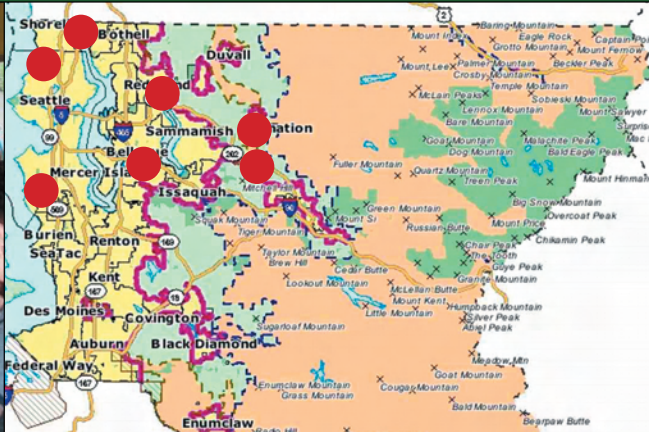


# URBAN RURAL CONNECTIONS – A WHOLE KING COUNTY



## Farming for Humanity

### Hopelink,

Shoreline, Northshore, Redmond, Kirkland, Bellevue, Carnation

Hopelink is the largest non-profit human services provider for North and East King County. Since 1971, Hopelink has provided food, emergency and transitional housing, literacy and adult education classes, transportation, and other critical services to homeless and low-income families, individuals, children, seniors and people with disabilities. Hopelink's mission is to promote self-sufficiency for all members of our community; we help people make lasting change. We also ensure that everyone in the community has access to healthy, organic produce.

Hopelink and Full Circle Farm work together to provide fresh, local, organic produce in two important ways. First, Full Circle Farm donates between 2,000 and 4,000 pounds of produce each month to Hopelink's Sno-Valley Center, which helps feed more than 450 individuals each month. Second, the Farming for Humanity program generates literally tons of freshly harvested vegetables for distribution at Hopelink's six food banks in Shoreline, Northshore, Redmond, Kirkland, Bellevue and Carnation. In total, Hopelink food banks served 12,527 individuals in 2007.

The chance to have fresh, organic produce has meant a great deal to Hopelink clients. We've received comments like, "This is nice produce!" and "I really appreciate that you offer organic vegetables." Full Circle Farm's produce also helps to meet the needs of the diverse ethnic populations visiting Hopelink centers and offers healthy options for all people -- especially for those with diabetes, heart problems and other conditions that require low-fat, low-sugar and low-salt diets. The partnership between Hopelink and Full Circle Farm ensures that low-income people across North and East King County have access to nutritious, healthy and delicious options.

### Full Circle Farm, Carnation

For more than ten years, Full Circle has been growing some of the area's most sought after organic produce, bringing the flavors and shared joys of the table into kitchens across the region and connecting people to the good local ground that provided it. Through wide-ranging activities from salmon habitat restoration projects on the farm to educational tours for school children, Full Circle owners Andrew Stout and Wendy Munroe have grounded their farm's operations in a deep-rooted commitment to the land and people of our region.

Though their produce can be found in the region's top restaurants and grocery stores and is delivered weekly to several thousand CSA subscribers, Andrew and Wendy have long believed that the world will be a better place when everyone has access to wholesome nutritious food. To this end, the farm partners with local foodbanks like Hopelink, making regular donations of fresh organic produce, and with the nonprofit Cascade Harvest Coalition, facilitating their Farming for Humanity program. Through this innovative program, teams of urban volunteers travel out to the farm to harvest produce that is then delivered fresh from the fields straight to Hopelink foodbanks. The program brings some extra hands to the farm at harvest time, provides a meaningful learning experience to the volunteers and most importantly, fresh, top quality foods for people in need.

Pursuing this type of collaboration is a core value for Full Circle Farm. Whether it be tapping local artisan food producers to supply their CSA program, Hopelink, or a coalition working for better food policies to bring local food to schools, Full Circle seeks out the kind of partnerships that will ultimately help build a better local food system that can effectively provide affordable and nutritious food to all people.

