



**Volume 10, Issue 1, January 6, 2023**

The Grow Your Own project is a collaboration of the Hardwick Area Food Pantry and the Center for an Agricultural Economy. Our mission is to increase food independence, better health, and well-being through shared knowledge and experience. The program offers workshops taught by neighbors that focus on gardening, cooking, and food preservation. Thank you for being a member of the Grow Your Own project.



## February 11- bear fat salve workshop:

Karen Brown of Dusty Swamp Provisions in Hardwick will teach participants how to make herbal salves with plain or herb-infused bear fat and local beeswax. The basics of salve making taught in this workshop are applicable to plant-based salves. Basic herb information will be discussed.

Karen has been making plant-based salves for over 15 years and transitioned to making bear fat salves about five years ago. Part of the discussion will include why she, especially as a vegetarian, made the switch to bear fat and the benefits of animal fats. The workshop will be happening on **Saturday, February 11, from 1:30 to 3:30 at the Center for an Agricultural Economy conference room in Hardwick.** Participants will share a light meal. Children are welcome to accompany adults: please let us know if very young children will need an on-site activity in the hallway to keep them occupied. Grow Your Own is a project of the Hardwick Area Food Pantry and the Center for an Agricultural Economy. **Register online [here](#) by February 8.** Space is limited.

## New online registration system:

Go to [www.nourishhardwick.org/grow-your-own](http://www.nourishhardwick.org/grow-your-own) to sign up. For those who have asked about an opportunity to donate, you will find a button for that. Workshops are always free for participants. Please sign up online if possible! If you do not have a way to sign up online, you can register by calling the food pantry at (802) 472-5940.

## Survey results highlights:

- 81 percent said the Grow Your Own newsletter is helpful or interesting
- Ideas for improvement included **more content and more community participation**
- 87 percent said if they attended a workshop, it definitely (or maybe) helped them gain more choices of what kind of food they eat and feed to their family
- Asked how the program has helped, 78 percent said they learned skills; 56 percent said it helped them feel part of a community with knowledge; 40 percent said it made growing, cooking, or preserving more fun; 25 percent said it gave them confidence to try new things; 16 percent said they met someone they could ask later; and 16 percent said it helped them save money.
- Ideas for improvement included offering more advanced topics; offering hard copies of the newsletter around the area; and offering more workshops and more communication
- Asked what were the challenges to attending, 40 percent said schedules and 15 percent said transportation
- Barriers to being able to eat the food we prefer were finances - 33 percent; community connections - 30 percent; land access - 20 percent; transportation - 13 percent; knowledge - 10 percent
- Your answers to what workshop topics members would like to attend informed the steering committee's decisions when choosing topics for the 2023 calendar. (We are still finalizing the calendar, stay tuned)
- **Asked what else we should have asked, you said we should have asked you, the members, what you could offer to Grow Your Own! *Consider yourself asked!* Please reply to this email with what you would like to offer.**

To get some more member participation in this newsletter started, what if you send in your favorite recipe for winter cooking? Email it to [bethany@hardwickagriculture.org](mailto:bethany@hardwickagriculture.org) with a photo if you have one. We'll add some or all of these to the next newsletter.

**Raffle winners:** Congratulations to Maureen Roianov of Hardwick who won the raffle drawing for the \$100 gift certificate to High Mowing Organic Seeds and Robin Gomez of Marshfield who won the crock pot. The Hardwick Community Garden photo below is for inspiration – as we plan our 2023 gardens.



Thanks to all who took our year-end survey! And to everyone who baked pies for the holidays. Delish!

**Have an idea for a GYO workshop? Let us know!**



**Grow Your Own**

For more information please visit <https://www.nourishhardwick.org/grow-your-own>

To learn more about the partnering Grow Your Own organizations visit the websites

**Hardwick Area Food Pantry** <https://www.nourishhardwick.org/pantry>

**The Center for an Agricultural Economy** <https://hardwickagriculture.org/>



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