



GREETINGS FROM THE GRUB BOX PROGRAM

by Jason Uribe, Garden and Grub Box Manager

It's been over 5 months since the launch of the Grub box program and we are going strong. Between the two memberships, (residential and sponsorship) we have over 60 members. The Grub box program will take a 2 week break for the holiday season, between December 22-January 2nd, and start back up on the 6th of January. Here are some of the fruits and vegetable that you can expect to see in the upcoming Grub boxes: carrots, beets, turnips, kiwis, pears, a variety of greens, peas, cabbage, broccoli, lettuce, green onions, cilantro, dill, apples, persimmons and oranges.

Starting January 6th and going until the end of February, we will be working with over 200 families involved in programs of St. Mary's Social Service Center.

St Mary's has given another grant to People's Grocery as part of their annual winter food giveaway to provide each family with 2 Grub boxes in January and February. We are looking forward to working with all the families and providing them with fresh organic produce during the first part of 2009.

Happy Holidays!!

Grub Box highlights for the month of November

- 9 new Grub Box members (4 EBT)
- Grub box sales (\$462.35) ** (Not including online sales)
- Produce Stand sales (\$401.80)
- 15.5 volunteer hours
- Over 65 sponsorship Grub boxes sold
- Over 55 residential Grub boxes sold



Dawnelle Castro picking up her Grub Box

New Members of the People's Grocery Family

We're proud to welcome the addition of three talented and committed people on staff whose skills and energy make People's Grocery's work more vital and far reaching: **Erica Torrence**, **Brent Walker**, and **Talib Shahid**.

Erica Torrence (Outreach Coordinator) has been a long time advocate for women and children. Being the mother of four children Erica is aware of the many issues that face inner-city youth.



From Left to Right: Hubert McCabe, Max Kurtz-Cadji, Erica Torrence, Victoria Fabella, Brahm Ahmadi, Brent Walker, Diana Abellera

Erica has built political and social justice alliances throughout California and has advocated at the State Capital on behalf of women & families. She has also been a featured speaker at many community and University events. Erica attended CSU Sacramento, majoring in Political Science with a focus on urban development and a minor in Women's Studies. While in school, Erica was called upon to organize the first AIDS

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Update: A Grocery for the People

by **Brahm Ahmadi, Executive Director**

In August 2008, People's Grocery began a lease negotiation to secure a historic shopping center in West Oakland that once housed the primary supermarket in the area in the 1950's and 1960's. In October we shifted gears and began pursuing the purchase of the site – it just made a lot more sense to own the property. In order to achieve this goal we needed to partner with a developer with the track record, expertise and capacity to help

acquire and redevelop the site. We excited to say that we're now working with Brownfield Partners, a Denver-based real estate developer specializing in urban infill redevelopment. Sharing our vision for a community health and commercial center anchored by our grocery store, Brownfield Partners is working closely with People's Grocery to develop a plan for the community-driven revitalization of this historic site.

Farm Report *by Hubert McCabe, Farm Manager*

As the days continue to shorten we're given an opportunity to reflect on all we've accomplished out at the farm this year. Over the past 6 months we have grown and distributed thousands and thousands of pounds of fresh, local, organic produce to West Oakland. We have developed creative ways to work within the EBT/Food Stamp program to provide access to produce. We have been able to support a diverse group of allies and supporters throughout the East Bay through donations of produce. We have begun to link formerly separate communities together in fighting what we feel is a basic human right - the right to healthy food for everyone. Lastly,

we are beginning to develop a program that in the future could be a model used to link small family farms with urban communities in ways that support both of their needs- access to diverse, culturally relevant, fresh fruits and vegetables and sustainable sources of income outside of the commercial, large scale food distribution network.

Going into 2009 we are confident enough in all we have done to almost double the amount of land we are caretaking, hire additional West Oakland youth to work directly on the farm, expand our internship program, and lastly, and most importantly, continue to grow our Grub Box and with that

the access and affordability to fresh fruits and vegetables to our friends and neighbors in West Oakland.

We are still doing almost 90% of the work by hand and we can always use an extra pair. We have monthly work parties the second Saturday of each month and accept volunteers every day we are heading out. Check the website for more details or contact Max (max@peoplesgrocery.org) to get plugged in. Lastly, the Grub Box goes year round and we are always accepting new members. If your interested drop a line to Hubert (hubert@peoplesgrocery.org) and he can give you more information.

House an Intern!

Do you have a guest room? a small unused room? a cozy basement or garage? Housing is something People's Grocery is unable to offer our visiting food justice and urban agriculture interns. Our interns come from throughout the US to participate in our food justice internship program each quarter. We would like to be able to offer them housing and, in turn, expand the capacity of our urban agriculture farm and garden production. Interns need housing for a 2-4 month period. Families or individuals that offer housing to an intern will receive a weekly Grub Box from our farm, as well as free herb and veggie starts that the intern you are hosting will help you plant. Please contact max@peoplesgrocery.org if you are interested in supporting People Grocery through hosting an intern.

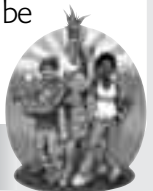
Get Your Grub On *by Diana Abellera, Education Director*

Trying to find something fun that you and your family can do on the weekends? Check out People's Grocery's Grub Parties, held each month at DeFremery Park in West Oakland. These events highlight local performing artists, chefs cooking up some tasty grub, and fun games and prizes for all. October's Grub was hosted by People's Grocery youth staff and featured Anita Miralle rolling up Thai spring rolls with peanut sauce. November's Grub brought in youth performers from Youth Movement Records and a yummy salad made by Danae Washington and Kielaya Carswell. Although we're taking a break for



Youth interns Jennifer Copto & Danae Washington help cook it up at the Grub Party with Instructor Anita Miralle

December, come check us out again on January 17, 11am – 2pm at DeFremery Park. The featured chef will be none other than People's Grocery's own Vigi Molfino.



Greenhouse is home at last!

by **Max Kurtz-Cadji, Greenhouse Coordinator**

We are building a greenhouse at our distribution yard at 936 Brockhurst Way in West Oakland under the guidance of our skilled fall intern Joseph (many thanks). We are no longer at the Cannery Loft site. The new greenhouse is filled to the brim with winter plantings of lettuce, napa cabbage, bok choy, onions, and leeks. We are planning for our first annual Spring Plant Sale in April/May 2009. We are currently seeding native grasses, yarrow, lemon grass, lemon balm, and a host of other perennial herbs for farm insectary rows and the spring plant sale. If you want to get plugged into the Urban Ag Propagation Team our weekly work party is every Friday from 2-5pm. Please email max@peoplesgrocery.org to RSVP.



Get growing at First Annual Spring Plant Sale in April or May 2009!

Continued from 1 (New Members of the People's Grocery Family)

awareness campaign for area college campuses and she was the co-founder of an on-campus organization called "My Sista's Keeper". Her passion is in the people she serves.

Brent Walker (Farm Manager Apprentice) and his family have been living in Memphis, TN for the past ten years. He received an undergraduate degree from the University of Middle Tennessee State where he also played collegiate football. He's been around agriculture and farming since a child and had an opportunity to learn and work on an organic, sustainable farm in the area where he lived. Brent completed the farm and garden apprenticeship at the Center for Agroecology and Sustainable Food Systems at the University of California, Santa Cruz. He has a strong commitment towards activism and would like to impact the

West Oakland community through farming and connecting people to the food that they eat.

Talib Shahid (Youth Intern) is a 16 year old Oakland native, who has his "eyes on the prize and his brain on the main". At age 13, Talib began rapping to inspire social change in all types of communities. Soon he realized that healthy food was also very important and people's eating habits needed a tune-up, though that is not so easy with all the liquor stores around. A few of Talib's hobbies consist of basketball, producing hip hop beats, and engineering in music studios. If you would like to meet this magnificent human being, then come to People's Grocery on Tuesday during the Grub Box distribution.

Also joining the People's Grocery team as independent consultants are Vigi Molfino and Anita Miralle.

Vigi Molfino (Adult Cooking Instructor) was hired as the adult cooking class instructor in September 2008. Vigi has cooked for family and friends for over 40 years with her home grown organic vegetables, cherries, apples, chicken eggs, and goat's milk. Vigi's professional experience includes owning a small

catering business for eight years, buying cookbooks from publishers for a major East Bay book store, and hosting cookbook author appearances with preparation of recipes from author's book.

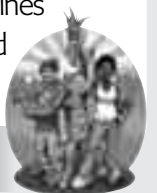


Anita Miralle, Youth Cooking Instructor at a grub party

Anita Miralle (Youth Cooking Instructor) joined People's Grocery in September 2008 as the youth cooking class instructor. Anita was raised in a kitchen with a family of cooks that is two generations deep. She cooked for her mother's catering business when young and has since worked in several restaurants and bakeries. Anita runs her own catering business, called Something for Your Soul Catering, which offers health ethnic dishes ranging from Philippine to Polish to Creole and more. Also a passionate organizer for social justice, Anita combines popular education, food, and performing arts in her classes.



Vigi Molfino, Adult Cooking Class Instructor



LIVE FROM HERB ROW!- a quarterly column on the People's Grocery Urban Agriculture Internship Program *By Max Kurtz-Cadji, Greenhouse Coordinator*



G Goldstein, Javon Jeffrey, Jason Uribe, Tevah El Emmet

A Big-Up to G Goldstein, our UCSC Community Studies Intern. G is leaving us after dedicating 5 months of her studies to the Peoples Grocery Urban Agriculture Program. We would like to welcome Lyndsay Barrett our new paid fall food justice intern. We would

also like to thank Jonah, Grace, Jahan, Joseph, Jesse, Rebecca, Alfred, Rene, Robin and all of our great volunteers for helping keep the urban agriculture program on its toes for the last 6 months!

People's Grocery is currently accepting unpaid winter Food Justice/Urban Ag Interns for Winter 2008. If you are interested in learning more about the culture part of agriculture, the intersection of food systems and social justice, and can make a 16 hour commitment per week for 2 months then please check us out at <http://www.peoplesgrocery.org/article.php/uai>.

Wanted: Executive Director

by Brahm Ahmadi, Executive Director

Since September 2008 we have been screening candidates to fill the shoes of our current and founding Executive Director Brahm Ahmadi. While this is no easy task we have met and interviewed some greatly talented people. However, understanding that this hire may be the most important decision People's Grocery will ever make, we have yet to find the right candidate

to be the next great leader of People's Grocery. So please help us by spreading the word about our leadership search to your friends and colleagues. The job description is posted on our website and will remain open until filled. In the meantime, Brahm remains steadfastly committed to staying in the leadership helm to ensure our stable and successful growth.



People's Grocery

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Brahm Ahmadi
Executive Director

Board of Directors

Malaika Bishop
Co-Founder, People's Grocery

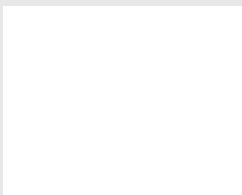
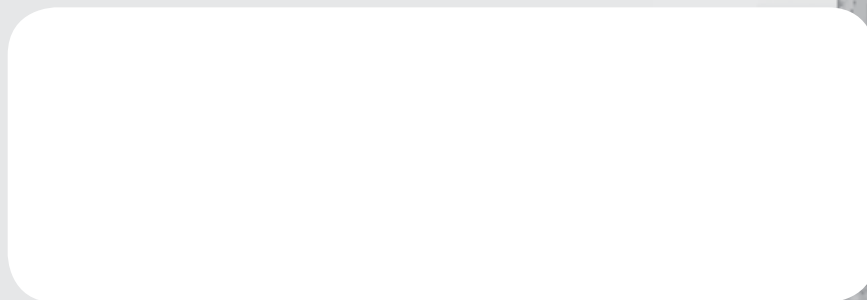
Tynisa Zawde
Safe Passages

Jose Corona
Inner City Advisors

Carina Wong
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People's Grocery gratefully acknowledges John Yuasa for his service as President of the Board

www.peoplesgrocery.org



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