

# VOICE OF THE FARMER

ORGANIC FOR ALL



*Organic for All has developed a participatory, in-depth educational experience for underserved, small-scale farmers and the communities they support.*

Our program promotes the indigenous knowledge and voices of farmers by respecting their unique culture and rich historic connections to the land. We assert that the inclusion of all farmers is critical for the growth of agroecology-organic farming practices, with wholistic benefits to our farmlands, environments and food sovereignty systems—all essential elements of the health and wellbeing of our farming communities.

*Organic for All* offers a range of capacity building programs dedicated to using a systems-approach centered around building community, growing healthy people, and truthfully sustaining our nation's economic equality. This newly implemented training and education project is designed to build capacity within underserved farming communities to increase opportunities for offering a path to organic farming systems and certification.

*Voice of the Farmer* is our report on *Organic For All* participatory learning sessions to support strengthening capacity with all farmers.

## WELCOME TO



## AGROECOLOGY AND INDIGENOUS AGRICULTURE PATHWAYS

*After several months of planning, Organic for All ran a second hands-on learning session on Earth Day at Virginia Free Farm located in Kent Store, Virginia.*

Farmer-facilitator Amyrose Foll gave our participants a walking tour of her land while providing us her insight into Indigenous knowledge practices that promote sustainable agriculture, sustainable food systems, and Indigenous foodways.

People from the entire com-

munity came out to join us.

Amy offered our participants opportunities to learn during her discussions, including traditional food recipes and a hands-on demonstration of Nixtamalization, an important traditional Indigenous practice of preparing maize or corn that makes it more digestible, nutritious, and delicious.

The food samples she shared clearly demonstrated her passion.

*Thank you Amyrose!*

# VOICE OF THE FARMER



*As the executive director and founder of the multifaceted Virginia Free Farm in Kents Store Virginia, Amy is looking to reimagine the foodshed of her world – and ours. Amyrose's work integrates growing and distributing of fresh food to communities in need of it, teaching and mentoring of young farmers and growers, saving and sharing of seed, facilitating community and tribal community gardens — and changing the world.*

<https://virginiafreefarm.org>



## Comments from Workshop Participants

**Are you a farmer or gardener?**

*“Yes, I’m a gardener. I worked at the Virginia Tech Indigenous Community Garden and I started the Virginia State Indigenous Garden.”*

*“I do gardening as a part of my job where I engage youth in the school gardens in Charlottesville.”*

*“I’m a beginner farmer.”*

**What new information did you learn today?**

*“I learned that you can make arrowroot into flour.”*

*“I learned about new concepts like food forests and the idea of using animals to do work for you.”*

*“I learned about the nixtamalization of corn. I learned about different projects going on in this area around food security and food sovereignty.”*

**Which new farm practices do you intend to use?**

*“Probably different methods of making flour.”*

*“I don’t have land to garden and farm myself but I hope to influence my colleagues who help manage our gardens to explore ways to use the information.”*

*“Learning about the forest farming practices was inspiring.”*

**Are you interested in learning more about Indigenous farming practices.**

*“Yes, more into traditional Indigenous irrigation.”*

*“Absolutely“*

*“Yes, for sure. And specifically learning the Indigenous roots of many of the practices that are used but don’t give credit to the Indigenous culture that developed them.”*

**What other workshops would be helpful?**

*“Pruning and training pumpkins, Soil Health and compost workshop. Irrigation tips.“*

*“Seed saving.”*

*“More workshops that are centered around native plant species and foraging/native farming practices.”*

ORGANIC FOR ALL



We invite you to work with us to create healthy pathways around healing our food, environment, and community through Indigenous, Agroecology-Organic farming systems practices and their benefits for all communities.

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For more information, visit our website: [www.uacus.com](http://www.uacus.com)