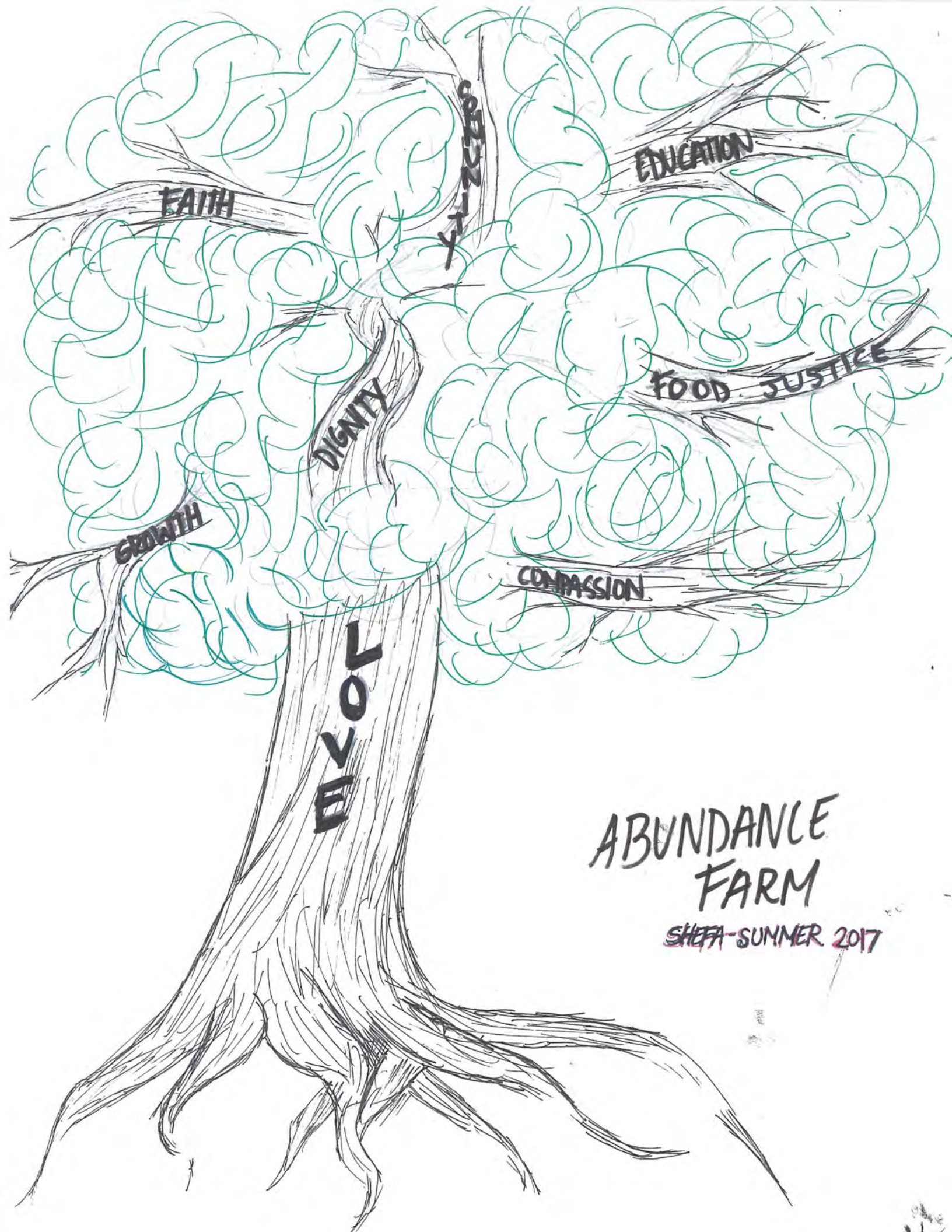




ABUNDANCE
FARM

SHEFA-SUMMER 2017

What is Abundance Farm?

Abundance Farm is a Jewish food justice farm in Northampton, MA, located where the Alms "Poor" House existed in the 19th century as a shelter and food source, as well as a 15 acre farm. In 2011, CBI families began to convert the field next to the synagogue into a garden and community space. In 2014, Abundance Farm launched after a year of work from volunteers. Since then, through the Pick-Your-Own partnership with the Northampton Survival Center, people have harvested thousands of pounds of produce. Thousands of people have been able to enjoy the land, from the synagogue, LGA, the Survival Center, and the broader community.

Abundance Farm's Mission:

- Promote food justice and ensure food security in the community
- Build strong community between LGA, CBI, and the Northampton Survival Center, as well as between the Jewish community and broader Northampton community
- Provide outdoor education and teach about environmental sustainability, farming technique, and Jewish farming tradition and wisdom

What is Shefa?

Shefa is a teen summer internship. This summer, 10 teens from the Pioneer Valley came to Abundance Farm to learn about farming and justice. Led by our fearless leader Rose, we built a strong community on the farm through facilitating Pick-Your-Own, picking flowers with Shabbat Shabbloom babies, and taking care of all of the farm chores from planting to harvesting. In addition, we learned about a farmworker-led campaign in Vermont called Milk With Dignity, and wrote a letter in support. We continue to grow with the crops we plant.

* This zine was made collectively by Shefa. We shared our interest in reporting, photography, art, history, skill-shares, activism, and vegetable jokes as a way to give you a sense of what the summer Shefa program is all about! Hope you enjoy! ♡ shefa *

* a letter from
our Rabbi and Director
of Abundance Farm -
Rabbi Jacob Fine! *

What Does *Shefa* Mean Anyway?

The Hebrew word "Shefa," is one rich in meaning, symbolism and association. Depending on the context and usage, the Hebrew root *Shefa* (שפע) can have many levels of meaning. At one level, *Shefa* refers to abundance or plenty in a material sense--i.e., an abundance of delicious tomatoes. *Shefa* also has deep associations in Jewish mysticism (Kabbalah). In Kabbalah, *Shefa* refers to Divine emanation, or flow. According to Kabbalah, everything in the world at any given moment only exists on account of a constant flow of Divine vitality which manifests in the diversity of Creation. When we decided to name our project Abundance Farm, it was with the Hebrew word *Shefa* and both of these associations in mind.

Shefa = Abundance

There is more than enough food produced in the world to feed everyone, yet 815 million people go hungry, roughly 11% of people on Earth.

(<http://www.fao.org/state-of-food-security-nutrition/en/>) The Earth is full of *Shefa*; there is enough abundance to ensure that everyone is sufficiently nourished. 815 million people are hungry right now because of policies, systems, wars and many forms of injustice that leave lots of people without sufficient food, not because of some inherent problem with the Earth's capacity to produce enough nourishment. So, at one level, we are named Abundance Farm to remind ourselves that there *is enough* abundance in the world, we just need to learn how to share the *Shefa* generously and equitably. We hope that, in some small but meaningful way, Abundance Farm serves as a model for what that looks like.

Shefa = Emanation/Flow

Albert Einstein is quoted as saying, "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." From a Jewish perspective, we are meant to train our eyes, hearts and minds to perceive how everything that exists, absolutely everything, is imbued with Divine life force (חיות); all of Creation is ultimately an emanation of the Creator. At this second level, we are named Abundance Farm to remind ourselves that everything is sacred. We hope that the work that we do on Abundance Farm serves to help our many students and participants cultivate radical amazement of the miracle of Creation.

With abundant gratitude, Rabbi Jacob

Abundance Farm
COMMUNITY · JUSTICE · EDUCATION



קהילה · צדק · חינוך

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Northampton, MA 01060
www.abundancefarm.org

Be in touch with us at info@abundancefarm.org
or give us a call at 413-584-3593 x203

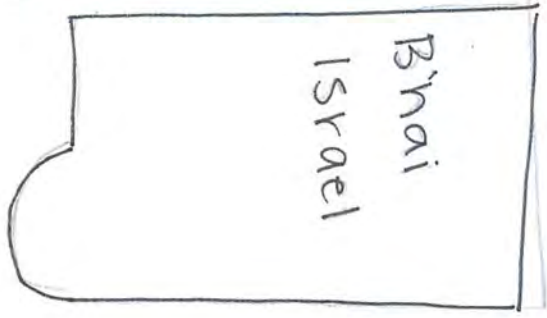
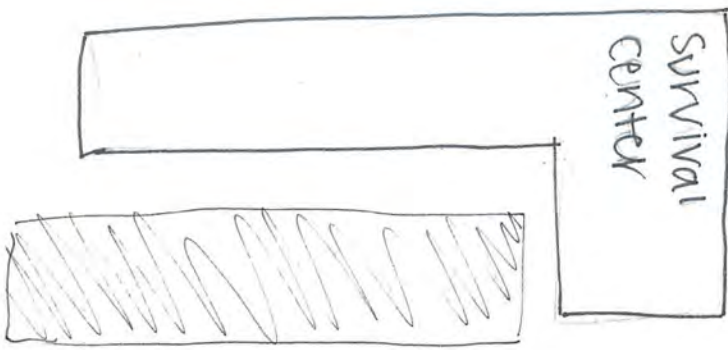
MAP OF ABUNDANCE FARM + FRIENDS

BIKE PATH

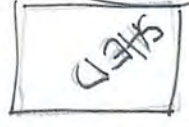
BIKE PATH



SURVIVAL CENTER



DEER FENCE



SUKKAT



DEER FENCE

BERRIES



BERRIES



BERRIES



WHEAT

BERRIES



KEY:
⊕ = TREE
→ = ENTRANCES
(NOT TO SCALE)

PROSPECT STREET

PROSPECT STREET



★ SHEFA SCHEDULE ★

Week of: 8-8:30 8:30-9 9-9:30 9:30-10 10-10:30 10:30-11 11-11:30 11:30-12 12-12:30 12:30-1

July 31

MONDAY	Apprentice Prep	Farm Chores	Opening Circle	PYO Prep	PYO	PYO	PYO	PYO	PYO	Hands-on Application	PYO	PYO/Closing Circle
WEDNESDAY	Apprentice Prep	Farm Chores	Opening Circle	Skill Building	Skill Building	Workshop	Workshop	Shabbat Shabbloom/ PYO Prep	Shabbat Shabbloom/ PYO Prep	Closing of the Week	Closing of the Week	Special Shabbat Snack
FRIDAY	Apprentice Prep	Farm Chores	Opening Circle	PYO Prep	PYO Prep	Workshop	Workshop	Shabbat Shabbloom/ PYO Prep	Shabbat Shabbloom/ PYO Prep	Closing of the Week	Closing of the Week	Special Shabbat Snack

August 7

MONDAY	Apprentice Prep	Farm Chores	Opening Circle	PYO Prep	PYO	PYO	PYO	PYO	PYO	Hands-on Application	PYO	PYO/Closing Circle
WEDNESDAY	Apprentice Prep	Farm Chores	Opening Circle	Skill Building	Skill Building	Workshop	Workshop	Shabbat Shabbloom/ PYO Prep	Shabbat Shabbloom/ PYO Prep	Closing of the Week	Closing of the Week	Closing Circle
FRIDAY	Apprentice Prep	Farm Chores	Opening Circle	PYO Prep	PYO Prep	Workshop	Workshop	Shabbat Shabbloom/ PYO Prep	Shabbat Shabbloom/ PYO Prep	Closing of the Week	Closing of the Week	Special Shabbat Snack

August 14

MONDAY	Apprentice Prep	Farm Chores	Opening Circle	PYO Prep	PYO	PYO	PYO	PYO	PYO	Field Trip	PYO	PYO/Closing Circle
WEDNESDAY	Apprentice Prep	Farm Chores	Opening Circle	Field Trip	Field Trip	Field Trip	Field Trip	Shabbat Shabbloom/ PYO Prep	Shabbat Shabbloom/ PYO Prep	Closing of the Week	Closing of the Week	Closing Circle
FRIDAY	Apprentice Prep	Farm Chores	Opening Circle	PYO Prep	PYO Prep	Field Trip	Field Trip	Shabbat Shabbloom/ PYO Prep	Shabbat Shabbloom/ PYO Prep	Closing of the Week	Closing of the Week	Special Shabbat Snack

August 21

MONDAY	Apprentice Prep	Farm Chores	Opening Circle	PYO Prep	PYO	PYO	PYO	PYO	PYO	Hands-on Application	PYO	PYO/Closing Circle
WEDNESDAY	Apprentice Prep	Farm Chores	Opening Circle	Skill Building	Skill Building	Workshop	Workshop	Shabbat Shabbloom/ PYO Prep	Shabbat Shabbloom/ PYO Prep	Closing of the Week	Closing of the Week	Closing Circle
FRIDAY	Apprentice Prep	Farm Chores	Opening Circle	PYO Prep	PYO Prep	Workshop	Workshop	Shabbat Shabbloom/ PYO Prep	Shabbat Shabbloom/ PYO Prep	Closing of the Week	Closing of the Week	Special Shabbat Snack

CHOICES: compost! bug scouting! watering the orchard, beautification!

OPENING CIRCLE:

Check-in questions

bowl of flowers

joke of the day

cooking sofrito, tzatziki, sun tea!

SKILLZ:

Mulching,

Seeding,

Sign Making,

Oh my!

WORKSHOPS:

Exploring the Intersection of Judaism, Farming, and Activism, Learning about Farm Worker-Lead Social Movements!

CLOSING CIRCLE:

gratitudes of the week, harvest feast, sharing + celebrating!

PICK - YOUR - OWN

SHEFA ran the PYO program all summer - where everyone in the community is invited to come to the Farm, pick food, build connections, and spend time on the land. Here are some reflections from our time...

During Pick You Own, an exchange is made that seems very simple on the surface, but goes much deeper. For example, we provide many people with healthy, nutritious, and tasty food but it is also an introduction into a lovely community. In exchange, we get a chance to practice communication, meet new people, and learn new information that another person is more knowledgeable in. These are all important skills that will help us in our future, not only in a job, but in being a human.

"There is dignity when there is time to pick flowers. When jokes are exchanged. When stories get told. There is dignity in the details"

I mean obviously, it's not like I expected it to be super weird helping people from the Survival Center. But I really wanted to maintain/support a sense of dignity/reciprocity and not feel like I'm waspy yuppie graciously feeding people. It felt normal though. It was humbling, and honestly we're all humans and we all eat and that shouldn't be weird, to want people to eat.

"It was cool to get to know people"

"Someone came by and told me about their garden as they picked food, and how meditative it is, which I related to"

I was nervous to do PYO. I am not always super comfortable with strangers. I consider myself an extrovert, but I also am not great, historically, on first/quick interactions. I think what struck me the most [about PYO] was how normal it felt. Maybe it's because I am a kid, or don't know that much about the farm/vegetables/where everything is, but it felt like I went away with something new, something learned.

"With Shefa at Pick-Your-Own, the Farm and the program get the love and attention to be the best version of themselves"

"It was so cool sharing the food, learning about people's family recipes, and getting to know each other"

PICK - YOUR - OWN IN NUMBERS

Pick Your Own happens **2x** per week from
JUNE THROUGH OCTOBER

SHEFA facilitated 8 robust, FUN pick-your-owns
this summer!

40-60 people come per week

and approximately 100 pounds of food is harvested
each week, or about \$200 worth of
fresh, nutritious, local food grown with

- LOVE -

COUNTLESS

conversations, connections, exchanges,
jokes, stories, and friendships are made

WE ARE BUILDING A BEAUTIFUL COMMUNITY!

Welcome to

Abundance Farm



SHIFA TZATZIKI



$\frac{1}{2}$ of a cucumber (shredded!)



2 cups plain or greek yogurt

2-4 cloves of garlic (diced/chopped/crushed!)

$\frac{1}{3}$ cup of dill (chopped!)



$\frac{1}{2}$ of a lemon (juiced!)



salt & pepper!



COMBINE + MIX ALL INGREDIENTS + EAT

These are some recipes that we made during PYO with Farm ingredients. We gave out samples and people harvested food for the recipes!

SOFRITO

Ingredients:

- 2 medium sized green peppers, seeds removed
- 2 medium sized red sweet peppers, seeds removed
- 3 medium sized tomatoes (or two large)
- 2 medium sized onions, peeled
- 1 head of garlic, peeled
- 1 bunch cilantro
- $\frac{1}{2}$ bunch parsley

Seasoning:

salt, pepper, lime juice

a delicious sauce - try it on rice and beans!

Directions:

- chop all ingredients and put into a bowl

If you want to use a blender;
• blend until smooth

If you don't want to use a blender;
• chop ingredients finely and mix

- serve raw, or cook over medium heat until the sauce is a golden red, around 15 mins.



1. LOCATE SOME SEEDS OR SEEDLINGS

(some good herbs include ROSEMARY CHIVES CILANTRO
TARRAGON BASIL PARSLEY OREGANO)

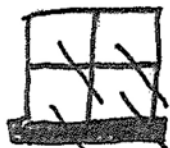
2. FIND A GOOD CONTAINER

(this can be anything with drainage!)



3. PUT POTS IN SOUTH FACING WINDOW

(south windows have the most light, but if you don't have one find a window with a lot of light + maybe get a grow light)

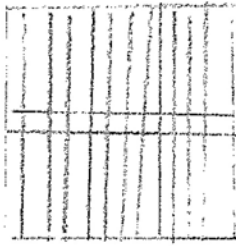


THE SUN RISES IN THE EAST
AND SETS
IN THE WEST

4. FILL POTS WITH POTTING MIX + PLANT SEED(LING)S

HOW TO COMPOST!

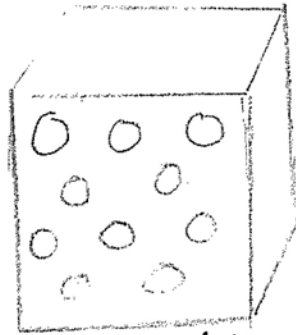
Step one:



Pallet



Wire



Plastic container
with holes



hole in ground

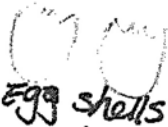
make a container. you could use pallets, wire, a plastic container with holes drilled in it, or just a pile or hole in the ground.

Step two:

(greens)



carrots



egg shells



leaves



apple



coffee grounds



cheese



Add your waste such as rotten fruits and vegetables and coffee grounds. Do not put any dairy products into your compost. These vegetables and waste are high in Nitrogen.

Step three:

(Browns)



autumn leaves

paper

straw

woodchips

once all your waste is in your container place browns on top of your waste. These materials are high in carbon.

Micro organisms in the pile convert the material into nutrient-rich earth. To thrive, micro organisms need food (Browns + greens), air and water.

Step four:

Turn the compost pile every few weeks to make sure that air and moisture are evenly distributed. If the pile looks dry, water it! In a few months you'll have nice dirt!

FOOD JUSTICE

is the belief that **ALL HUMANS**
 regardless of race, socioeconomic status, or geographic location

DE SERVE ACCESS TO AFFORDABLE
and NUTRITIOUS FOOD

Abundance Farm is committed to working towards food justice by providing a locally-grown garden of food where all plants may be harvested free of charge

♡ ♡

It is impossible to talk about food justice without also talking about racial justice and socioeconomic justice, because food insecurity disproportionately affects people of color and people in poverty.

AT ABUNDANCE FARM, WE WORK TO SUPPORT ALL JUSTICE
IN OUR COMMUNITY, OUR STATE, OUR COUNTRY, AND
THE WORLD.



Dear Ben & Jerry's CEO Jostein Solheim,

We are a farming and food justice teen internship from Abundance Farm in Western Massachusetts and we are writing to ask you to adopt Migrant Justice's Milk with Dignity Code of Conduct.

Our farm is associated with a local synagogue and is based around Jewish values for worker treatment. Jewish tradition tells us, "Do not oppress the hired laborer...whether they are one of your people or one of the sojourners in your land." In the current political climate, it is more important than ever to uphold the rights of all workers, no matter their immigration status.

Another Jewish teaching says, "Be careful not to afflict a living creature, and even more so not to afflict a human being." We admire your company for your leadership in animal rights advocacy and sourcing your ingredients from fair trade and non-GMO sources, but now it is time to step up and support the workers in your supply chain. We have been learning about the unacceptable housing and working conditions of the workers affiliated with Migrant Justice, such as sewage leaching into the water supply and lack of heat during the harsh Vermont winters. We ask that you address this human rights issue in your supply chain.

As farmers we understand how important it is to have safe and healthy working conditions, and as members of the Jewish community, we understand how important it is to treat all workers with dignity and respect, values that your company was founded on. We're glad that you are committed to implementing the Milk with Dignity program, but now it is time to act.

We stand with thousands of ice cream-loving Jews in Western Massachusetts who take your invitation to hold you to your core beliefs seriously. We cannot support your business until your actions align with our shared core beliefs.

Ben and Jerry's must continue to uphold the values the company was founded on, ethics that customers, such as us, love. Without your support of the Milk with Dignity program, we have no choice but to take our business elsewhere.

Sincerely,

The Teens of Abundance Farm, Shefa Program

Northampton, MA

★ Shefa wrote this letter after we learned about Migrant Justice's Milk with Dignity campaign. We are exploring how Shefa can build power in our community as a Jewish Teen Farming group and stand in solidarity with Farm Worker Social Movements in our community ★

some humans of shefa ! we didn't get a chance to interview everyone, but we are ALL AMAZING ☺

Lili Lieberman-Bachman is an apprentice for Shefa program and senior at Northampton High School. This is her second summer working on Abundance Farm. Lili says, "Judaism is a lot of giving to people who don't have or are less fortunate than you. One of Abundance Farm's biggest partnerships is with the Survival Center and we've given so much fresh vegetables to people who don't have access to many organic fruits or vegetables. The fact that we're able to give them what they can't have is an amazing feeling." She also added that her favorite part of the program has been building and teaching the community.



Riley Lerman is first year intern and sophomore at NHS. He joined to Shefa to be more involved in the community, because he had moved here recently from Connecticut. When Riley was asked what Food Justice means to him he said, "That people have access to healthy food because I know healthy food can be super expensive and when you have a limited amount of money it's hard to get nutrients."



Aviva Weinbaum has been working on Abundance Farm for two years and did the winter internship. She is also going into senior year at Amherst Regional High School. Aviva said, "I think I have two favorite parts. One of them is Pick Your Own and getting to know people from the Northampton Survival Center and help them get food. Also just learning how to farm, because I never knew how to and now I know all these techniques. I've grown my own tomatoes!"

This is Zara's Ashe-Simmer first year doing Shefa but she did do the Food Justice internship over the year. She says, "Pick Your Own has been really amazing because I always had a lot of social anxiety. I always thought of myself as someone who's not going to be able to talk to with people like that. Meeting people and small talk is not my strong suite Actually doing it has taught me so much about myself and the way I interact with people. It has felt so natural and easy. I'm learning so much here that it feels like everyone's equal." She also thinks that, "Food Justice and all types of justice are tied so closely to spirituality and religion. You want people to feel the love and be able to find God in their own way. I think justice incorporates all of that."



Rose Cherneff is the Farm Manager of Abundance Farm. She said, "I had been working on production farms and I was interested in combining farm work with more people based community work and Abundance Farm is a place where that happens. One thing that really excites me is how land can be a vehicle through which diverse groups of people get to meet each other and build community." Rose also mentioned, "Food is interesting in that everyone eats and it's also a really joyful lense in which to focus on justice. Part of Food Justice is gathering and harvesting and enjoying together in a way that other

fighters for justice are around toxic chemicals or around policing that aren't as balanced with the awe of the earth. Food Justice for me is a great point in which to understand many other intersections of justice work."





* we sent this photo along with our Milk with Dignity letter out to the community! *



* here we are, hard at work! all photos were taken by shefa participants! *



every Friday, we helped young families pick flowers as part of Shabbat Shabbloom!



#mulch



CRABAPPLE HARVEST!



we gave out samples of the tzaziki recipe on the bike path!



Flowers we picked and gave away along Prospect St.



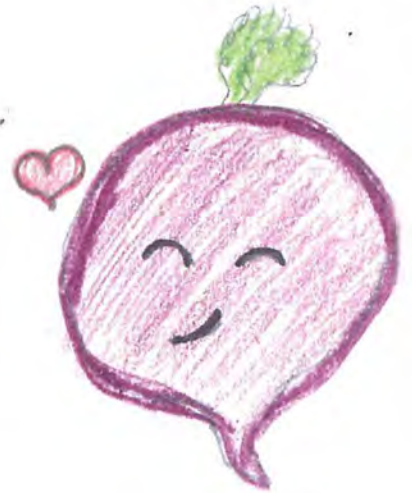
we spent part of every day doing farm work, and part of the day exploring issues of identity and justice that intersect with farm work!



Haters gonna Hate
I don't Carrot all



I'm a little
Chili



You make my
heart Beet

I Pea'd
on the
floor



Don't worry
We've all
Bean there



If there is any
Problem Please
lettuce Know



I love you
Berry much



I love you from
my head Tomatoes



Olive you so
much it hurts