

# FAMILY HARVEST FARM

## GROWING MORE THAN FOOD

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



### FUNDRAISING GOALS:

WE ARE GROWING!



HELP US RAISE  
**\$50,000**

**By December 31, 2020**  
in support of this lifechanging  
program

## FEATURES

### FAMILY HARVEST FARM



Provides employment opportunities, job skills and career development for transition age youth with experience in the foster care system



Utilizes farming practices that reduce carbon emissions, while increasing biodiversity



Hosts workshops for school groups and the general public on nutrition and environmental education



Repurposes vacant urban land to improve our quality of life



Provides affordable, fresh produce to the community through direct sales, CSA boxes, 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

**PRODUCE** 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: COMMUNITY AND CAREERS

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

## BARRIERS TO THRIVING

Transition age foster youth (ages 18-24) in Contra Costa County need work experience that provides access to full-time employment, continuing education, life skills development, health care, quality food, and housing. They also need to build the community connections that support and enrich their lives beyond care. Without safety nets and support, emancipated youth are vulnerable to homelessness, unemployment, under-education, health problems, and poverty.



## FOSTERING RESILIENCE AND GOOD HEALTH

Family Harvest Farm is an innovative solution to the unique issues encountered by transition age youth in the current system. It is a community that recognizes healthy living requires a foundation of affordable, high quality food. Work on the farm is structured with a strong family dynamic—clearly defined roles and routines, mutual support, nurturing mentorship, opportunities to teach and learn from each other, and the satisfaction of contributing to the achievement of larger group goals.

Contributing to the equity and wellbeing of local neighborhoods also plays a large part in the growth and healing of program participants. Apprentices and community volunteers work alongside one another—performing farm work, propagating seeds, planting and harvesting crops, preparing and delivering food, and assisting in other duties. With the training and the stability gained in the program, graduates can confidently pursue further education or permanent employment with the help of our core collaborators. Most importantly, they map a confident path forward as adults with new skills for life and career.

## FARMING PRACTICES THAT REDUCE CARBON EMISSIONS AND INCREASE BIODIVERSITY

The holistic land-management approach at Family Harvest Farm reduces carbon emissions, increases biodiversity, and improves soil quality while building water resilience and nutrient density.

**ORGANIC** systems of production avoid using genetically modified seed, synthetic pesticides or fertilizers.

**NO-TILL** farming minimizes soil disturbance on the site, which keeps organic material in the soil while enriching biodiversity and reducing the need for chemical fertilizers that emit greenhouse gases.

**REGENERATIVE AGRICULTURE** reduces emissions, increases soil organic matter, and sequesters carbon. According to the Rodale Institute, worldwide adoption of regenerative agricultural practices, such as those used at Family Harvest Farm, could sequester global greenhouse gas emissions by roughly 52 gigatons of carbon dioxide per year.





## HEALTH AND WELLBEING FOR ALL

Family Harvest Farm specializes in growing high quality organic vegetables and flowers. Produce is sold at farmers markets, and to restaurants and institutional buyers including hospitals and school cafeterias. Adding

affordable Community Supported Agriculture (CSA) subscriptions and donations of food to those who cannot afford it also help provide for our community.

**Work on the farm is key. Numerous studies have shown that gardening and horticultural work help:**

- Increase self-esteem
- Improve a sense of well-being and personal worth
- Improve self control
- Decrease anxiety
- Improve social integration
- Improve patterns of social functioning





# 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](http://jmlt.org)**

PROGRAM SUPPORT GENEROUSLY PROVIDED BY:



John Muir Health

Community Health Fund  
*Building Bridges to Better Health*

## COLLABORATORS

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

## CORE COLLABORATORS

The following groups, known as Core Collaborators, provide referrals and wrap-around services such as assistance with housing, counseling, and child-care to Apprentices:

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

## ADDITIONAL PARTNERS

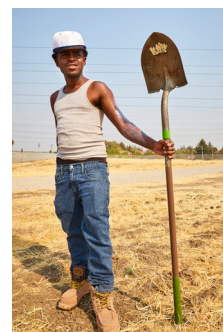
- CASA of Contra Costa County
- Contra Costa County Office of Education Workforce Development
- Contra Costa County Office of Education - Youth Development Services
- **Lamorinda Sunrise Rotary**
- Loaves and Fishes
- Los Medanos College
- Monument Crisis Center
- Master Gardeners of Contra Costa County

## CONTACT US

If you have questions, or are interested in volunteering with Family Harvest Farm, please contact us at: [info@jmlt.org](mailto:info@jmlt.org). Visitors should make an appointment in advance, to check hours of operation and staff availability. [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.