

Appendix II

Local Community Resources

Compiled in the Food Guide and its appendices are a number of resources available nationally to support your efforts to become healthier and more sustainable. Additionally, many local communities have resources uniquely available to them. In this section you will find such resources for some communities. If your community is not included, we invite contributors to create a new supplement; please email us at foodguide@hazon.org if you are interested.

Communities:

- Colorado
- Bay Area, California (in development)

Community Resources – Colorado

Healthy, Sustainable, Kosher: Food “Fit” to Eat

Buy Colorado:



Look for the “Colorado Proud” logo when grocery shopping

Local producers:

The Organic Consumers Association provides a list of different farms and companies across the state that produce all varieties of organic food from vegetables to hummus to pasta. www.organicconsumers.org/state/greenbiz.cfm?state=CO&type=food

The Rocky Mountain Growers Directory is an extensive directory of local businesses producing all varieties of food, flowers etc., all produced in Colorado. <http://localsustainability.net/>

Farmers markets:

The Colorado Farmers Market Association provides a complete list of farmers markets across Colorado. www.coloradofarmers.org/marketfind.htm.

Eat in season:

The Colorado Department of Agriculture provides a calendar of Colorado produce and each of their peak seasons. <http://bit.ly/coproduce>

Fair Trade: Fair Trade USA provides a list of their licensed fair trade partners located in Colorado. www.fairtradeusa.org/products-partners?state=CO#tabset-tab-2

Sustainable, local, kosher meat and fish:

There are many resources for sustainable, ethical, kosher meat for Coloradans. Please refer to Chapter 1 of this guide, “Sustainable Kosher Meat Providers: In Their Own Words,” and the Producers Guide in appendix I.

Monterey Bay Aquarium offers a downloadable pocket guide to buying fish in Colorado, print it out and keep it in your wallet. www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_MidwestGuide.pdf

Fishchoice.com “connects buyers and sellers of sustainable seafood.” The search engine generates a list of the best choices to buy as close to Colorado as possible.

For local and sustainable fish from right here in Colorado, go to “sustainable” near the bottom of the page at this link for a list: www.seattlefish.com/products

Eating Together: Planning for Meals, Kiddush, Simchas, and Holidays

Wine:

Check out the local section and organic section of your local liquor store; if they don’t have one, ask them to show you their local and organic choices.

There are many Colorado wineries, enabling you to buy your wine as close to the vines as possible! www.coloradowine.com/index.cfm

Rosh Hashanah:

Choose your county in Colorado and this website will generate a list of farms where you can “pick your own” apples and other fruits! www.pickyourown.org/CO.htm

Dip your apples in delicious, raw honey produced by a small-scale apiary. There are many local honey providers listed in Boulder County’s Eat Local Guide: eatlocalguide.com/bouldercounty/directory/?cat_id=4.

Find many other local honey resources across the state at: www.honeylocator.com/locator/find/state/CO/.

Chanukah:

Get local beeswax candles from Bee Squared, who has hives in Weld, Larimer, and Boulder County. www.bethsbees.com/candles.htm.

Serving and Cooking the Food:

Sustainable dishware: Ecoproducts sells just about any type of recyclable and compostable disposable product, from hot cups to straws. See their products and vendors: http://ecoproducts.ziplocator.com/results_list.php?showonly=US&tab=US&state=CO&city=&name=

Food Waste: Making Less of It, Doing More with It

Food Rescue:

We Don't Waste is a Denver organization that will pick up excess prepared and perishable food after your large-scale event for free. www.wedontwaste.org/.

Boulder Food Rescue picks up food that would otherwise be considered waste, and delivers it to homeless shelters, school programs, and others serving food insecure populations. If your institution has significant, perishable leftovers on a regular basis, contact them to become a donor. www.boulderfoodrescue.org/

Donate surplus produce from your garden or fruit trees. Use the search feature at www.AmpleHarvest.org to find a local pantry that will accept donations like this from individuals.

Cleaning out your pantry for Passover? Donate your non-perishables to a local food bank or food pantry. Find listings here: <http://feedingamerica.org/foodbank-results.aspx?state=CO>

www.foodpantries.org/st/colorado

Composting:

Denver Urban Gardens has 100+ gardens. Their website and organization provides information about everything related to gardening, from how to start a community garden, where to find an existing garden, to composting techniques, tips, and training opportunities. It is an excellent resource! <http://dug.org/compost>.

Consider becoming one of Eco-cycle's Zero Waste Community Partners. Available in Boulder, Eco-cycle will pick up all of your waste, from your compost to your recycle from your curbside! www.ecocycle.org/files/pdfs/Eco-CycleZWSbrochure.pdf. They also offer education for your organization's staff about sustainable practices: <http://www.ecocycle.org/businesses/education>.

Western Disposal also offers curbside composting for residential and commercial purposes. They serve Boulder, Longmont, Louisville, Broomfield, and Lafayette! <http://www.westerndisposal.com/>

The "Denver, Mile High City" website provides a list of places that sell composting bins in the Colorado area. <http://www.denvergov.org/trashrecycling/TrashandRecycling/Composting/BinsforHomeComposting/tabid/438327/Default.aspx>

Recycling:

Sorted by city, the Colorado Recycles website offers a comprehensive list of links to companies that will recycle all recyclable items. <http://www.recycling-guide.com/searchfolder/search.html>

Food Education

Hazon's Jewish Food Education Network (JFEN):

JFEN is a way for educators all over North America to connect with, share, and learn from each other with the help of Hazon's innovative food education resources and support. There are several educators in Colorado who are members of the network. Check it out and consider becoming a member at www.hazon.org/resources/jfen/.

Local One-Day Food Festival:

Hazon hosts a one-day food festival on the Front Range every year. It's a day of learning, celebration, eating, community-building and hands-on doing at the intersection of food, sustainability and Jewish life. Visit www.hazon.org/colorado for details on the next event.

Hazon Educators:

Hazon's Colorado staff is available for teaching and providing programming ideas and resources. Contact Colorado@Hazon.org for details.

Local classes:

The GrowHaus offers public classes in the Denver area on anything from food justice to worm composting. Take a look at their schedule at www.thegrowhaus.com/classes/.

Feed Denver offers workshops on a vast range of topics concerning sustainable gardening and more! Check out their upcoming events at www.feeddenver.com/classes--events.html.

Produce Denver offers a variety of educational classes related to gardening in Denver. They will teach you how to do everything that has to do with your garden, from starting a garden from scratch to preparing and cooking the fruits of your labor <http://producedenver.com/>.

Community Agriculture and Gardens

Community Supported Agriculture (CSA):

There are several Jewish CSAs in Colorado, join one today! Check out the Jewish CSA directory on the Hazon website: www.hazon.org/programs/csa/communities/.

If you'd like to start a new CSA, take a look at the CSA Bible on the Hazon website and contact our local staff for assistance, Colorado@Hazon.org.

Ekar:

Take a field trip to Ekar, a Jewish urban farm in Denver. ekarfarm.org

Food Justice

Local organizations that address hunger and food insecurity:

Jewish Family Services Weinberg Food Pantry in Denver helps families struggling with food insecurity. Donation and volunteer opportunities are available on their website. <http://jewishfamilyservice.org/services/food-pantry>

Ekar Farm donates 90% of the community-grown, organic, whole food grown on their 2 acres to those in need. Learn more at <http://www.ekarfarm.org>

GrowHaus provides food to people in need. Located in the largest food desert in Denver, GrowHaus has a small farm, space to hold educational classes, and a market place coming soon. www.thegrowhaus.com

GreenLeaf Denver works with youth to create food sustainability and increase access to healthy fruits and vegetables in and around Denver. www.greenleafdenver.org/?page_id=20.

The Growing Project in Ft. Collins is a food justice organization educating people about sustainable farming, and providing food to people facing food insecurity in Larimer County. Youth and adults can get involved. www.thegrowingproject.org/.