

Homewood

Healthy Food and Gardening Access Guide



*“There hasn’t been
a grocery store in
Homewood in over
40 years.”*

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This is a living document.

That means it will grow and change over time, but we need your help!

If you have suggestions regarding the Homewood Healthy Food Access Guide contact foodresource@hcvpgh.org

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About the Access Guide

Today, Homewood is a food desert. Residents have low access to nutritious, affordable, and fresh food. Most of the food that is sold in local stores is highly processed and low in vitamin and nutritional content. This has a negative impact on individual and community health.

Homewood has a rich food history - from the fruit trees that used to line the streets to the family recipes that have been passed down with the generations. To put this guide together we talked with current residents in order to understand their relationship with and memories of food in their lives. We also spoke with organizations in Homewood who are working today to bring fresh and healthy food into the neighborhood.

This access guide is the result of those conversations. Its goal is to provide resources for residents in one place so they have knowledge of the healthy food options available to them. It is an effort of Rachel Bukowitz, an Elsie Hillman Scholar at the University of Pittsburgh, with support from the Homewood Children's Village.

Featured

Bible Center Church: The Oasis Project
Black Urban Gardeners and Farmers of Pittsburgh Co-op
Climate Urban Systems Partnership
East End Fruit Cart
Greater Pittsburgh Community Food Bank
Grow Pittsburgh
Homewood-Brushton YMCA
Just Harvest
Operation Better Block
Phipps Conservatory and Botanical Gardens
Sankofa Village
Urban League of Greater Pittsburgh
Westinghouse Academy



Elsie Hillman Scholars

The Elsie Hillman Honors Scholars Program is run by the University of Pittsburgh's Institute of Politics. Its goal is to inspire and support students to develop new knowledge and/or action on critical social, economic, and political issues. It connects students with community partners in the Pittsburgh region to develop original civic engagement projects that explore and address issues important to the community partner and reflect the social commitment of Elsie Hillman. The program supports mindful leadership development and an understanding of the various types of civic engagement.

Rachel Bukowitz is a 2016-2017 Elsie Hillman Scholar who partnered with the Homewood Children's Village's Office of Child and Community Health. Their project focused on food access and security in Homewood.



Homewood Children's Village

The Homewood Children's Village is a nonprofit that serves the children and families of Homewood. Since 2010 it has been working to break down barriers to success that residents face both in the schools and in the community.

Voices From The Community

As part of our research we held "Food Talks" at Everyday Café for an evening in Homewood. Throughout the resource guide you will see the voices and experiences around food that members of the community shared with us.

Gardens and Farms

Phipps Homegrown

Homegrown is a program of Phipps Conservatory and Botanical Gardens dedicated to increasing community access to fresh produce, promoting better food choices, and improving the overall health of families and children. Homegrown installs raised bed vegetable gardens free of charge to residents in Homewood. After the garden installation, Homegrown then supports the participants for two years with resources to become self-sufficient gardeners. Homegrown provides raised-bed building supplies, soil, seeds, plants, and garden tools free of charge. Participants agree to take care of their garden, attend monthly classes when able, and help new neighborhood gardeners after the second season.

Applications can be turned into to the Homewood-Brushton YMCA at 7140 Bennett Street, Pittsburgh, PA 15208, or mailed to: Phipps Garden Center Attn. Homegrown, 1059 Shady Ave, Pittsburgh, PA 15232.

Website: www.phipps.conservatory.org/homegrown

Contact

412-441-4442

homegrown@hipps.conservatory.org

Potatoes

Eggplant

Greens

Sweet Potatoes

Microgreens

Corns

Spinach

Kale

“I grow greens, tomatoes, spinach, peppers, flowers, parsley, basil. It looks better than it does in the store!”



Garden Resource Center

Grow Pittsburgh's Garden Resource Center is located at 147 Putnam Street Pittsburgh, 15206. The Garden Resource Center loans a variety of tools for gardening, farming, landscaping, and tree-tending to its members.

For backyard gardeners, individual community gardeners, and small-scale businesses, membership to the Garden Resource Center costs \$40 a year. There are scholarships, EBT/SNAP discounts, and a \$10 discount available for Grow Pittsburgh members.

For groups like community gardens and farms, food pantry gardens, or organizations, the cost is \$80 a year. Once paid, all of the rentals are completely free. Hand tools have a 1-week rental period. Power tools are due next business day. Late fees vary.

To become a member, download and fill out an application from Grow Pittsburgh's website, or go directly to the Garden Resource Center to fill one out. You must provide: a photo ID to prove that you are at least 18 years old and live in Allegheny County, and a utility bill or lease agreement.

Website: www.growpittsburgh.org/garden-resource-center

***“Growing vegetables in
the community means it is
readily available to me.”***

Shiloh Farm

Since 2008, Shiloh Farm has been located on the corner of Homewood Avenue and Thomas Boulevard, a formerly vacant lot. The small urban 'farm' is complete with in-ground production beds, herbs, figs, raspberries, and flowers to draw beneficial insects. There is also a large solar array on site which feeds into the neighboring home. They use organic growing techniques to grow produce, which primarily supplies their on-site farm stand, as well as their farmers market stand at the Homewood Farmers Market.

In conjunction with the Frick greenhouse and kitchen garden, Shiloh Farm serves as a site for assistants and apprentices to learn about and try small-scale urban farming techniques. Many other school and community groups use the site for tours, activities, and workdays. Visitors are welcome to peruse the garden anytime.

The Shiloh Farm Stand is open weekly on Thursdays, from June through October, 3:00-6:00 PM.

Contact

Nick Lubecki
Frick Greenhouse and Shiloh Farm Manager
412-362-4769 Ext. 111
nick@growpittsburgh.org



Black Urban Gardeners and Farmers of Pittsburgh Co-op (BUGS)

The Black Urban Gardeners and Farmers of Pittsburgh Co-op was created in 2015 out of the need to unite Black urban agriculturalists in the Pittsburgh area. They are a grassroots collective that works together to solve challenges that they face in Pittsburgh as Urban Growers and to dismantle the systemic racism that infiltrates communities.

The farm is located on a 31,000 square foot property in Homewood on Monticello Street between North Lang Ave and North Murtland Street. The farm will consist of hoop house models that provide BUGS the capacity to grow food all year long. The farm will be fully functional in October, 2017 and farm stand will follow in spring of 2018.

In the Fall of 2017, BUGS- FPC will be working with the students of Westinghouse surrounding Urban Agriculture and Food Justice for the Homewood community.

Contact

Raqueeb Bey
412.377.9926
blackfarmerscoop@gmail.com

Sankofa Village Community Garden

Sankofa Village Community Garden is located at North Braddock Avenue and Susquehanna Street across from S&D Transit. They provide urban agricultural hands-on classes and instructional education for young people 5 - 13 years old. They also provide a mentoring environment for young people from 14 - 18 years old as summer employment. Sankofa Village Community Garden grows gardeners to develop food self-sufficiency and to eradicate food apartheid.

Contact

nugziayanna55@gmail.com

Oasis Farm and Fishery

Oasis Farm and Fishery is a micro-farm that includes a direct current, solar-powered greenhouse. The special design of the greenhouse classifies it as a bioshelter. Hydroponic and aquaponic growing systems operate inside the bioshelter. The bioshelter captures the rainwater off the building and filters it to be used for the farming systems.

The farm will grow leafy greens, culinary herbs, tomatoes, peppers, and microgreens to be sold and used hyper-locally at Everyday Café. Along with its outdoor gardens, the space is used to educate and train youth and community members on regenerative farming technologies, urban agriculture, entrepreneurship, culinary, and health matters.

Contact

Casey Clauser
cclauser@bcpgh.org

Apples

Red Onions

Bananas

Garlic

Cherry Tomatoes

Green Beans



Farmers Markets and Farm Stands

YMCA Food Bank & Farm Stand

The Food Bank and Farm Stand are open the second and fourth Thursday each month from 11:00 - 2:00 PM at the Homewood-Brushton YMCA. The Food Bank runs all year to residents living in zip code areas 15208, 15206, and 15221. Residents must bring a state ID and a proof of income.

The Farm Stand runs from Mid-June to Mid-October on the basketball court on Kelly Street at the YMCA. The stand sells fresh produce from the garden and accepts EBT and FMNP as payment.

Contact

Hanna Mosca,
Garden Program Director
hmosca@ymcapgh.org

Lettuce

Herbs

Peppers

Mushrooms

Strawberries

Mangos

Grapes

Tangerines

Tomatoes

Pineapples

***“There’s nowhere in Homewood
to buy produce.”***



Fresh Access

The Fresh Access program fights hunger by improving access to nutritious foods in more than a dozen area farmers markets. At these markets, the Just Harvest kiosk allows customers to shop with food stamps using their ACCESS/EBT card to purchase a variety of fresh produce, baked goods, meat, and dairy products. They also provide food stamp shoppers with Food Bucks to help them purchase fruits and vegetables at the markets. They are proud to work with Black Urban Gardeners and Farmers of Pittsburgh Co-op (BUGS FPC) as a Fresh Access Partner Market; the Homewood farmer's market is open the second and fourth Saturday of each month in the season from 10:00 - 2:00 PM and is located at the Homewood-Brushton YMCA.

Contact

Josh Berman
412.431.8960 x12

Green Grocer

The Green Grocer is a mobile farmers market offering fresh produce options in Homewood every Friday between 11:30 AM -12:30 PM in front of the Alma Illery Medical Center, 7227 Hamilton Avenue. Everyone is welcome. SNAP/EBT, FMNP, and SFMNP vouchers, VISA, MasterCard, AMEX, and cash are accepted.

Contact

greengrocer@pittsburghfoodbank.org

East End Fruit Cart

The East End Fruit Cart is a youth entrepreneur summer program intent on creating employment and making fresh fruits widely accessible to residents of Pittsburgh. Sponsored by Bridgeway Capital and the Bloomfield-Garfield Corporation, with generous support from Eat'n Park, the six-week program will bring nutrition directly to people where they are this summer: at parks, community centers, libraries and basketball courts from June 26-August 14.

The participants, placed by the Eastside Neighborhood Employment Center, will contribute their skills and talents in operating a small business that promotes a culture of wellness. Addressing the food access problem in Pittsburgh requires multiple strategies and new approaches, creative and public-spirited.

They believe neighborhoods will support a vehicle that increases access to job training, knowledge, and direct business experience for young people so that they can make valuable connections and build social networks that will resonate in their communities.

The Fruit Cart will be at the Carnegie Library in Homewood on Wednesdays from 1:00-6:00 PM.

Website

www.eastendfruit.com

Contact

Tlyndon2@gmail.com

Emergency Food

Just Harvest

SNAP/ Food Stamps Applications & Advocacy

The Supplemental Nutrition Assistance Program (SNAP or “food stamps”) is the nation’s first line of defense against hunger. It is a public benefit that individuals can use to supplement their food budget and purchase nutritious food each month.

Just Harvest helps hundreds of families apply for SNAP benefits each year and provides 5-minute eligibility screenings and help completing applications over the phone. If you are having trouble applying for or receiving public benefits through the Department of Human Services, Just Harvest can provide you with assistance.

Website: www.justharvest.org

Contact

(412) 412-8960

Urban League of Greater Pittsburgh

Emergency Food Assistance (EFA)

The Urban League of Greater Pittsburgh offers Emergency Food Assistance through their Hunger Services. Any Homewood resident that needs emergency food can receive food for up to three, based on family size. Information regarding other food resources in Homewood is also provided.

Contact

Carolyn Settles
Project Coordinator
csettles@ulpgh.org



Sweet Potato Pie

Family Recipes

Italian Wedding Soup

Cracker Dumplings



BTC Center, Inc.

Operating Hours - 4th Saturday, 8:30 - 10:30 AM

Contact - Iburia Scott-Johnson

Phone - 412.241.6804

7241 Race Street
Pittsburgh, PA 15208

Bethany Baptist Church Food Pantry

Operating Hours - 3rd Saturday, Noon - 2:00 PM

Contact - Tyrone Jones

Phone - 412.242.3255

7745 Tioga Street
Pittsburgh, PA 15208

Good Samaritan COGIC Food Pantry

Operating Hours - 3rd Saturday, 9:00 - 10:00 AM

Contact - Pastor Ruth Lattimore

Phone - 412.243.7633

1030 N. Lang Avenue
Pittsburgh, PA 15208

Shiloh Community Baptist Church

Operating Hours - Tuesdays and Thursdays, Noon - 2:00 PM

Contact - Phyllis Forston

Phone - 412.441.8710

6940 Frankstown Avenue
Pittsburgh, PA 15208

Nazarene Baptist Church

Operating Hours - 3rd Thursday, 9:00 - 10:00 AM

Contact - Alma McKelvia

Phone - 412.441.8243

7053 Hamilton Avenue
Pittsburgh, PA 15208

St. Charles Lwanga

Operating Hours - 1st and 3rd Wednesday, 10:00 AM - 12:00 PM

Contact - Veronica Snyder

Phone - 412.731.3020

7114 Kelly Street
Pittsburgh, PA 15208

**For more information on nearby food assistance
visit www.helppgh.org/food-assistance*

Stores

Fresh Corners

Just Harvest: Healthy Corner Store Initiative

The Fresh Corners initiative aims to increase community wide food access by partnering with existing, trusted corner and convenience stores in the community. The goal of this project is to promote healthy eating habits and expand the ability of residents to purchase fresh food products through locally accessible stores. To ensure success, Just Harvest provide stores with incentives and support to carry fresh or healthy food products. The support may be in the form of produce coolers or other store equipment, training, marketing assistance, or relationships with local farms and vendors.

Contact

Josh Berman
412.431.8960 x12

Everyday Café

Everyday Café is Pittsburgh's first completely cashless coffeehouse. It sells fair-trade organic coffee, locally baked pastries, made-to-order sandwiches, and fresh soups and salads. The café offers free high-speed internet, a mix of comfortable seating and work tables, and a small performance stage. It is conveniently located by the "gateway" to Homewood—the Martin Luther King Jr. East Busway's Homewood Station—at 532 N. Homewood Avenue.

"I would love to see more convenience stores with fresh produce instead of so much junk."

Youth Programs

YMCA Summer Camp

The Homewood-Brushton Summer Camp is open for kids ages 5-12 years old. It runs from June 19th-August 15th 2017. Each week has a different theme, so children can be signed up for anywhere between one and ten weeks. Each week the kids will have a lesson in the garden.

Website: www.ycamps.org

Contact

Sabrina Rudolph
412.773.6442
srudolph@ymcapgh.org

Grow Pittsburgh School Gardens Program


Grow Pittsburgh's School Garden Program integrates garden and cooking activities into the regular classroom curriculum to teach students to grow, cook, and eat fresh food. They have a garden and weekly classes at Faison Elementary School, as well as a learning garden at Lincoln Elementary School. Most recently, Grow Pittsburgh has partnered with Westinghouse High School to install a learning garden. The learning garden program trains parents and teachers to manage the garden so that it can be sustained by the community.

Contact

Molly McHolme
Garden Educator,
Faison Elementary
412.362.4769 x116
molly@growpittsburgh.org

Michelle Soto
Garden Educator,
Lincoln Elementary
412.362.4769 x 121
michelle@growpittsburgh.org

Redding Jackson
Garden Educator,
Westinghouse High School



"I did gardening with kids at the YMCA - for some this was the first introduction to how particular plants and food grow!"



Junior Green Corps

Operation Better Block's Junior Green Corps program enables Homewood teens ages 14-18 to gain academic support, green education, work readiness, and community engagement experiences through structured activities that impact their physical environment. During the school year, the Green Corps meets four days a week from 3:00 - 5:00 PM. During the summer, the Green Corps meets four days a week from 9:00 - 3:00 PM. During this time, the teens work on a variety of projects, including gardening in Homewood. The Green Corps is still taking applications for teens who would like to be involved.

Contact

NaTisha Washington
nwashington@obbinc.org
412.731.1908

Westinghouse Academy: Culinary Arts

The Culinary Arts Program at Westinghouse Academy provides students with the opportunity to receive technical skills that are in demand in the job market and college credits through the Community College of Allegheny County. The program is run out of Westinghouse Academy and Carrick High School. It is available to any student that attends a Pittsburgh Public School. Through the Culinary Arts Program, students earn industry certifications like OSHA for workplace safety and Servsafe for restaurant manager's certification. The program is three periods a day for three years. Transportation is provided for students to and from Westinghouse.

Contact

Jess Vishner
Culinary Arts Teacher
jvishner@pghboe.net

YMCA Lighthouse

The Lighthouse Project is a free after-school program for students ages 13-18 that empowers young people through media arts and leadership. The Lighthouse Project provides free transportation home from the Y as well as a meal cooked in the Y's commercial kitchen by a professional Chef. In the growing season, the garden outside of the Y will be providing some of the produce to the kitchen.

Contact

412.243.2900
lighthouse@ymcapgh.org

Healthy Cooking, Eating, and Growing

The Urban League of Greater Pittsburgh's Healthy Cooking, Eating, and Growing Program (HCEG) brings young people together with seniors for intergenerational cooking and healthy eating. HCEG programming ranges from nutritional classes to canning and cooking techniques. In the past, HCEG worked with Silver Lake Commons and Boy Scout Group 760 to install gardens and prepare a holiday feast with produce from the garden. This year they will be expanding to work with the Homewood House as well.

Contact

Carolyn Settles
HCEG Project Coordinator
csettles@ulpgh.org



Learn and Earn

Urban Farmers in Training (UFIT)

As part of the City's Learn and Earn Program, and in partnership with the Homewood Children's Village, Grow Pittsburgh runs the Urban Farmers in Training (UFIT) Program. This summer internship provides teenagers with the opportunity to: 1) learn to grow food, 2) learn to cook using seasonal produce from the farm, 3) understand the food system, and 4) build leadership and public speaking skills. It is a six-week program that runs for six hours a day; 9:00 - 3:00 PM, Monday, Tuesday, Thursday and Friday. The UFIT teens work in gardens around Homewood, including the YMCA's garden and Farm Stand, the Faison Elementary School garden, the Sankofa Village for the Arts garden and summer camp, and the Shiloh Farm run by Grow Pittsburgh.

Contact

Denele Hughson
Director of Farm Education
412.362.4769 x104
denele@growpittsburgh.org

CUSP: Climate and Urban Systems Partnership

The goals of the Climate and Urban Systems Partnership (CUSP) is to create discussions around local impacts of climate change, adaptations, and solutions. Starting on June 26th, 2017, the Carnegie Museum of Natural History will work with five Learn and Earn teenagers from Homewood to create and facilitate CUSP climate change education kits.

CUSP kits explore local climate change impacts and solutions. The kits cover a range of climate change topics, including food systems. The Hidden Cost Café is the CUSP kit relating to food systems; this interactive game reveals how carbon dioxide released from food production contributes to climate change. Kits like the Hidden Cost Café can be rented through the CUSP lending library. The kits must be requested at least one week in advance.

Website: www.pittsburgh.cuspproject.org

Contact

Pat McShea
mcsheap@carnegiemnh.org

Lindsey Scherloun
scherlounl@carnegiemnh.org

Holiday Food Traditions

Easter

Chitlins

Green Bean Casserole



Beef Stew

Fried Corn

Ramadan

Mac N' Cheese

Curry Chicken

Fried Doughnuts in Syrup

Cornish Game Hen

Ginger Beer

Employment Opportunities

Grow Pittsburgh: Urban Farm Apprenticeship

The Urban Farm Apprenticeship is a three to nine month program for adults ages 18-25 at Braddock Farms, Frick Greenhouse, or Shiloh Farm. It provides interested individuals with entry-level experience of running a farm, as well as weekly off-farm educational workshops.

New in 2017, Grow Pittsburgh is offering two separate 12-week terms at Grow Pittsburgh production sites. The first term is from April 4, 2017 to June 22, 2017. The second term is from June 20, 2017 to September 7, 2017.

Website: www.growpittsburgh.org

Contact

Robert Grey
412.362.4769 x114
robert@growpittsburgh.org

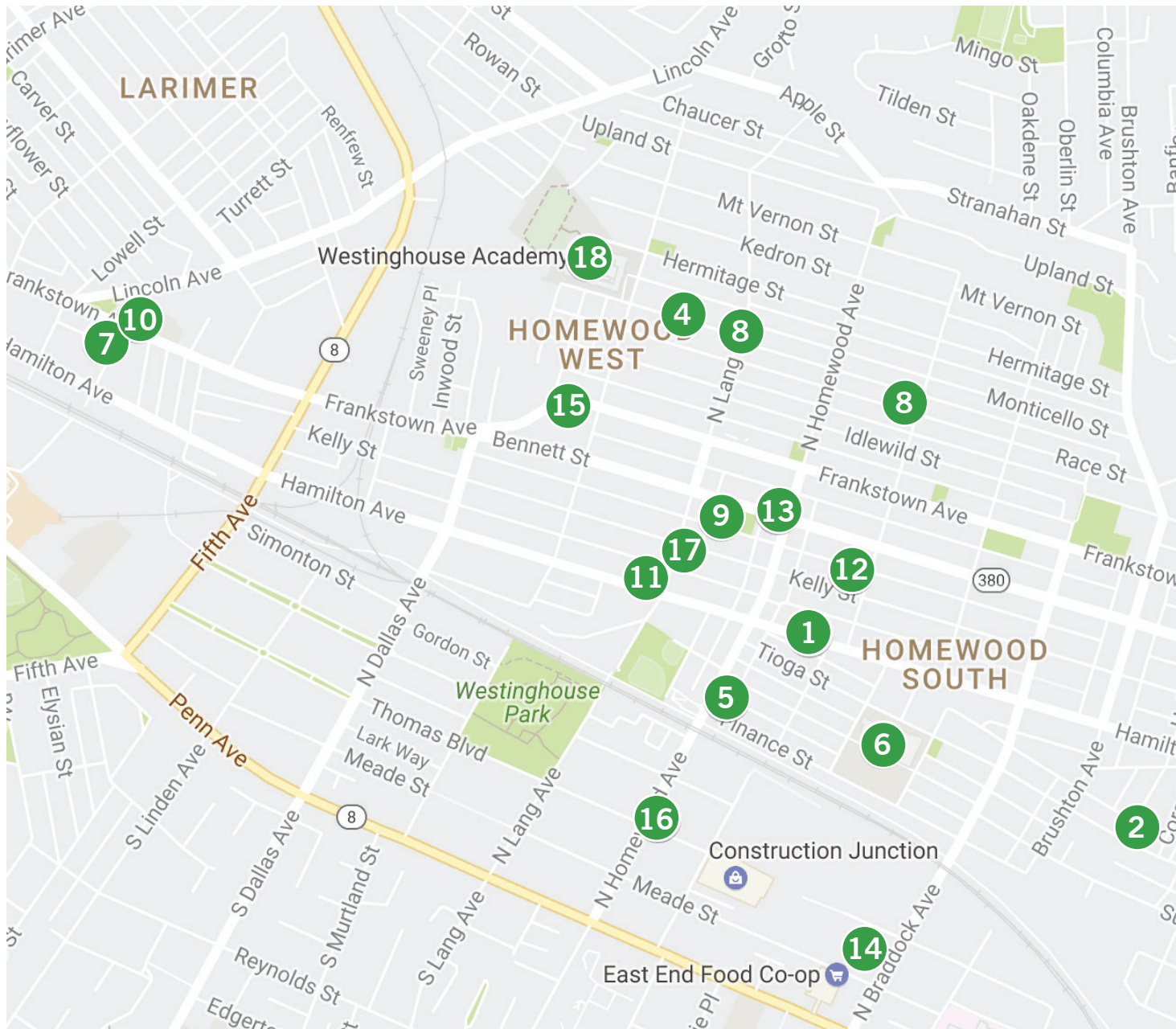
Everyday Café

Everyday Café is Homewood's hub for innovation and inspiration where great coffee and passionate people meet every day. It is a quadruple bottom line (social, economic, environmental, and cultural) enterprise that invests its profits in Homewood-based organizations and causes, with a focus on entrepreneurship, youth, and education. For more information about becoming a team member at Everyday Café contact or visit them at 532 N. Homewood Ave.

Contact

careers@oasispgh.com

Community Map



- 1 Alma Illery Medical Center
- 2 Bethany Baptist Church
- 3 BTC Center, Inc.
- 4 BUGS Farm
- 5 Everyday Café
- 6 Faison K-5
- 7 Garden Resource Center
- 8 Good Samaritan COGIC
- 9 Homewood-Brushton YMCA
- 10 Lincoln PreK-5
- 11 Nazarene Baptist Church
- 12 Oasis Farm and Fishery
- 13 Operation Better Block
- 14 Sankofa Village
- 15 Shiloh Community Baptist
- 16 Shiloh Farm
- 17 St. Charles Lwanga
- 18 Westinghouse Academy

Monthly Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1st Week of the Month		5	6 EF	SF 5	GG	
2nd Week of the Month		5	EF	SF Y 5	GG	FA
3rd Week of the Month		5	6 EF	SF 4 5	GG	1 3
4th Week of the Month		5	EF	SF Y 5	GG	FA 2
5th Week of the Month		5	EF	SF 5	GG	

Farm Stands

- GG** **Green Grocer**
11:30 - 12:30 PM
- SF** **Shiloh Farm**
3:00 - 6:00 PM
June - October
- FA** **Fresh Access**
10:00 - 2:00 PM
Seasonal
- Y** **YMCA Food Bank and *Farm Stand**
10:00 - 2:00 PM
Year-round
*June - October
- EF** **East End Fruit Cart**
1:00 - 6:00 PM
June 26 - August 14

Food Assistance

- 1** **Bethany Baptist**
Noon - 2:00 PM
- 2** **BTC Center, Inc.**
8:30 - 10:30 AM
- 3** **Good Samaritan**
9:00 - 10:00 AM
- 4** **Nazarene Baptist**
9:00 - 10:00 AM
- 5** **Shiloh Community Baptist Church**
Noon - 2:00 PM
- 6** **St. Charles Lwanga**
10:00 AM - Noon



801 N. Homewood Ave
Pittsburgh, PA 15208
hcvpgh.org