



# Eliada Campus Farm

Fall 2023



## What's growing this season....

Summer has come to a close and the last of our tomatoes, beans, and squash have all been harvested. We have since planted all the cool-season crops like lettuce, carrots, spinach, and kale. We also continue harvesting tea herbs to dry for those colder winter days.

We continue to succeed in our goal to provide most of our produce to Eliada's students, residences, and meal boxes made and delivered to ESTA's Healthy Opportunities Pilot Program. Excess produce is then sold to community-focused organizations such as Equal Plates Project and Bounty & Soul. As of July, Eliada Campus Farm has proudly exceeded its goal of reaching 2022's total pounds of produced grown (calculations will be tallied up by the end of the year.) Stay Tuned!

## Educational Updates:

This summer hasn't been anything but slow for us! We've partnered up with Buncombe County Cooperative Extension to host a 6-week long Nutrition Education Course for High School Students within Eliada's Academy program. Our students had the incredible opportunity to learn and explore different healthy recipes, participating in making their own recipes through cooking demos that opened their palettes to new flavors. Thank you, Amanda!

We've also partnered with ASAP's (Appalachian Sustainable Agriculture Project) Growing Minds Program whose summer campers had the opportunity to harvest their own ingredients to make their own salsa! Delicious!

Erica (Eliada's Farm Manager) has been awarded a 7-month long coaching program

through EDEN's SproUTing Teachers curriculum. This program is an individualized training program that guides instructors in adapting their curriculum for outdoor learning, which promotes long-lasting organizational structures for garden sustainability within an educational setting. We're stoked to see instructors collaborating, learning, and exploring new and innovative methods of teaching outdoor-based curriculums.

On September 15th, we had the amazing opportunity to host a Career Day event for the Warren Wilson Center for Experiential Learning program that highlighted different job opportunities college students can anticipate within the nonprofit sector.

## Agrotourism Events:

In August, we hosted our 2nd annual Farm-to-Fork Dinner, which hosted 125 people! We served food that was sourced from our farm, gave guided tours in the Grow Dome, and had an incredible silent auction. Thank you all for your support!

Now that fall is just around the corner, it's time to pick your pumpkins, sip on your apple slushies, and enjoy a tractor hayride at Eliada's 15th annual Fall Festival/Corn Maze. The Fall Festival/ Corn Maze will be open every Friday, Saturday, and Sunday until Oct 29th. Click [here](#) for tickets.

## Partnership Appreciation:

Let's give a shout-out to all the collaborative partnerships Eliada Campus' Farm works with! Thank you all for your efforts!

1. Bounty & Soul
2. Warren Wilson College
3. Equal Plates Project



### Farm Intern Highlight

Let's give a warm welcome to Abbie! She's been interning with Eliada since May and has dedicated her time to learn



### Summer Campers on the farm

This summer, children ages 5-11 joined our campus farm for weekly garden-based activity blocks in July and August. Campers helped harvest fresh veggies and played farm games like potato sack races and tomato and spoon relays. In partnership with ASAP, (Appalachian

about plant cultivation, harvest, while learning how to assist with garden-based education and collaborative efforts. Keep up the good work!

Sustainable Agriculture Project) campers got to do a salsa-making activity and taste test from their harvest haul. It was a tasty treat to end the summer!



## Ways to get involved!

- Sign up for a farm tour
- Volunteer on the farm- Monthly Workday on the 1st Friday of each month from 9am-12 noon
- Donate to the Campus Farm

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