



May 1, 2020

Dear Friend,

Round the Bend Farm is very excited to have this opportunity to spread healthy food to our local community! We are calling this new project **Manifest Love** because we believe everyone deserves to eat well- and we are manifesting our love to our community by growing & giving nutritious food to some of our friends in New Bedford who are part of the incredible programs of YWCA, Y.O.U., and NorthStar Learning Centers. Thank you to Gail Fortes from YWCA, Bernadette Souza from Y.O.U. and Maria Rosario from NorthStar Learning Centers- this would not be possible without the vision, hard work and dedication of these three amazing women and their teams!

Who are we? Round the Bend Farm (RTB), a Center for Restorative Community, is a 94-acre working farm and educational non-profit that acts as a *“living laboratory that cultivates, educates, and empowers people of all ages. We are devoted to the global paradigm shift toward hope and abundance by valuing diversity, modeling nature, and redefining wealth.”*

Why are we doing this? Mainly because we believe everyone deserves the best food possible, and especially so during a health crisis- it is most important to be feeding ourselves (and our loved ones) with the most nutrient-dense, whole foods possible. We believe that eating whole foods (not ones packaged and processed) affects every cell in our bodies- making the cells stronger and better equipped to ward off illnesses before they happen, and better able to fight them off more quickly if we do become infected. Those old adages “You are what you eat” and “food is thy medicine” ring true to us!

Food security, economic security and good health... We are also doing this because we have always believed in the interconnectedness of all of our actions, and at this time we have an opportunity to support local businesses and food producers, provide healthy foods to locals and reduce our carbon footprint at the same time. This results in a more resilient local economy (by supporting local producers and not ones half-way around the world) and has a direct impact on climate change (by investing in items that do not have to travel long distances to get to us). It is a win-win-win on so many levels!

Items you will be receiving this week include:

Shy Brothers Farm Cloumage Creamy Fresh Cheese: From our friends at Shy Brothers Farm, a local farm in Westport who is still producing cheese despite the fact that the restaurants (who were their biggest customers) have all closed down due to the coronavirus pandemic. This soft cheese is creamy and tangy and has a 7-month shelf-life (1-month after opening). It is very versatile, can be used to spread on bread, toast or crackers, in pasta sauces, mixed with veggies or potatoes, and more. Note: it resembles ricotta cheese when cooked.

Bag of fresh Swiss chard: Swiss chard is a green leafy “superfood” vegetable that is low in calories, but full of vitamins & minerals, including vitamin A, K, C and E, and magnesium, manganese, iron, and potassium. It is best lightly cooked (sauteed) to keep the nutrients in.

Bag of fresh kale: generously donated by our neighbors, the *Wainer Family*; kale is another green leafy “superfood” vegetable that is low in calories and packed with vitamins & minerals, including vitamins A, K and C, and phosphorus, potassium, calcium and zinc. For a fun & delicious recipe for Kale Salad, check out this short video of our teammate, Executive Chef & Kitchen Manager Shaun: <https://www.youtube.com/watch?v=0EA0Lo-Khm4&feature=youtu.be>

***Please note:**

- Every morsel of healthy food (raw is best) helps to support and build your immune system.
- Both of these greens are considered “superfoods” because of their high nutritional content.
- We washed the greens already, however, please make sure to give them another wash before eating them.

Paradox Acres non-GMO pork ground sausage: Paradox Acres raises cows and pigs on Round the Bend Farm’s property, then processes them at a local, humane processing center located right next door in Westport. Paradox Acres meats are grass-fed, non-GMO, pasture-raised and rotationally grazed; this has a huge impact on the health of the meat (and on the planet!). The health of the animal translates to the health of the human. And with meat industries being shut down across the country, what better time to be supporting our local meat suppliers.

Jar of organic peanut butter: This has been made with love by our teammate Shaun in RTB’s commercial kitchen. Shaun uses only organic, dry roasted peanuts, honey, salt and organic peanut oil. No refined sugars and no fillers here! Peanut butter is great because it is high in protein and healthy fats which help to keep you full & fueled, along with vitamin E, fiber, magnesium, potassium and antioxidants (which act as important cell protectors within our bodies).

We would like to acknowledge the many hands & hearts devoted to making project **Manifest Love** possible. It couldn’t happen without the love and energy of many locals, including the Wainer Family (who donated the kale for this week’s share), the entire RTB team, especially Shaun for making the Peanut Butter; Benoit, Laura and Monica for planting and harvesting the greens; Geoff from Paradox Acres for raising healthy meats; Nate, Hannah and Heather for helping with this week’s pickup in all sorts of little ways and our many funders, including Ellen and Duncan McFarland and the Bromley Charitable Trust! And, of course, a huge thank you to Bernadette Souza for distributing these shares, and to Gail Fortes and all the leadership in the participating organizations for making this happen and seeing the value in this! This was a team effort, which is how a sustainable food system should work. We are grateful to all that helped and to have this opportunity to serve our community.

Wishing you all good health- from the farm to your table! You are loved....

With love and positivity,

Desa VanLaarhoven
Executive Director
Round the Bend Farm

P.S. All of the team members at Round the Bend Farm care deeply about protecting the health of our planet and all things living on this planet. Even my four-year-old daughter is doing her part- she reminded me the other day that the plastic bags we are using for these food shares are not safe for humans, the ocean, the sea turtles and the dolphins. I absolutely agree with her, but reminded her that feeding our friends and protecting our friends’ health is very important to us at this time. I told my daughter that perhaps we could ask you all a favor- if you are comfortable with washing this plastic bag with warm, soapy water, rinsing it and hanging it to dry and then reusing the bag, then we would be greatly appreciative. And we would all be working together towards a healthier future. Thank you!