put a business together.

They are doing it out of the kindness of their heart.

Those people I want to shout out.

Not everybody has access and resources to pull it together.

I definitely wrote like to shout out to MAPS.

They launched a program under BIPOC people, everything from starting a business, accounting, all nor free.

MAMSSBNR signal business reliance business program is helping anybody who is trying to get a business together and giving them all the resources to get it growing.

They are connecting a lot of people together.

Farmer frog.

Eddy Hill in Portland.

We are

all starting to see each other, doing the same work.

It's all love.

It's not a competition at all.

You are starting to make the puzzle pieces connect.

I want to see the finished product one day, to where we are able to take care of our people.

Cafe red.

TARIK: Creative Justice, I am working with them.

They have working with youth.

Yeah.

There were is many different levels of what people are doing rog because COVID showed us what we need and what we want to see but without all the hiccups.

There is a woman in Manhattan right now since COVID, she has been producing pizzas right out of her top floor apartment.

You email her, you donate \$10.

She

makes you a great my.

She is not getting flack.

No city officials.

That's what I mean.

If a fast food joint is allowed to sell crap, then that woman is allowed to sell a pizza right out of her apartment.

She is doing a good thing.

She chose to do it she is smart.

She is not cooking in a junkyard.

She has common sense.

There is that and us who care about the food.

I think our systems can change.

ADASHA:

Just allow people to do the work.

Bring back the potluck.

RHYS: Definitely what I have missed the most during COVID.

Yeah.

Sharing food with friends and community.

Two rapid fire questions.

One question for you Adasha, the person was asking if you could share more about the fact that you are associated with 4H clubs and if there has been from in replicating your agroecology program in other 4H clubs.

ADASHA: I have been trying.

It was a hard time getting my 4H club.

It look me longer than most.

Now that it is up, I really want to -- I am not in to replicating it right now because I am looking at quality.

I don't want quantity.

If it will be replicated, because -- my curriculum is condition.

done ondition.

I need

MARNT involvement.

parent involvement.

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Everybody needs hands in dirt, in soil, in something.

We are doing everything from beginning to end.

When I see the -- agro crow ecology is -- agroecology.

That's kind of what I am looking at now before we replicate it you want to fine-tune everything before putting it out.

It's in Everett.

Because of COVID, it's online.

Some of our ecology portions of it, we have great partnerships doing E DNA in the mountains.

I want to get a lot of kids out of the urban area in to experiencing these spaces.

I don't want to be YIK though put something back in that box.

I went to Switzerland and ah completely different.

We curb the kids' curiosity by giving them strict things hog off of some this is what you need to succeed.

Let's nurture their gift.

The next place we have, I want to be able to connect all those dots.

RHYS: Thank you.

I wish we had more time for questions.

ADASHA:

Those in the audience, if you have more questions, feel free to most them in the Slack channel or happy to pass your questions to Adasha or Tarik.

Modest Family Solutions.org

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Thank you for having us.

RHYS:

Thank you for joining in.

Next up on the slate is small group networking.

If you came to the trade meeting before, rapid nier networking, we have done our best to make that happen in a Zoom space.

Get ready to meet lots of folks.

You can drop your contact information in the chat or follow-up were people on Slack.

Say hi though Sustainable Connections or Seattle good business network.

We are there to answer any questions.

Thank you so much.