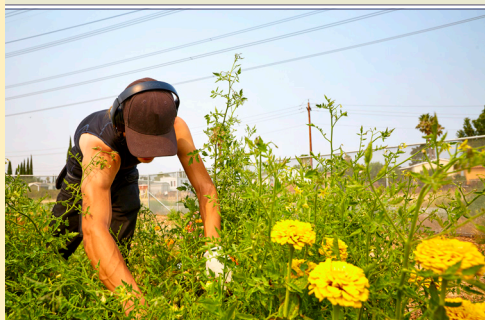


# FAMILY HARVEST FARM

## GROWING MORE THAN FOOD

Located in Pittsburg, CA, Family Harvest Farm (FHF) is a program of John Muir Land Trust that employs transition age youth with experience in the foster care system as apprentices and leaders in the community. **Through on-the-job training in organic farming, FHF provides a healthy, nurturing environment for program participants and affordable, high-quality food for the community.**



## FEATURES



Provides employment opportunities, job skills, training and career development for transition age youth



Utilizes regenerative farming practices that reduce carbon emissions while increasing biodiversity



Hosts workshops for school groups and the general public on nutrition and the environment



Repurposes vacant urban land into a community resource



Provides affordable, fresh produce through direct sales to the public and donations to those in need



Creates a nurturing environment where everyone has the opportunity to thrive

## PROGRAM GOALS:

**EMPLOY** transition age youth with experience in the foster care system in an outdoor, on-the-job training program

**GROW** organic fruits and vegetables to distribute to the local community

**PROVIDE** environmental education and lessons in regenerative farming for school groups and the community at large

# FAMILY HARVEST FARM

By contributing to a vibrant local food system, Family Harvest Farm fosters healthy living, a nurturing environment, and a more sustainable community.

## FOSTERING RESILIENCE

Transition age foster youth (ages 18-24) need work experience that provides access to full-time employment, continuing education, life skills development, and community connections that support their lives beyond care. Without safety nets and support, emancipated youth are vulnerable to homelessness, unemployment, under-education, health problems, and poverty. FHF is an innovative solution to their unique circumstances.

FHF apprentices learn general employment standards, hone skills in communication and leadership, build strong relationships with staff and each other, attend life and socio-emotional skills workshops, access fresh healthy food, and engage in program outreach. With core collaborators, FHF helps apprentices map a confident path forward.

## BUILDING COMMUNITY AND GOOD HEALTH

Growing healthy food contributes to the well-being of local neighborhoods, and plays a large part in the growth and healing of program participants. Recent crops include watermelon, squash, zinnias, peppers, okra, tomatoes, sunflowers, basil, carrots, corn, and potatoes. Apprentices, staff, and volunteers cook and eat together.

Produce is donated to community kitchens and offered at the FHF farm stand, already a staple in the neighborhood. At our first organic produce, plant, and flower sale the apprentices let their customer service skills shine as they ran the cash register, and educated people about the farm. As one apprentice commented, **“We are developing a healthy community here. And we want to give back to our local community too.”** FHF creates an ecosystem in which people, animals, plants, compost, and the surrounding environment all work together towards the common good.







## FUTURE GOALS AND PLANS:

- Expand our staff to include a Youth Workforce Coordinator to strengthen our employment development program and support apprentices.
- Broaden the wrap-around services available to apprentices by developing more partnerships with local organizations.
- Increase community engagement with FHF workshops on regenerative farming and gardening, volunteer orientations and workdays, plant and produce sales. Visit [jmlt.org/familyharvestfarm](http://jmlt.org/familyharvestfarm) for more information.
- Guide 20 transition age (18-24) foster youth who are heading out of the system and learning to live on their own as they build community ties.





# Join Us!

Help support Family Harvest Farm by donating today. Your gift provides the essential resources we need to sustain this life changing program. Thank you! [jmlt.org/familyharvestfarm](http://jmlt.org/familyharvestfarm)

PROGRAM SUPPORT GENEROUSLY PROVIDED BY:



John Muir Health

Community Health Fund

Building Bridges to Better Health

## COLLABORATORS

JMLT and PG&E provide agricultural land for Family Harvest Farm.

## CORE COLLABORATORS

These groups provide referrals and wrap-around services such as assistance with housing, counseling, and child-care:

- First Place For Youth
- Uplift Family Services
- Youth Homes
- Contra Costa County Children and Family Services - Independent Living Skills Program

## ADDITIONAL PARTNERS

- CASA of Contra Costa County
- Contra Costa County Office of Education Workforce Development
- Contra Costa County Office of Education - Youth Development Services
- Hope Solutions
- Lamorinda Sunrise Rotary
- Loaves and Fishes
- Los Medanos College
- Monument Crisis Center
- Master Gardeners of Contra Costa County

## CONTACT US

If you have questions, or are interested in visiting or volunteering with Family Harvest Farm, please email Family Harvest Farm Program Manager Hannah Hodgson, [hannah@jmlt.org](mailto:hannah@jmlt.org) or visit our website. [jmlt.org/familyharvestfarm](http://jmlt.org/familyharvestfarm)



FAMILY HARVEST FARM  
JOHN MUIR LAND TRUST



## ABOUT JOHN MUIR LAND TRUST

John Muir Land Trust protects and cares for open space, ranches, farms, parkland and shoreline in Contra Costa and Alameda Counties. In a generation, John Muir Land Trust has become one of the leading forces for conservation in northern California. With 3,500 acres protected, many beautiful places in the East Bay are permanently preserved for recreation, wildlife habitat and spectacular scenic views. JMLT believes that the vitality of our open spaces is essential to the health of our earth, air, water, native plants and animals – and all of us.