

# Rainier Valley Food Action Project:

Increasing Access to Fresh Produce



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## Executive Summary

The *Rainier Valley Food Action Project* focuses on increasing residents' access to fresh and affordable produce as a follow-up to the work of former Emerson Hunger Fellow Jamillah Jordan's findings in the *Grocery Gap Project: Race, Hunger, and Food Access*. Rainier Valley is largely recognized as an underserved neighbourhood with an unfriendly built environment, such that Rainier Avenue has a high incidence of pedestrian accidents, the main corridors have high densities of fast food restaurants and the residents have high rates of asthma, obesity and other chronic diseases.<sup>1</sup> Seeking to find innovative methods to increase access to fresh fruits and vegetables, this report examines ways to improve existing programs, develop more urban farmland, and provide more avenues for purchasing foods with the intended goal of alleviating hunger.

## Acknowledgements

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## Introduction

One of the most perplexing paradoxes in the United States is how our economic structure fuels hunger in the land of plenty, the land of opportunity. This is not to say that Americans do not have access to sufficient calories for growth, but that many lack the proper nutrient intake for a healthy lifestyle. The cost of nutritionally dense foods is rising while that of energy dense products is falling; energy dense foods are those high in sugar and carbohydrates, mainly junk food.<sup>2</sup> At the same time, poverty in Washington State is on the rise - from 9.9% in 2001 to 12% in 2005, the most recent year for which data are available.<sup>3</sup> Much of that can be attributed to the numerous low-paying service sector jobs, which are easily overlooked when one notes the overall economic growth and low unemployment rates. These same positions are the ones available to many of Rainier Valley's residents who lack the educational attainment, language skills set, and other means to attain Washington's plentiful high-tech and aerospace jobs. Because low-income is an indicator of low fruits and vegetable consumption, which is a risk factor for many chronic diseases, we must address the issue of obtaining fresh produce for residents of Rainier Valley.<sup>4</sup>

"Food security is all persons in a community having access to culturally acceptable, nutritionally adequate food through local, non-emergency sources at all times."  
*-Community Food Security Coalition*

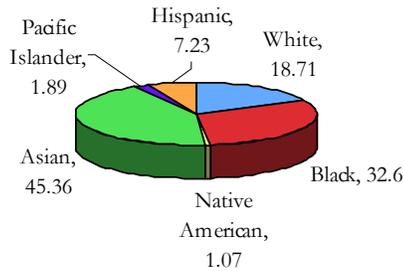
In combating this undernourishment of our low-income populations, King County has set forth a Food and Fitness Initiative to empower individuals and organizations to create a built environment that embraces locally grown foods and active living. Rainier Valley is currently one of the communities seeking to obtain a grant to further develop their neighborhood. As Diana Vergis Vinh of the Healthy & Active Rainier Valley Coalition says, "We need to make the healthy choice the easy choice." We must make healthy choices the default, not the option. Furthermore, Seattle seeks to green itself, to leave smaller carbon footprints. In essence, these two steps in combination lead the author to believe that urban agriculture for local foods can be used to promote both physical fitness and healthy dieting.

Seattle already has plenty of infrastructures in place that would ease the transition to locally grown fruits and vegetables. With that being said, the Rainier Valley Food Action Project seeks to explore the feasibility of establishing an urban growers' co-operative while increasing residents' access to fresh produce. Another key component is to attain self-sufficiency. Solid Ground hopes to build upon the results of this report to implement recommendations as appropriate to better serve the needs of the community, to use information garnered as a catalyst for bringing about change, and to insert our presence as a viable resource to Rainier Valley residents who may otherwise be unfamiliar with our programs.

## Neighborhood Profile

Rainier Valley is a diverse, low-income, primarily immigrant neighborhood in Southeast Seattle. With its multi-ethnic urban population, Southeast Seattle’s residents say that “98118 may possibly be

**Figure 1: Ethnic Composition of Rainier Valley**



Source: Rainier Valley Community Development Fund, 2003

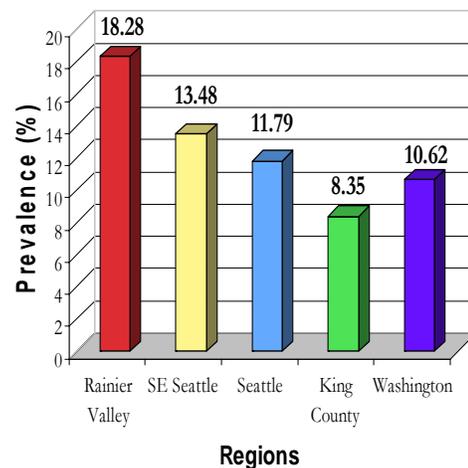
the most diverse zip code in America.” With a forty percent immigrant population, Rainier Valley is home to a myriad of languages.<sup>5</sup> If you take a look at Figure 1, you’ll notice the diversity of the neighborhood which extends to greater food variety and needs. Also, with much of the influx from Southeast Asia and more recently, Eastern Africa, we find a large population with a farming culture struggling to master English and find jobs that may or may not utilize their existing skill set. Food ties all these cultures together because everybody eats regardless of their ethnic,

religious, or other differences. Furthermore, Homeland Security has identified farming and regional foods as a means of thwarting terror threats.<sup>6</sup>

For this project, Rainier Valley will be hereafter defined as the area south of Interstate 90, west of Martin Luther King Jr Way South, north of Henderson Street, and east of Rainier Avenue South. Within this quadrant, one will find many schools, community gardens, and fast food restaurants, but only one farmers market and few supermarkets. This is not to assume that all residents would frequent the market but that the option is unavailable to most without the convenience of owning a car. The unavailability of grocery stores further contributes to the low produce consumption rate. When one sees that the average American consumes only 27% of the recommended daily allowance of fruits and vegetables, it can be assumed that a low-income neighborhood likely eats even less of than that.<sup>7</sup> So, while several buses run on the main arterials, Rainier Avenue and Martin Luther King Jr Way, public transit remains inconvenient for the disabled, the elderly and those with young children and thus does little to promote healthy eating. However, the weather patterns in Rainier Valley give gardeners a fairly extensive growing season, thereby giving them ample opportunity to produce their own foods. This vibrant community boasts diversity of culture and community, and a willingness to work hard. As Rainie Picardo, of the Picardo Family P-Patch, once said, “You get back what you put in.”

Along with linguistic and cultural barriers, Rainier Valley residents also experience much higher rates of poverty than the rest of Seattle, King County and even Washington State; one can see from Figure 2 that Rainier Valley’s poverty rate of 18.28% is 55% above the citywide rate, 118% above the county rate, and 72% above the statewide rate. This trend is further exacerbated by the low

**Figure 2: Prevalence of Poverty**



Source: Rainier Valley Community Development Fund, 2003

educational attainment rates in Rainier Valley where people with less than a high school degree outnumber those with a bachelor's degree by 250%.<sup>8</sup> Therefore, economic changes are more heavily felt by residents here than elsewhere in the city. So when 13.8% of Seattleites report that they cannot afford to eat balanced meals, one can only assume the rate is even higher in Rainier Valley where incomes are lower and more people are likely to rely on the emergency food system and governmental assistance.<sup>9</sup> Rainier Valley residents are unduly affected by a myriad of variables that leave them vulnerable.

The past decade has seen extensive gentrification of the Columbia City area, HOPE VI redevelopment of Seattle Housing Authority's public housing to mixed income communities at Rainier Vista and New Holly, and an impending light rail transit system on Martin Luther King Jr. Way South. Where there was once boarded up windows and a diverse underclass, there is now an infiltration of a homogenous middle class, corridors of businesses and increasingly more condominiums and housing. However, this transformation does not come without its costs.

With the increasing presence of the dominant European culture, there comes a gradual dismantling of African American community and an increased emphasis on assimilation. Ethnic enclaves of refugee and immigrant populations are being displaced as communities move farther South where there is more affordable housing. Rainier Vista and New Holly have fewer residences for low-income families than they did before development. Furthermore, the new light rail system will likely attract downtown workers, with more economic capital than the current residents, to move into the neighborhood because of the convenient direct ride to the office. Soon we may see even more of the poor get priced out of their homes and neighborhoods. The social, economic and cultural make-up of Rainier Valley is changing and with that so will the physical infrastructure.

"You won't recognize the neighborhood in ten years."  
- *Rainier Valley Resident*

***Some existing programs that address food security in the Rainier Valley...***

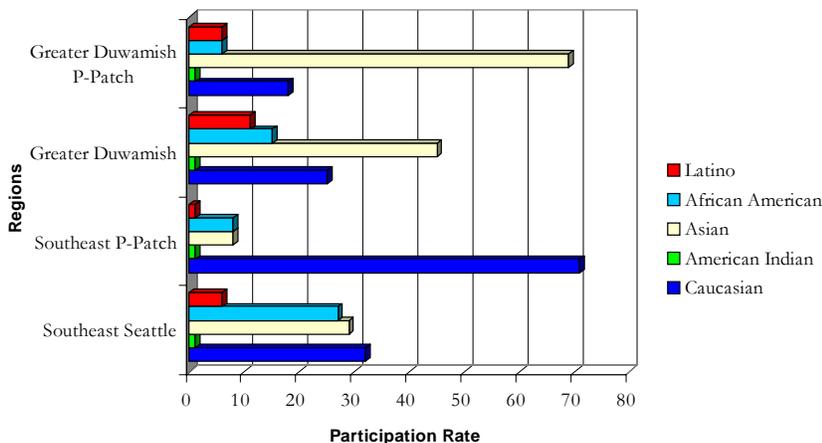
Although we expect to see many changes in Rainier Valley, we still see many in need of assistance. Many organizations already work to alleviate the stress of obtaining fresh produce in Rainier Valley and beyond. From community gardens to federal dollars to farmers markets, low-income populations are benefiting from the anti-hunger movement. The programs mentioned in this report represent some of the many operating in the Rainier Valley, but all are key players in helping residents meet recommended daily allowance requirements for fresh produce.

**❖ P-Patch Community Gardens through the Department of Neighborhoods**

The P-Patch Program began in 1973 and has been growing ever since. Rainier Valley is home to 54 community gardens, several of which are limited to Seattle Housing Authority residents. All gardens are at or close to maximum capacity with low turnover rates each year. Their new Dakota Garden already has a waitlist, and it’s not even open yet. Vacancies at gardens fill up quickly with gardeners from a cyclical waitlist (where potential growers are purged annually depending on if they are still interested). With the added dichotomy of keeping “experienced” gardeners, those who do the bulk of the garden maintenance and oversight, versus admitting new green-thumb P-Patchers each season, the assignment rate differs by garden.

This popular recreational activity and organic produce access is aided by the P-Patch Trust, a non-profit that offers scholarship funds for those who cannot afford their plot fee. Other aspects of it that heighten the appeal of community gardens are the lack of arable land in Seattle, the provision of organic fertilizer, water, and tools to use, and the built-in community aspect of the P-Patch. One P-Patch survey showed that 31% of gardeners get more than half of their produce needs met from their garden plot between April and October and at the Cultivating Communities’ Juneau Garden more than 75% get their produce needs met (7 months in a year).<sup>10</sup> Yet, many gardeners the author spoke to during focus groups often reiterated how gardening is fun and good exercise, rather than an economic opportunity which may be attributed to the P-Patch rule where that produce grown can be shared or donated but not sold.<sup>11</sup> Figure 3 shows how well P-Patch serves different ethnic groups, mostly due to its Cultivating Communities Program.

**Figure 3: Ethnic Diversity in P-Patch Program\***



**\* Greater Duwamish P-Patches (11):** New Holly & Rainier Vista gardens, Beacon Bluff, Ferdinand, Marra, Snoqualmie, Thistle;  
**Southeast Seattle P-Patches (7):** Angel Morgan, Bradner, Colman, Courtland Place, Estelle, Hillman, Hillside

*A list of gardens in Rainier Valley is available in the appendix.*

Source: The History of the P-Patch Program, Survey 2004

Cultivating Communities is a partnership between the Seattle Housing Authority (SHA) and P-Patch Program; comprised of three components - community gardens, market gardens, and youth gardens- it works to integrate immigrant and non-immigrant populations, specifically at New Holly, High Point, Rainier Vista and Yesler Terrace, all Section-8 or government subsidized public housing communities. Market gardens operate a Community Supported Agriculture (CSA) program to give growers a focused way to garden and a more direct interaction with generally non-immigrant subscribers. In 2007, the market gardens of New Holly and High Point served roughly 100 member households in the growing season.<sup>12</sup> The primary focus of this business model is not on profit for the gardeners because a much higher income could price them out of their residences in the SHA complexes. Cultivating Communities' Market Gardens help participants develop gardening and English-language skills sets. Sixty percent of the income generated is divided amongst the market gardeners based on their productivity; along with this take-home check, market gardeners can take home the second-grade produce, which one gardener estimated to be about 20% of his crops. Furthermore, many of the immigrant gardeners are more willing to share vegetables with family and friends, and much less willing to donate to the food bank where they do not know the recipients.

#### ❖ Seattle Food Committee and Seattle Food Banks

Statewide, food banks served more than 1.2 million individuals in fiscal year 2005-2006.<sup>13</sup> Seattle houses almost 30 food banks, most of who belong to the Seattle Food Committee. As each food bank is autonomous with its own board of directors, the primary role of the Seattle Food Committee is to purchase bulk goods thereby increasing bargaining power, to act as a knowledge broker between food banks, and to sponsor educational workshops for food bank staff to help them better serve their clients. In the area we define as Rainier Valley, we find only one food bank, the Northwest Community Services Food Bank; several others also serve Rainier Valley residents but are either less conveniently located or have other eligibility requirements. *A map of Seattle's Food Banks is in the appendix.*



Over 50% of the food distributed by Seattle's food banks is from either Northwest Harvest or Food Lifeline. Unfortunately, produce is a hit-or-miss commodity at Seattle food banks as seen by surveys of food bank directors conducted by the Seattle Food Committee which show "more fruits and vegetables" consistently ranking high in clients' preferences.<sup>14</sup> Food banks further fill their shelves with produce through donations, the Produce for the People program through Food Lifeline, and grocery rescue partnerships with neighborhood supermarkets. In 2007, the Seattle Farmers Market Alliance and Solid Ground's Lettuce Link program each donated over 40,000 pounds of produce.<sup>15</sup> While each individual food bank may not benefit too much from these donations, there is the greater achievement of hundreds of community members participating in the anti-hunger movement to feed their neighbors. Produce for the People salvages fresh produce daily from wholesalers and retailers to decrease the volume of going into the waste stream; data from 2003 showed that 1.7 million pounds of produce was redistributed.<sup>16</sup> Grocery rescue work relies on an individual food bank's staffing availability and neighborhood store partnership. It, too, is a daily activity that salvages non-sellable, but still edible goods.

### ❖ **Community Dining Programs through Senior Services**

Congregate and home-delivered meals are available through the Elderly Nutrition Program under the Older Americans Act. Studies show that participants in these programs are better nourished than their non-participating counterparts; these nutritionally dense meals provide 30-50% of senior's daily nutrient intake while providing them with a sense of community.<sup>17</sup> One focus group participant even looks at the Southeast Senior Center fondly as a second home; she commented, "I'm always here. They tell me I sleep here." Congregate lunch diners further develop friendships, thereby creating an extended community. Some diners will even share their garden harvest, recipes, and knowledge of other opportunities in the neighborhood with each other.

### ❖ **WIC and Senior Farmers Market Nutrition Programs**

All Seattle Farmers Market Alliance markets accept electronic balance transfers (EBT). However, only farms that apply and register with the Department of Health to receive their Grower Number are allowed to accept Supplemental Nutrition Program for Women, Infants and Children (WIC) and Senior Vouchers.<sup>18</sup> While vendors are receptive to vouchers, seniors complained during the focus group that they felt obligated to spend up or down to the nearest \$2 to make the checks worthwhile.<sup>19</sup> However, they value the coupons as the Vietnamese Language Focus Group participants unanimously rely on the one-time a year \$40 vouchers to go shopping at the Columbia Farmers Market because the produce there is fresh, but expensive.<sup>20</sup> This notion was further reinforced at a second focus group at the Southeast Senior Center, a distribution site for the senior vouchers. Their lament was that Seattle "needs to find a better way to distribute. They only had two sites in the City. We saw hostility and anger from the people."<sup>21</sup> Compared to the WIC system where only current clients are eligible, the senior program lacks an existing infrastructure to ease the transition. In Table 1, you will find information about the two farmers market programs.

According to a study conducted in Los Angeles, California, WIC clients who received \$10 per month for six months for fresh fruits and vegetables at a farmers market were more likely to sustain this increased produce consumption behavior change than mothers who received grocery store checks for the same amount of time.<sup>22</sup> Another study in a Michigan county showed that providing farmers market coupons and education to low-income women and children has the strongest intervention effect on attitude and behavior.<sup>23</sup> Farmers markets are a good way to develop better eating habits; armed with the \$20 given in Seattle, WIC clients are redeeming their checks at the Columbia Market site at 83%, one of the highest in King County.<sup>24</sup> Fresh produce is valued but cost often acts as an impediment.

Table 1: Farmers Market Voucher Programs

	<b>WIC FMNP</b>	<b>Senior FNMP</b>
<b>Eligibility</b>	Current WIC client	Age 60+ (unless American Indian/Native Alaskan and 55+), annual income <185% FPL, WA resident
<b>Verification Needed</b>	On master list of active clients	Government issued ID w/ age and zip code
<b>Distribution method</b>	Varies by office: some at farmers market sites and others at WIC office	At designated sites; in Seattle this was at the Southeast Senior Center & Office of the Mayor (downtown)
<b>Value per Family</b>	\$20 per family	\$40 per senior
<b>Vouchers available</b>	Limited	Limited; highly coveted and tends to run out by end of first week of distribution
<b>When available</b>	June; must spend by Oct. 31 <sup>st</sup>	June; must spend by Oct. 31 <sup>st</sup>
<b>Funding</b>	U.S. Department of Agriculture, the Washington State Department of Health, Community Wellness and Prevention, and the Washington State Department of Social and Healthy Services, Aging and Disability Services Administration.	
<b>Issues</b>	- Same amount given per family regardless of household size - Not every client receives benefits	- Verification doesn't include income - Disabled would have difficulties obtaining assistance

#### ❖ Washington Basic Foods Program

Food Stamps in Washington State took a drastic hit in October 2007 when budgetary cuts limited the amount of funding available for outreach and education programs. As a result, clients must now apply either online or in person at a Community Service Office, many of which are so busy that you must show up before 10AM to be guaranteed same-day assistance.<sup>25</sup> To qualify, residents must meet 1) income and resource requirements and 2) citizenship or alien status requirements. With food stamp benefits, clients can then go purchase produce at their neighborhood stores. A list of Community Service Offices and income requirements is made available in the Appendix.

## Research Design & Methodology

The goals of the Rainier Valley Food Action Project were to:

- ❖ Find ways to increase residents' access to fresh and affordable produce,
- ❖ Expand dialogue amongst community members about food security, and
- ❖ Do develop a Neighborhood Growers' Co-operative to further explore urban agriculture.

The author adopted focus groups and interviews to ascertain community involvement in existing programs and interest in further developments. These discussions also sought to understand what the community's perceived needs are. The author also attended other community meetings to garner a better understanding of what residents seek to change, to improve and to remain. *Questions asked during those discussions are available in the appendix.*

Two focus groups were conducted in the course of research: 1) in Vietnamese at Garfield Community Center with 10 participants, and 2) in English at the Southeast Senior Center with 7 participants. By conducting the focus group in a native tongue, the author was able to better gauge the needs of that ethnic community without alienation. However, one caveat that must be addressed is the overrepresentation of the senior population in these discussions as they were the ones more available during the day. Thus results of the focus groups interspersed in this report do not represent the views of all community members.

Interviews were conducted with current P-Patch gardeners to understand their produce needs, their desire to participate in market garden enterprises and their role in the propagation of urban agriculture in Seattle.

Interviews were also conducted with community organizers and local "experts" in the field.

Neighborhood Growers' Co-operative meetings also addressed many of the same ideas as the focus groups but in a different context. These self-selecting participants were primarily working adults.

The author also assessed existing literature on community food security, urban agriculture, produce markets, growers' co-operatives and other related topics. The goal is to better understand what models already exist in the United States and to see if they would be applicable in Seattle.



Vietnamese Language Focus Group Set-up

## Urban Farmland

Seattle is at a crossroads where it must decide whether to develop as many urban centers do with skyscrapers, thoroughfares, and mass transit systems or by doing all of that while incorporating environmentally sustainable elements that could help offset carbon emissions while propagating food autonomy. As Seattleites gravitate towards locally grown organic foods and farmers markets, community supported agriculture subscriptions and community gardens can help cater to these desires. Furthermore, supporting this shift to locally grown foods encourages environmental stewardship and improves the nutritious contents of produce. Most fruit and vegetable varieties available at the supermarket have undergone strenuous industrial hardships and withstood days in transport, and thus are less nutritionally dense and less fresh.<sup>26</sup> Thus, Seattle should employ urban agriculture both for its greening mechanisms, its recreational and fitness capacity, and for its anti-hunger, food-security aims. Simply defined, urban agriculture is: “The growing, processing and distribution of food and other products through intensive plant cultivation and animal husbandry in and around cities.”<sup>27</sup>

Finding ways to support this seemingly hidden food system lies in identifying more urban farmland. Through this project, several proposals have been developed to showcase how they best support the community’s needs while being a feasible alternative.

### 1. Community Gardens

Community gardens provide a green public space for neighbors to convene and build relationships. Described as a large lot subdivided into smaller plots for household use, community gardens can be both a source of income and food security. Intensive farming on urban commercial gardens using row covers, raised beds, hoop houses, and soil amendments can produce yields 13 times that of rural farms.<sup>28</sup> As such, Seattle should look to expand their current P-Patch Program to reach even more people. From a conversation with a current P-Patch Garden coordinator, the wait time can be up to a couple of years for a community garden plot.<sup>29</sup> This goes to show that interest in gardening is high, turnover is low, and more plots should be found and built. The difficulty may lie in finding available land to convert into garden space. However, roof tops might be available and should be explored as a viable alternative.

The American Community Garden, P-Patch Trust, and Minnesota Green amongst others have fact sheets and handbooks on how to create a new community garden. Highlights include: forming a planning committee, choosing and developing a site, deciding on organizational structures, division of labor, drafting bylaws, partnering with local community groups, reaching out to diverse populations, and troubleshooting common problems.<sup>30,31</sup> Seattleites are extremely fortunate that they have an active and knowledgeable P-Patch community gardens program that lends its expertise to the establishment of new gardens. P-Patch provides guidance for logistical pieces (lead testing, land acquisition, garden design) and their umbrella organization Department of Neighborhoods

### *Gardening as a Hobby*

While it can be used to fight food insecurity, planting crops can also be fun and a great way to exercise. Below are some quotes from the Focus Groups.

*“The main thing about gardening is for your health. So you have a chance to exercise. It’s not just for the produce, you might not get enough produce. It’s a chance to exercise and [be] happy.”*

*“[I garden] for fun!”*

*“I really want to do it successfully. It’s for fun but I want to be able to harvest my vegetables.”*

*“I don’t do it anymore. I don’t have a place to put it. I used to have a patch at the P-Patch.”*

offers a Matching Fund Grant for which organizers can apply (up to \$10,000 for a small grant and \$100,000 for a large grant).<sup>32</sup>

From the focus groups, there was a general consensus that more garden space would be appreciated, especially with the increasing numbers of condominiums, townhouses, and other complexes being built in Rainier Valley. Convenience is a top priority for some residents: “If it’s [a community garden] on the premises of this [congregate meal site], it would be nice.”<sup>33</sup> As Seattle seeks to green itself, community gardens could be built into courtyards and roofs to maximize open space. Community organizations that already serve a consistent clientele should look into converting space into communal gardens to provide an additional leisure activity, food production site, and promote environmental stewardship.

## **2. Market Gardens**

Market gardens grew out of the Cultivating Communities program not as an income generator but as a business model to help immigrants and refugees practice their English. The existing program offers community supported agriculture (CSA) subscriptions as Seattle Market Gardens; it is one of thirteen different farms to distribute in Seattle.<sup>34</sup> While organic crops and supporting local farms are still highly valued, the potential of over-saturating the market with CSAs in the near future is possible. Market gardens may need to shift to on-site farm stands, which are advantageous as they would dually bring more community members to the gardens and allow for even more direct interactions between farmer and consumer. Farm stands would promote an even more localized food system and erase more of the carbon footprint associated with food transportation. Market gardens could further produce value-added products such as preserves and stock to increase the scope of their business.



Creating a market garden would require private land acquisition because developing public land for gardens would forbid individual growers from gaining private profits. That could potentially be overcome if funds raised were to go into further garden improvements or buying property for a more permanent garden location. Ultimately, the appeal of a market garden lies in its potential for small-scale economic development. Yet, its establishment could only succeed with enough neighborhood buy-in. Setting up a market garden differs from community gardens because the development committee would also need to look into business licensing, health code permits, and business planning. *A list of all CSAs serving Seattle in 2007 is available in the appendix.*

## **3. Edible Planting Strip Landscapes**

Seattle can be a food pioneer if it adopts edible gardening in its planting strips city-wide; cities like Minneapolis and San Francisco engage in beautifying their planting strips with ornamental designs but few if any cities have embraced a food-scape on their planting strips.<sup>35,36</sup> Edible landscaping can help alleviate hunger and address food security problems while also being aesthetically pleasing. They can also be used to educate children about our local food system as urban agriculture becomes increasingly rare. Furthermore, their convenient location and thus easy access makes this often overlooked area more suitable as urban farmland for parents and the elderly who may prefer to stay closer to home. The range of vegetation grown on this property varies from

nothing to occasional tress to flourishing gardens. Beautification of these planting strips could also provide Seattleites with a buffer zone to vehicular traffic while combating greenhouse gas emissions.



When landscaping, many of us will consider plant size, form, texture, and color.<sup>37</sup> Yet, most people continue to associate landscaping primarily with ornamental gardens. Edible landscaping is not that far-fetched an idea as evidenced in many of our community gardens, with their brilliant color contrasts and food production. Thus, those same strategies should be adapted to our planting strips. The Seattle Department of Transportation currently defines a planting strip as, “that portion of street lying between the constructed curb and property line, exclusive of the sidewalk area.”<sup>38</sup>



Edible planting strip gardens currently thrive in the Wallingford neighborhood under the Department of Transportations rules – as seen to the left - and with the active participation of community groups seeking to green the area even more, there is huge potential change the current landscape. With its wide planting strips and pedestrian friendly sidewalks, this neighborhood is an ideal fit.

However, that is not to say the same model cannot be adapted to Rainier Valley. Rainier Valley residents have told the author during focus groups that their strips are narrow and cars speed down their blocks. This is merely more reason for community members to reclaim their streets. Landscaping on planting strips will have the effect of traffic calming when streets no longer resemble interstates; the active surveillance on the streets will also curb the amount of crime as residents spend more time outdoors on their block. While this idea may not be perfect, there is already some interest in developing a pilot project at the city-level and it would be wise to work to ensure that Rainier Valley is one of the chosen neighborhoods. As it currently stands, all work (planting, paving, pruning) performed on planting strips requires a Street Use permit issued by the Director of Transportation. This means that we may have to overcome some zoning regulations to make property more available to our urban growers.

Table 2: Planting Strip Specifications Based on SDOT Rules

Planting Strip Width	Cover Allowed	Maximum Growth Height
5 or More Feet	60+% living vegetation 40% planted or paved	No limit
2 to 5 Feet	100% covered with sod, ground cover, shrubs or plants	3 Feet*
Less than 2 Feet	Sod, ground cover, shrubs	2 Feet

\* If planting material is within 30 Feet of the curb line, the height limit is 2 feet.

Some barriers we may face if we grew produce on planting strips would be the potential of lead and other metals in the soil, the fear of air pollutant contaminants, the shallow soil depths (“no dig” gardens), the width of planting strips in Rainier Valley, and the susceptibility of the crops to theft and foot traffic.<sup>39</sup> Luckily, these problems are not absolute inhibitors and can be overcome as proposed in Table 3.

**Table 3: Planting Strip Challenges & Proposed Solutions**

Challenge	Solution
Lead (and other metal) contaminants in soil	Build raised beds and be sure to have new soil depth of at least 6 inches, preferably 12 inches, to lower risks. Also, the closer the pH level of the soil is to neutral, the less metals your plants will take up.
Unfertile soil	Bring in compost to reinvigorate the soil.
Air pollutants	There is no current evidence that foods grown in planting strips would have substantially higher levels of pollutants than that from gardens on the main arterials. However, the author would recommend producing foods on side streets rather than major thoroughfares.
Narrow Planting Strips	Select crops that grow well in more compact areas.
Difficulty exiting parked vehicles	Require gardeners to include a pathway on their plot.
Susceptibility to theft	Look to local stores as sponsors to help maintain the strips. With increased use of planting strips as garden space there should be more surveillance of the area by neighbors.
Vulnerability to foot traffic	With increased use of the planting strip as garden space, there should be more respect to the space.
Vulnerability to vehicular traffic	Growth has been shown to calm traffic due to its aesthetics.
Lack of gardening knowledge	LettuceLink, Seattle Tilth, amongst other programs offer resources. There are also master gardeners and neighbors who may be able to help.
Planting strip too low to ground for disabled gardener	Raised planting beds are allowed on strips at least 3 feet wide. However, all vegetation will still be measured from the ground level.
“No Dig” Garden	Choose crops with short roots. Or, grow in a raised planting bed to increase the depth of soil you can use.

Consult the Natural Lawn & Garden Hotline with further questions at 206-633-0224.

## Agricultural Entrepreneurship

Many policies in Seattle address locally grown foods. There are already seven farmers markets operating through the Seattle Farmers Market Alliance and several others that are unaffiliated. Most run during the summer months when produce is plentiful, but food needs do not suddenly disappear when winter arrives. Supermarkets, convenience stores, and other ethnic grocers supply consumers with various fruits and vegetables, but with those models, the direct connection to growers is lost. We need to educate Americans about our food systems and provide them with more outlets to obtain whole foods, especially now when our processed foods are highly subsidized. Furthermore, independent grocers in Rainier Valley should be used by the entire community, and not just by segments of the population. From Jamillah Jordan's work, one can see that these stores are generally more affordable and do better in providing culturally appropriate foods.<sup>40</sup> We need to remove the stigma of it being an Asian store or an African store to one that serves everyone. Businesses in Rainier Valley could combat the existing stereotypes by posting more welcoming signage; printing recipes and other uses in multiple languages next to a vegetable could also be useful. As the Shop-Around tours funded by the Healthy and Active Rainier Valley Coalition demonstrate, people are more willing to try unfamiliar foods if they know more about them. Another example of this was mentioned by a focus group participant who fell in love with chard after a friend taught her how to cook it. The information asymmetry of ethnic foods needs to be overcome if we want to provide for the entire community based on what's already in existence. Further work at the community level to develop localized efforts can be seen in the several produce entrepreneurship proposals below.



### ***1. Year Round Farmers Markets***

The University and West Seattle Farmers Markets run year-round and almost year-round service respectively; these markets have set a precedent and show that Seattleites are interested in the market regardless of the season. As long as there is enough interest and business from the neighborhood, Columbia City's Farmers Market could operate year-round. And as there are fewer supermarkets in Rainier Valley and gardeners have lower yields in the colder months, the farmers market could be even more appealing with its bounty of mostly organic, fresh produce. There may be issues pertaining to contracts with property owners and current vendors, but those can be potentially addressed in discussions with HAL real estate developers, who have purchased Columbia Plaza, the current home of the Farmers Market.<sup>41</sup>

The lease for the Columbia Plaza has been extended through the 2009 season, but in the years after that the Columbia City Farmers Market needs a new home. This is the perfect opportunity to draft a lease for a year-round market rather than the summer months alone. Innate food needs do not change drastically with the season. According to a former farmers market manager, in order for the market to be competitive for sellers, a vendor must be able to make \$500-\$600 in a four hour span. However, voucher holders would not be able to contribute much to the cause as their coupons expire at the end of October. Yet, if there were more year-round markets, advocates could then request for program expansions such that the same benefits can be used throughout the year,

which would be advantageous during the holiday season. A year-round market makes sense, and there are already community groups looking into the possibility of pushing for this proposal.

## ***2. Satellite Farmers Markets***

A satellite farmers market program would do well to serve the residents of Rainier Valley in the short run. Rainier Valley has their only farmers market at Columbia City, while the north and central districts of Seattle are more densely populated with farmers markets. This leaves the southern half of Rainier Valley underserved, especially for those relying on public transportation to get to the market. Understanding the risks and hardships that come with establishing a new market, the author recommends creating a satellite market that transports products from the existing market in Columbia City to another site farther south, perhaps in Rainier Beach, to sell, much like a mobile produce market model.

This pilot project could run simultaneously with the Columbia City Farmers Market, such that farmers who sell there could voluntarily supply goods for the alternate site. This would further help gauge the level of interest for locally grown products and perhaps increase reimbursement levels of WIC and Senior Farmers Market Vouchers at the south end as the market which would be more conveniently located. This process may result in a decrease in the amount of foods available to the food banks, but it also means that farmers might make a little more money and more people could have a greater sense of self-sufficiency. The new satellite site would also create a new safe zone for the community to gather.



A satellite farmers market alone may not be sufficient in addressing the needs of home-bound seniors who cite difficulties with shopping, food preparation, chewing and swallowing pertaining to fruit and vegetable intake. However, by bringing foods closer to their home, we are slightly breaking down the physical barrier. Ideally elders in need would receive a basket of goods, but those programs are severely limited. Thus, a satellite market would ease access for seniors in this neighborhood as many in the focus group cited convenience and freshness of produce as two main criteria for their shopping choices.<sup>42</sup> Furthermore, if there is enough interest in the area then we may be setting the stage for establishing a more permanent farmers market in south Rainier Valley.

## ***3. Neighborhood Growers' Co-operative***

Developing an urban growers' co-operative would give gardeners a collective voice and potential market for business enterprises. An agricultural co-operative "requires a group of individuals who are committed to working together to address a common economic goal or need."<sup>43</sup> With that the community could band together to acquire land to farm, obtain a booth at the farmers market, build a farm stand at the garden, or just throw harvest parties to share one's bounty. A co-operative is, first and foremost, a group that works together and shares resources, which if so-determined can develop into a business.

Some barriers in moving forward with this idea are: a stable leadership base is needed to take command, membership guidelines need to be developed, and projects need to be chosen. In deciding what the deliverables are, the group must conduct extensive research to ensure its legality

and ability to follow through. By developing an organization to discuss urban agriculture, we allow for more farmland initiatives advocacy and an increased awareness of various food security issues – issues that could possibly be addressed by growing foods. The development of a neighborhood growers’ co-operative addresses issues of sustainability, of local foods, and of community organization. The goal was to allow individuals to self-select to participate and then to let members steer the group’s actions and grow organically. Two meetings were conducted at the time of publication, with a third meeting scheduled. With the continuity of this group’s efforts, discussions of food security and urban agriculture are not over.

## Discussion

“Pay attention to the hungry, both in this country and around the world. Pay attention to the poor. Pay attention to the poor. Pay attention to our responsibilities for world peace. We are our brother’s keeper...”  
*-Senator George McGovern*

The Honorable George McGovern refers to humankind’s responsibility to each other, that if Rainier Valley residents are disproportionately affected by hunger and poverty, then none of us, no matter where we live are excused. The proposed 2007 Farm Bill would increase Food Stamp Program funding nationally. If recipients’ monthly checks reflect the anticipated funding differential, then it may improve the affordability of the Thrifty Food Plan market basket in Rainier Valley. However, the bill does not consider the availability of items which is critical because only 52 of 87 items of the basket are offered in Rainier Valley’s grocery stores.<sup>44</sup> Therefore, while the increase in federal funding will help alleviate some of the financial costs associated with food insecurity, we must also look at the accessibility, especially that of fresh produce. Another problem is that many persons eligible for Food Stamps do not apply either due to the stigma or the arduous process involved to receive a few dollars per month.

Fruits and vegetables sold at the supermarkets are thought of by consumers as “less fresh” and “lower in quality” than that sold at the Farmers Market or from their own gardens.<sup>45</sup> However, when the wait for a P-Patch garden plot is up to a couple of years, growing your own food is no longer as viable an option as it may have been in the past for addressing food security. Seattle has a successful and thriving P-Patch community gardens program that helps an organized community develop gardens, but developing a new garden takes community efforts, funding, time and land—all of which are difficult to rein in and use. However, community members could individually reclaim their planting strips for edible gardening. Seattle could be a food pioneer once again. It is already common place in Wallingford, so why not in Rainier Valley?

Once a permit is obtained and the area is examined for metal and other contaminants, planting strips could be used by neighborhood associations and community organizations for sustainable agriculture, greening, and revitalization. Various departments within the city government are even looking into the possibility of growing foods there so the option is not as ludicrous and it may sound. However, proper procedure must be followed to ensure safety of your foods. While this alternative may seem the simplest to implement, it would also require a good amount of maintenance. A good first step would be to find a sponsor for contaminants testing, followed by a group purchase of compost and starters if the land is acceptable for food growth. As neighbors garden in front of their homes, increased surveillance of the block should be expected and thus crime should drop. Beautified streets and families on the sidewalks should also calm traffic. Planting strips can be a way to boost the image and esteem of a neighborhood.

While they are generally advantageous for aiding food security, planting strips leave our immigrant and refugee populations vulnerable if they fail to address safety measures beforehand. Edible landscaping outreach should be conducted in the primary languages of the varying ethnic groups in the valley to be inclusive and ensure consumer safety. Accounting for cultural appropriateness of both the outreach process and starters available are important. And as the food bank system demonstrates, cultural differences should be embraced – food bank directors collectively decided that Asian vegetables should be reserved for branches that serve a primarily

Asian clientele as those products are not very popular with other populations, thereby salvaging more produce.

In light of recent economic trends, co-operative meeting attendees stressed the need for a local sustainable food system. As one Rainier Valley resident put it, “if dire times are coming and our national economy is rotting and cities are left to their own, sustainable agriculture in the city makes sense.”<sup>46</sup> Building upon that comment, participants expressed interest in obtaining more land for urban agriculture, thereby increasing produce access. Fruit and vegetable consumption can further be noted for their health benefits and potential for lowering medical costs by delaying the onset and progression of chronic diseases such as diabetes and cancer.<sup>47</sup> Examining this combination of factors and the in-flux of the middle class into Rainier Valley, the neighborhood will change drastically in the near future. Ensuring that low-income families continue to have a home and access to fresh and affordable produce will be increasingly difficult but important for sustaining the ethnic and cultural diversity that Rainier Valley boasts.



Frankly, there many resources that exist for the hungry, but many barriers are in place to deter clients from obtaining them. Individuals need to be able to produce and purchase healthy foods both to relieve the burden from the emergency food system and to build self-efficacy. Programs like WIC and the Senior Farmers Market Nutrition Program, Shop-Arounds, and Operation Frontline\* all provide incentive to try new foods, or at least purchase more nutritionally dense foods. Behavior and lifestyle changes are more readily maintained than one-time checks; increasing produce accessibility and affordability while continuing discussions are critical for meeting Rainier Valley residents’ needs.

Programs like WIC and the Senior Farmers Market Nutrition Program, Shop-Arounds, and Operation Frontline\* all provide incentive to try new foods, or at least purchase more nutritionally dense foods. Behavior and lifestyle changes are more readily maintained than one-time checks; increasing produce accessibility and affordability while continuing discussions are critical for meeting Rainier Valley residents’ needs.

\* Operation Frontline offers nutrition education programs that teach for low-income families how to prepare healthy low-cost meals.

## Recommendations

The Rainier Valley Food Action Project helped identify some systemic problems residents in that neighborhood face in accessing fresh and affordable fruits and vegetables. With the neighborhood's lingual, cultural and ethnic diversity, community service providers in Rainier Valley need to cater their assistance programs to adequately meet the needs of all peoples. Cultural competency workshops and outreach to those dissimilar to one need to be incorporated in workplace training. The barriers low-income individuals and families face in obtaining healthy foods may be decreased by some of the author's proposed recommendations. As one Rainier Valley resident succinctly stated during a focus group discussion, "Really it depends on what works where you're at."<sup>48</sup>

***Streamlining and increasing the productivity of existing programs can help improve their effectiveness in reaching out to their clients.*** To this end, the author recommends:

- ❖ Expanding Food Lifeline's Produce for the People program in Southeast Seattle to include all food banks in the area to increase the supply of produce available to clients. Although the amount of produce available varies seasonally, this would be a means of ensuring that clients will have access to a constant stream of produce.
- ❖ Mandating all food bank staff to undergo Grocery Rescue training through Food Lifeline, ensuring less produce is gone to waste at the local supermarkets. Granted stores are getting better at estimating the amount they can sell, this rescue could increase a food bank's supply of all perishables, not just produce. However, if no partner grocers are available in the neighborhood this may not be a viable option.
- ❖ Re-structuring the WIC and Senior Farmers Market Nutrition Programs.
  - WIC vouchers differ depending on the office and market. Some are distributed on-site at the farmers' market and others at the WIC office. Making this available at the market would likely increase the reimbursement rate. Furthermore, efforts should be made to account for different household sizes.
  - Senior vouchers are available to all community members of age, but its distribution method makes it difficult for the disabled or chronically ill to collect the coupon. While the city funds several home-delivery programs, most of them are at maximum capacity. Thus, these vouchers are even more important. While the current distribution mechanism has income listed as an eligibility requirement, clerks are not required check for it when handing out the coupon. By using a state-issued identification card and either a Medicaid or Quest card to grant seniors vouchers, this could work to ensure that the more vulnerable populations benefit. Again, distributing vouchers at the markets would be more efficient in ensuring that funds are used.
- ❖ Permitting the Quest card to double as a bus pass on King County Metro Transit. This would diminish the transportation cost barrier in obtaining other resources.
- ❖ Identifying more lands for community gardens to increase food security and local fitness. With assistance from Neighborhood Matching funds, this community effort would also create more public space and be grounds for further community organizing.

***Edible landscaping through planting strips*** in Rainier Valley could calm traffic and help families be more food secure. As addressed earlier in the report, planting strips may face the threat of crime and vandalism, but they remain one of the most feasible and quickest ways to increase produce access. They are easily available to most community members, aside from high-rise apartment complexes and SHA mixed-income communities who may be more particular about the landscape.

Edible planting strips already have some energy and momentum moving forward and will further help increase environmental stewardship, build community and potentially produce nutritionally dense foods. Furthermore, once the neighborhood embraces this, there will be more community spirit and surveillance of the surrounding areas.

- ❖ Examine planting strip zoning, and then enlist lead testing to see if land is viable for edible garden use. Lettuce Link and other community groups could sponsor lead testing to make it more affordable to residents.
- ❖ Provide starters or gardening lessons/tips.
- ❖ Engage all interested parties, including immigrant and refugee populations.
- ❖ Use as a stepping stone for developing more community gardens.

***Continue dialogue about food security in Rainier Valley*** through the grower's co-operative and/or through Neighborhood Food Policy Councils. These two community groups could help identify needs and work to find solutions to overcome challenges. Furthermore, these collectives give neighbors a voice. Advocating for healthy diets and food needs obtainment will help prioritize these issues in the city agenda.

- ❖ Urban Growers' Co-operative: They have had two meetings prior to this report's printing. The author's hope is that they will continue to meet and work to advance urban agricultural enterprises. In continuing their work, funding sources and an organizational structure must be identified.
- ❖ Work to include more fresh fruits and vegetable selections available at the neighborhood supermarkets and increasing the affordability of available varieties.
- ❖ Explore expanding the Columbia Farmers Market to be a year-round market for fresh produce.
- ❖ Attempt satellite markets in South Rainier Valley to better address unmet needs. This pilot could help residents and growers decide if bringing a farmers market to the neighborhood is viable.

## Conclusion

The struggle for food security while striving for a just and wholesome diet is a steep uphill battle for most low-income families. In contrast to processed foods, fresh produce provides a wider

"What we know about diets hasn't changed. It still makes sense to eat lots of fruits and vegetables, balance calories from other food, and keep calories under control. That, however, does not make front-page news."  
-Marion Nestle

breadth of nutrients. Yet, access to such foods is stifled by exorbitant prices and slim shelf lives. Gross changes must be made in a city where 12.5-19.7% of residents experienced some food insecurity in a recent survey, which means 63,000 are food insecure and 31,500 Seattleites are hungry.<sup>49</sup> With the current battle against obesity making headlines, communities need to be empowered to advocate for themselves and make issues like their access to fresh fruits and vegetables front-page news. The resilience of our vulnerable populations in the face of extreme nutritious disparities is outstanding but morally unacceptable. This report puts forth some innovative ways to combat the ongoing paradox of the hungry yet obese in America,

but it is up to the community to adopt the recommendations to bring about change from within.

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# Appendix

## Rainier Valley Food Action Project: Increasing Access to Fresh Produce





## Appendix A: P-Patch Gardens serving Rainier Valley

Aside from the community gardens at Rainier Vista and New Holly Housing Communities, the following P-Patch Community Gardens are also in defined region of Rainier Valley.

<b>Angel Morgan</b>	3956 S. Morgan St.
<b>Beacon Bluff</b>	1201 15 <sup>th</sup> Ave S
<b>Bradner</b>	1750 S Bradner Place
<b>Brandon Street Orchard</b>	4625 S Brandon St
<b>Colman</b>	1716-28 32 <sup>nd</sup> Ave S
<b>Courtland Place</b>	3600 36 <sup>th</sup> Ave S
<b>Estelle</b>	3400 Rainier Ave S
<b>Ferdinand</b>	4913-23 Columbia Drive S
<b>Hillman City</b>	4613 S. Lucile St.
<b>Snoqualmie</b>	4549 13 <sup>th</sup> Ave S
<b>Thistle</b>	Martin Luther King Jr Way & Cloverdale

## Appendix B: Seattle Food Banks Serving Rainier Valley

The following food banks and times listed are for general distribution for zip codes: 98108, 98118, 98144.

### Emergency Feeding Program of Seattle and King County

2615 South Jackson Street  
Seattle, WA 98118

M-F; call 206.329.0300 for referral to nearby agencies

### Beacon Avenue Food Bank

United Church of Christ  
6230 Beacon Ave South  
Seattle, WA 98108

Last names A-M:

W noon-2:00p

Last names N-Z:

F noon-2:00p

-Bus route: #36

-ID Required

### El Centro de la Raza Food Bank

2524 16<sup>th</sup> Ave South  
Seattle, WA 98144

W 5p-7p; Th 10:30a-noon & 1:00p-4:30p

-Bus routes: #36, #60

-Serves 98144 (partial) and 98108

-Proof of employment required

### Food Bank @ St. Mary's

611 20<sup>th</sup> Ave South  
Seattle, WA 98144

T, Th, Sat 10:00a—1:00p

-Bus route: #14

-Serves Seattle City Limits

-ID Required

-Bring your own bag

### Marketplace Food Bank

7930 Rainier Ave South  
Seattle, WA 98118

Sat 11a-1p

-Bus route: #7, #9, #106

-Photo ID Required

### Northwest Community Services Food Bank

4205 Rainier Ave South  
Seattle, WA 98118

Seniors/Disabled:

W 9:30a-2:00p

General Public:

Sat 9:30a-2:00p

Homebound Delivery:

F 9:00a-3:00p

-Bus routes: #7, #9

-Serves 98108, 98118, 98144 and others

-ID Required

### Operational Emergency Center (OEC)

11827 Renton Ave South  
Seattle, WA 98178

General Public:

W 2:30p-6:30p;

Th 9: a-11a,1p-3p;

F 9a-11a, 1:30p-3:30p

-Bus routes: #106, #42, #48 (#7 transfer to #106)

-Serves 98118 and 98178

### Providence Regina House

8201 10<sup>th</sup> Ave South  
Seattle, WA 98108

Sat 10:00a—noon

-Serves primarily 98108 & 98168

-Bus routes: 3130, #132

-Proof of area residency for TEFAP

### Salvation Army Food Bank

1101 Pike Street  
Seattle, WA 98101

M, T, W, F 8:30a-10:30a & 1:00p-3:30p;

Th 8:30a-10:30a & 1:00p-2:30p

-Bus routes #10, #11, #14, #43

-Serves 98108, 98118, 98144 and others

-Proof of address & ID for all

household members required,

-Limit of 3 food bags/household/year

### Salvation Army White Center

9050 16<sup>th</sup> Ave, Southwest  
Seattle, WA 98106

M-F 2:00p-3:00p

-Serves 98108 (partial) and others

-Photo ID, Social Security card, Proof of Address, Income Verification

### Seattle Indian Center

611 12<sup>th</sup> Ave South  
Seattle, WA 98144

T & Th 1:30p—5:30p

-Bus routes: #7, #8, #14, #36, #60

-ID Required

### St. Vincent de Paul

5972 4<sup>th</sup> Ave South  
Seattle, WA 98108

M-F 9:30a—2:30p

-Serves 98108 and others

-Bus routes: #136, #137, #174

\* Source: "Food Banks Serving Seattle and King County. (List updated as of October 2007); Fe Arreola, Seattle Human Services Department; 206.684.0281; fe.arreola@seattle.gov

<http://www.seattle.gov/humanservices/emergencyservices/FoodBanksSeattleKingCounty.pdf>



### Seattle Food Banks

1. North Helpline  
12707 30<sup>th</sup> Ave NE
2. V.O.A.—Greenwood  
9747 Greenwood Ave N
3. Ballard  
7001 24<sup>th</sup> Ave NW
4. Phinney Ridge  
7500 Greenwood Ave N
5. Blessed Sacrament  
5050 8<sup>th</sup> Ave NE
6. University District  
1413 NE 50<sup>th</sup> St
7. FamilyWorks  
1501 N 45<sup>th</sup> St
8. Queen Anne  
3 Howe St
9. Cascade Immanuel  
1215 Thomas St
10. Puget Sound Labor Agency  
2800 1<sup>st</sup> Ave
11. Downtown  
1531 Western Ave
12. Salvation Army  
1101 Pike St
13. Lifelong AIDS Alliance  
1002 E Seneca
14. Jewish Family Services  
1601 16<sup>th</sup> Ave
15. C.A.M.P. (Central Area Motivation Program)  
722 18<sup>th</sup> Ave
16. Seattle Emergency Housing  
1025 E Fir St
17. A.C.R.S. (Asian Counseling & Referral Service)  
919 S King St
18. Seattle Indian Center  
611 12<sup>th</sup> Ave S
19. St. Mary's  
611 20<sup>th</sup> Ave S
20. El Centro de la Raza  
2524 16<sup>th</sup> Ave S
21. West Seattle  
3419 SW Morgan St.
22. NW Community Services  
4205 Rainier Ave S
23. St. Vincent de Paul  
5972 4<sup>th</sup> Ave S
24. Beacon Avenue  
6230 Beacon Ave S
25. Marketplace  
7930 Rainier Ave S
26. Providence Regina House  
8201 10<sup>th</sup> Ave S.
27. Operational Emergency Center  
11410 Renton Ave S

\* This map was last updated in October 2007.

## Appendix C: Washington Basic Foods Program Eligibility & Community Services Office Locations

### *Eligibility*

Basic Foods is available to all regardless of race, color, national origin, sex, age, disability, religion or political belief. You can apply at your DSHS local Community Services Office or online at <http://www.dshs.wa.gov/>

Number of people in household	Gross monthly income
1	\$1, 107
2	\$1, 484
3	\$1, 861
4	\$2, 238
5	\$2, 615
6	\$2, 992
7	\$3, 369
8	\$3, 746
9	\$4, 123

For each additional person, add \$377.

### *Community Services Office Location*

You may only go to the Community Services Office serving your zip code.

#### **For 98118 & 98108**

Rainier CSO  
3600 S. Graham St.  
Seattle, WA 98118  
206-341-7429

P.O. Box 34357  
Seattle, WA 98124

#### **For 98144**

Capitol Hill CSO  
1700 E. Cherry St.  
Seattle, WA 98124  
206-341-7431

P.O. Box 34353  
Seattle, WA 98124

## Appendix D: Focus Group Questions

1. What is the first thing that comes to mind when you think of hunger in your community?
2. Do you feel that you and your family have enough access to fresh fruits and vegetables? If no, what prevents you and your family from eating more fruits and vegetables?
3. By a show of hands, how many of you are familiar with gardening? With P-Patch? Have a garden plot now? Gardened in the past?
  - For those of you who garden now, are you able to produce enough for you and your family to eat?
    - Do you have to go to the store to buy more vegetables? Where do you shop for your groceries? Do they provide you with what you want? *Probe for* Do you have extra? What do you do with the extra?
  - For those of you who do not garden, what is stopping you from trying?
4. If this group was setting up a new community garden, where should it be? Would you sign up to garden?
5. If the community decided to grow on planting strips, how could we get you to participate?
6. If we were to set up a new market stand, where should it be and what should it offer?
7. Of the mobile market, on-site farm stand, community gardening, and planting strip gardening, which do you think would work best in your community? Why?

## Appendix E: Community Supported Agriculture serving Seattle

The following farms are located in or delivered to the Seattle area in 2007:

Boistfort Valley Farm—Curtis, WA	On-farm pick-up
Full Circle Farm—Carnation, WA	Distribution in Seattle
Growing Things Farm—Carnation, WA	Distribution in Seattle, or Pick up at Columbia City Farmers Market
Jubilee Farm—Carnation, WA	On-farm pick-up
Lake Cavanaugh Farm—Mt.Vernon, WA	Distribution in Seattle
Nature's Last Stand—Seattle, A	Home delivery in King County
Ninety Farms—Arlington, WA	Distribution in Seattle
Oxbow Farms—Carnation, WA	Distribution in Seattle
The Root Connection—Woodinville, WA	Distribution in Seattle
Seattle Market Gardens—Seattle, WA	Distribution in Seattle
Stoney Plains Organic Farm—Tenino, WA	Distribution in Seattle, or Pick up at U-District, Columbia City, or West Seattle Farmers Market
Whistling Train Farm—Kent, WA	Distribution in Seattle
Willie Green's Organic Farm—Monroe, WA	Distribution in Seattle



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