

# **Food for Maine's Future 2011 Food & Farm Activist Retreat**

*Saving Seeds Farm*

Sedgwick, Maine

August 10 – 16, 2011

## **OVERVIEW**

Food for Maine's Future will host an informal gathering of food and farm activists from around the U.S. and Canada at *Saving Seeds Farm* in coastal Sedgwick, Maine. This event is a lead up to the 2012 North America Food Sovereignty Training Camp organized by Food for Maine's Future, La Via Campesina North America, National Farmers Union – Canada, and the Greenhorns. Space is limited to 20 participants. Priority will be given to individuals and groups committed to helping organize the 2012 North America Food Sovereignty Training Camp, location to be announced.

The 2011 Food & Farm Activist Gathering is a hands-on leadership camp that promises valuable learning and networking opportunities for young food and farm activists. There will be ample time for formal and informal discussions, skill sharing, internal reflection, and for convening with the natural world.

## **EXPECTATIONS**

Participants are expected to assist with farm chores, preparation of meals, and camp maintenance. Daily skill shares, discussions, and presentations will be open space format. Each participant is required to come prepared to lead one skill share, make a presentation to the group, or facilitate one group discussion.

Suggested topics for group discussions and/or presentations include farmland access, farmworker justice, building urban/rural alliances, movement building across borders, grassroots political strategies, organizational profiles, etc.

Participants are expected to participate on at least one work crew per day. Work crews include:

- Farm Crew – AM farm chores and work projects at Saving Seeds Farm
- Meal Crew – Preparation of two-three meals per day
- Sanitation Crew – Ensure a clean, healthy camp environment, including cleaning up after meals
- Safety Crew – Responsible for basic first aid

The gathering will include tours of local farms and volunteer work projects. Come prepared with clothing and footwear appropriate for farm work and visits. Expect to have your senses stimulated by the beauty of the area and the intelligence and commitment of your hosts and fellow campers. Come prepared for work and play.

## **PROGRAM**

Wednesday, August 10

All Day – Arrival & make camp

Afternoon – Introductions & review of week

Evening – Discussion: Changes in the sociomythological role of food and farmer in the USA, particularly concentrating on 'class', food security, food justice, health/nutrition and the media.

Facilitated by Ian Weatherseed, Perennial Dream, Old Greenwich, CT

Thursday, August 11

Morning – Farm work, prepare meals

Afternoon – Farm Tours: Four Season Farm (aka Eliot Coleman's Farm), Harborside; Forest Farm (aka Nearing Homestead), Harborside; Valley of the Stars Farm/Tinder Hearth Bakery, Brooksville

Evening – Presentation/Workshop: Beehive Design Collective

Friday, August 12

Morning – Farm work, prepare meals

Afternoon – Farm Lunch & Presentation by the Coalition of Immokalee Workers

Evening – Trader Joe's Action with CIW, dinner at Local Sprouts Cooperative, Portland

Saturday, August 13

Morning – Farm work, prepare meals

Afternoon – Farm Lunch & Presentation: Local Food, Local Rules, Phil & Heather Retberg, Quill's End Farm, Penobscot

This presentation will be about the Local Food & Community Self-Governance Ordinance passed in four Maine towns since March, 2011.

Evening – Event at the Island Culinary & Ecological Center, Stonington

"Food, Past and Future", presentation by food writer Mark Bittman followed by a panel discussion with Mark, Maine Congresswomen Chellie Pingree (member of Agriculture Committee), and local food historian Sandy Oliver.

Sunday, August 14

Morning – Leisurely morning and late breakfast

Afternoon - Prepare for community supper at Halcyon Grange in Blue Hill

Evening - Community Supper, silent auction, showing of The Greenhorns

Monday, August 15

To be determined

Tuesday, August 16

Break camp & prepare for departure

## **WHAT TO BRING**

a) Materials for personal use:

Tent, sleeping bag, lamp, boots, cap or hat, working clothes, personal hygiene items, insect repellent, clothes for swimming in the ocean. If you have any medical treatments, bring your medicine.

b) Materials of your organization:

Flags, shirts, hats or other symbols of your organization, and presentation materials of your organization, including photos, documents, books, brochures, etc..

c) Materials for exchanges and mystica:

Native seeds, symbols that give identity to its people, poems, songs, musical instruments, etc.

d) Conditions in the camp:

Temperatures during this time of year are typically between 70–85°F, with evening temperatures

between 55-65°F. Be prepared in case of rain. There are likely to be mosquitoes and other insects.

Please specify any special health or dietary needs prior to arrival at the retreat.

### **DIRECTIONS TO SAVING SEEDS FARM, SEDGDWICK, MAINE FROM SOUTHERN MAINE**

1. Take the Maine Turnpike (I-95) to ME-3 exit, EXIT 113, toward AUGUSTA/BELFAST.
2. Stay STRAIGHT to go onto ME-3 N. (go 44.5 miles)
3. Merge onto US-1 N/ME-3 N via the ramp on the LEFT. (go 18.4 miles)
4. Turn SLIGHT RIGHT onto US-1/ME-15/ME-3. (go 4.4 miles)
5. Turn SLIGHT RIGHT onto FRONT RIDGE RD/ME-15. Continue to follow ME-15. (go 12.4 miles)
6. Turn RIGHT onto MAIN ST/ME-15/ME-172/ME-176. Continue to follow ME-15/ME-172/ME-176. (go 0.7 miles)
7. Turn LEFT onto SOUTH ST/ME-172/ME-175. Continue to follow ME-172. (go 7.9 miles)
8. Turn LEFT onto FLOWER FARM LN

### **UPCOMING CONFERENCE CALLS FOR PARTICIPANTS**

Food for Maine's Future will host two conference calls to provide information about the gathering, to discuss logistics, and answer questions from participants. This will be a time for participants to sign up for presentations, skill shares, or to facilitate discussions. Agendas for the calls will be circulated one week prior to the call.

Tuesday, July 19 3PM EST  
Call in number: 1.866.305.2467  
Passcode: 260454#

Tuesday, August 2 3PM EST  
Call in number: 1.866.305.2467  
Passcode: 260454#