

Farmers' market provides fresh place to buy food

BY ALLISON DEBUSK
STAFF WRITER

Looking for a place that sells healthy, fresh vegetables at an affordable price? Look no further than the recently established Guilford Farmers Market.

Junior Helen Mandalinic, Bonner Center hunger fellow and market manager, conceived the idea in April and began holding markets in July through collaboration with the Bonner Center for Community Service and Learning. The summer months are the most productive for the Guilford Farm, but most of the crop is not used. The farmers' market was a way to use the excess.

Currently, the market is held on Wednesdays between 2:30 p.m. and 4:30 p.m. in front of the entrance to the Grill.

This project is about more than selling excess vegetables. Mandalinic and senior Katie Maloney, co-manager, hope to educate the community.

"The availability of fresh food is often overlooked in hunger relief," said Mandalinic. "It shouldn't be a privilege (to have fresh food)."

In addition to educating about hunger relief, they also aspire to inform students about the foods they are consuming.

"It's not something (students are) aware of," said Maloney. "They don't know how these colorful foods are full of good things."

The benefits of buying from the farmers' market go beyond



KATE GIBSON/GUILFORDIAN

Students browse the plants and produce available at the farmers' market, which sells fresh vegetables from the Guilford farm.

the nutrition in the vegetables. Purchases from the market can ease some of the economic stress that many people are feeling.

"Things are way cheaper (at the market)," said Mandalinic as she picked up a habanero pepper. "This pepper is 25 cents. That's pocket change. For five bucks, you can make dinner for tonight or for a few nights."

"Compared to the farmers' market in Kentucky, it's cheaper,"

said senior Alex Rickman from Lexington, Kentucky.

The profits from the market go back to the farm and the school, producing more than financial benefits.

"It creates a good bond between the students and the farmers," said senior Madison Hetzel.

The market will be offering a variety of produce, depending on the season, as well as freshly cut zinnias. Pasture-raised beef from Tomahawk Farms, owned by Frank Massey, Initiative on Faith and Practice gifts discernment coordinator, is also sold at the market. All of the items for sale are grown using organic practices.

Mandalinic and Maloney have many hopes for the future of the market. One is finding more vendors who also want to sell extra produce that they are not selling to restaurants or other customers.

Another hope is to involve more people. As more vendors are added and the market grows, the managers want more people to help organize events, advertise and sell.

Maloney expressed their biggest goal for the market.

"Our hope is that other people will get excited."

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CHANGE

CHANGE Jr. offers mentors, models

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... as a high school student, I would have liked to learn from the experience of college students," said Drew.

Senior Monterikia Barthell, a new member of the Africana CHANGE Program and a mentor for CHANGE Jr., was always influenced by positive black women and wants to do the same for other young ladies.

"There were always successful young women around me that I use to look up to, and they challenged me to become more than just a statistic," said Barthell.

When asked what she hoped to gain from the program, she responded, "I want to be able to look and see things from their perspective."

Senior Tj Evans, a first-year in the Africana CHANGE Program and second-year participant and mentor in the CHANGE Jr. Program, believes it is important for him

to "reach out to the kids, help them to find their culture ... (and) teach them things that they don't really teach in high school these days."

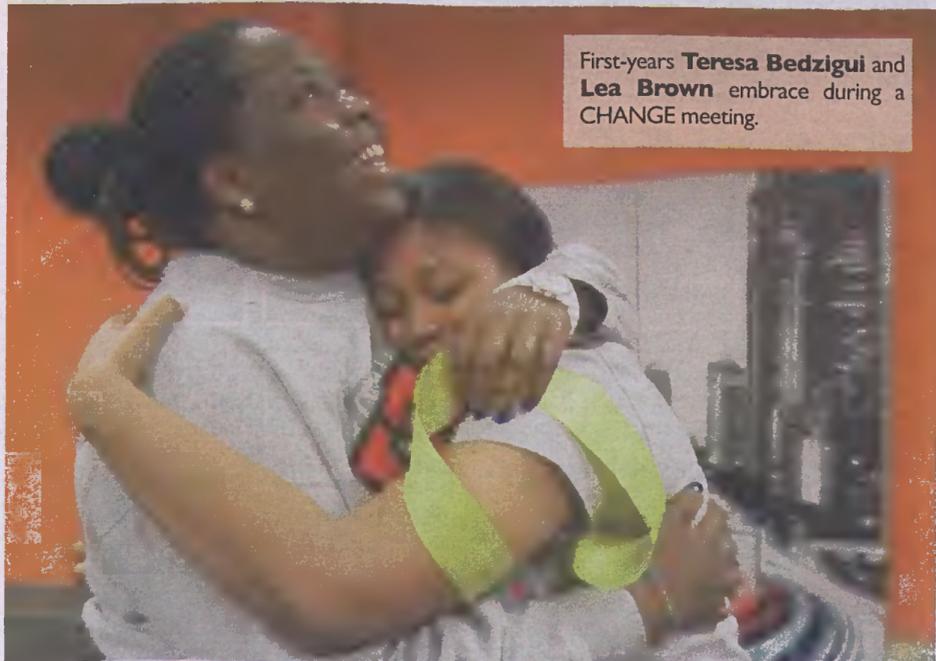
Evans wished he had someone to tell him to push himself in high school so that he could have a better future.

"My biggest mentor was my mother," said Evans. "She was my mother, my father and everything. ... She kept me out of trouble."

He also said it would have been nice to have a male figure as a mentor, which is what led him to the Africana CHANGE Program.

Drew has created a multifaceted organization that represents the encouraging atmosphere, intelligence and minorities that live in the Guilford community.

When asked what she appreciates the most about the program, Drew stated, "the power of connecting generations, that's what I get out of it."



First-years Teresa Bedzigui and Lea Brown embrace during a CHANGE meeting.

BRANNA GIENNI/GUILFORDIAN

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