

Fall Food and Farms Festivities

Season's Greetings Lansing-area Food Enthusiasts, Activists, and Eaters,

As the days get shorter and the weather gets colder, we transition to a season of indoor farm markets, apple harvest festivals, and all things pumpkin—jack-o-lantern carving, pies, and an assortment of beverages. A lot of people believe that farmers take a rest in the fall once they have harvested their fall crops and put their beds to rest. However, this is not the case. Were you aware that most of the urban farmers in Lansing continue growing and producing throughout the fall and winter? For example, Magnolia Avenue Farms continues to process fruits and roots such as hibiscus, burdock, and valerian for the apothecary. Ancona Farms continues to offer a variety of jelly and jams. Highwater Farms tends to their bees and their micro-greens.

Just last week, we hosted a farmers' market on the west side of Lansing at the Union Missionary Baptist Church (UMBC). We posted a notice about the market on the Westside Lansing Facebook page and received several questions from the community regarding the availability of produce since the market was late in the season. However, there was an array of micro-greens, pastries, meats, eggs, pumpkins, apples, honey, maple syrup, and squash, and several vendors sold out. Everyone was pleased. Now, LUFPP is working with UMBC to make a Westside Farmers Market a reality for 2023 and beyond.

If you can't make it to your local farmers market, consider shopping at the new Eastside Lansing Food Co-Op (ELFCO) located in Allen Place. Several Lansing Grown farmers are selling their produce at the ELFCO. Stop by and pick up freshly picked apples and yummy Michigan made treats. They are open seven days a week.

Now more than ever, there are a variety of ways to continue eating fresh produce that is locally grown. Along with shopping local, make sure to sign up now for a winter CSA in your neighborhood.

Enjoy farm life in the fall!
Jeno (on behalf of LUFPP)