



# CUMBERLAND COUNTY URBAN CONSERVATION AGRICULTURE NETWORK

## Program Overview

# Introductions



Scott Reynolds  
Watershed Specialist



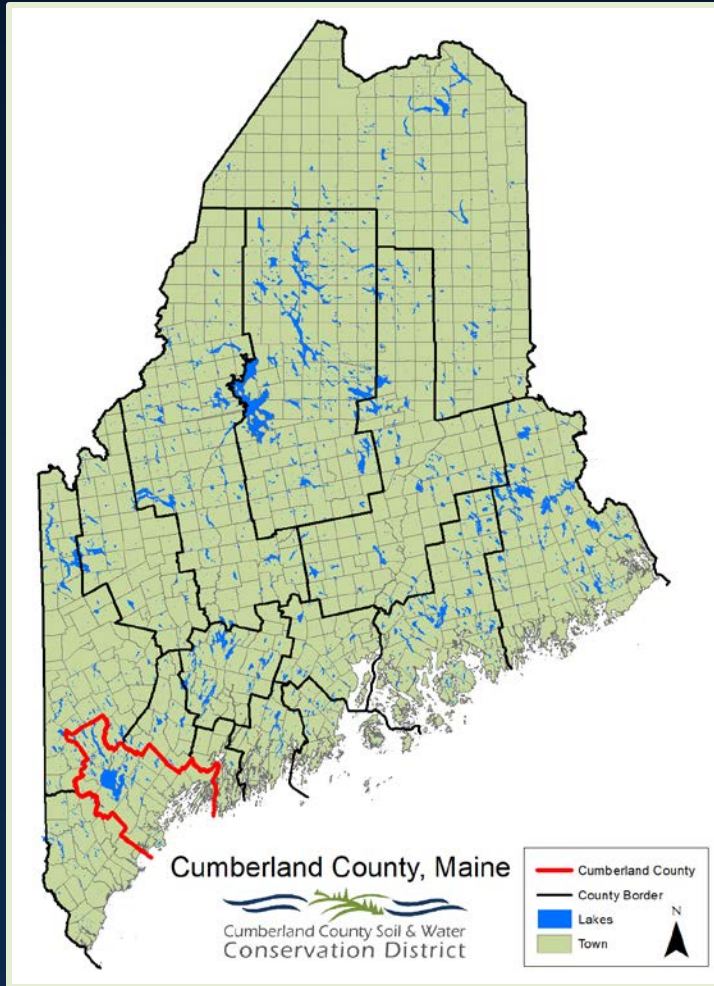
Damon Yakovleff  
Environmental Planner



*Assist and educate the public to promote stewardship of soil and water resources*



# Cumberland County Overview



## Urban County, Rural State:

- Population: 287,797 (2014)
- Area: 835 sq. mi.
- Largest City: Portland
  - Population: 66,881 (2015)
- Cumberland County is 93% white (Portland is 85%)
- Economy: Mixed - services, tourism, industrial; unemployment <3%
- Conservation Concerns:
  - Sprawl
  - Decline in water quality, habitat, agricultural land



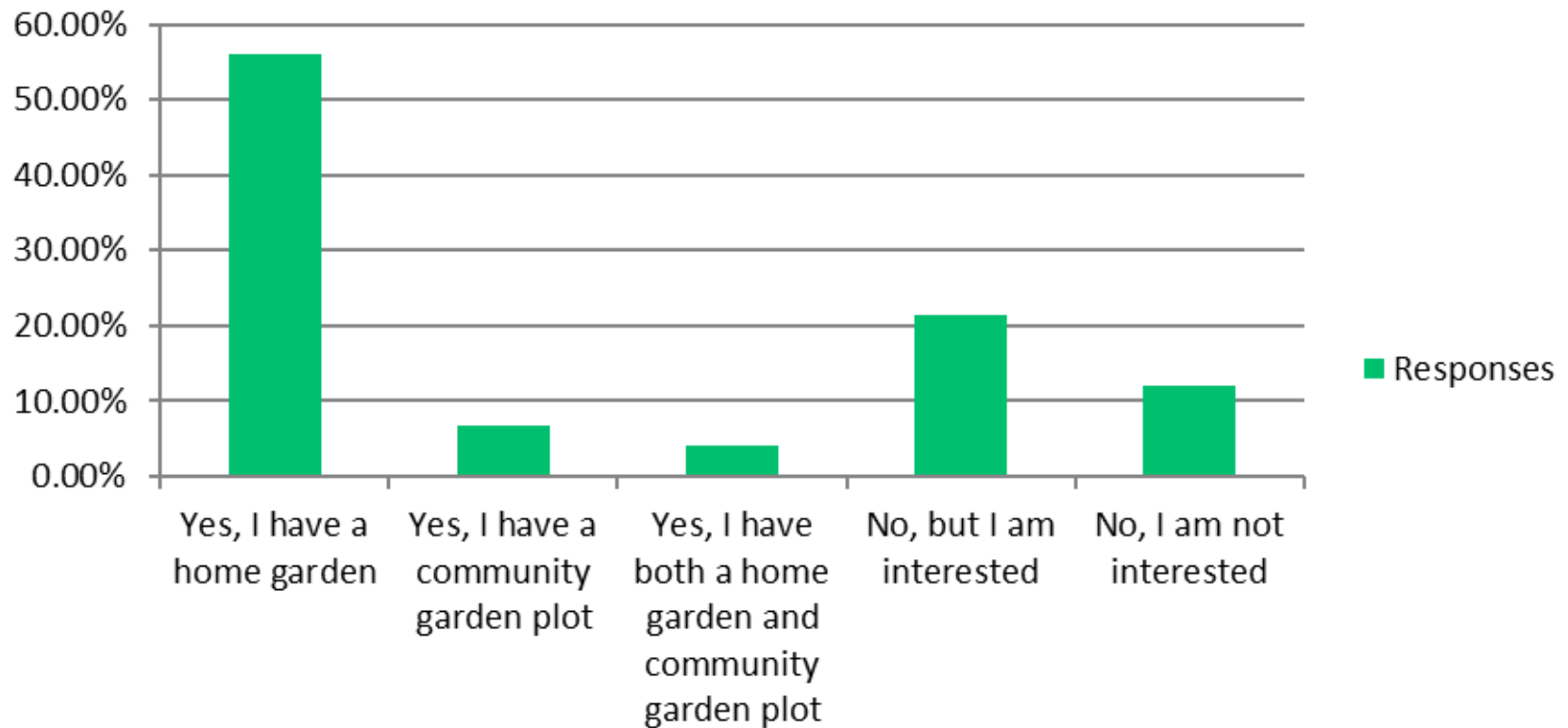
# NACD Project Goals

- Assess urban agriculture needs
- Provide technical assistance
- Develop curriculum for:
  - New American urban gardeners, provide workshops
  - At-risk youth, hold workshops at the Long Creek Youth Development Center

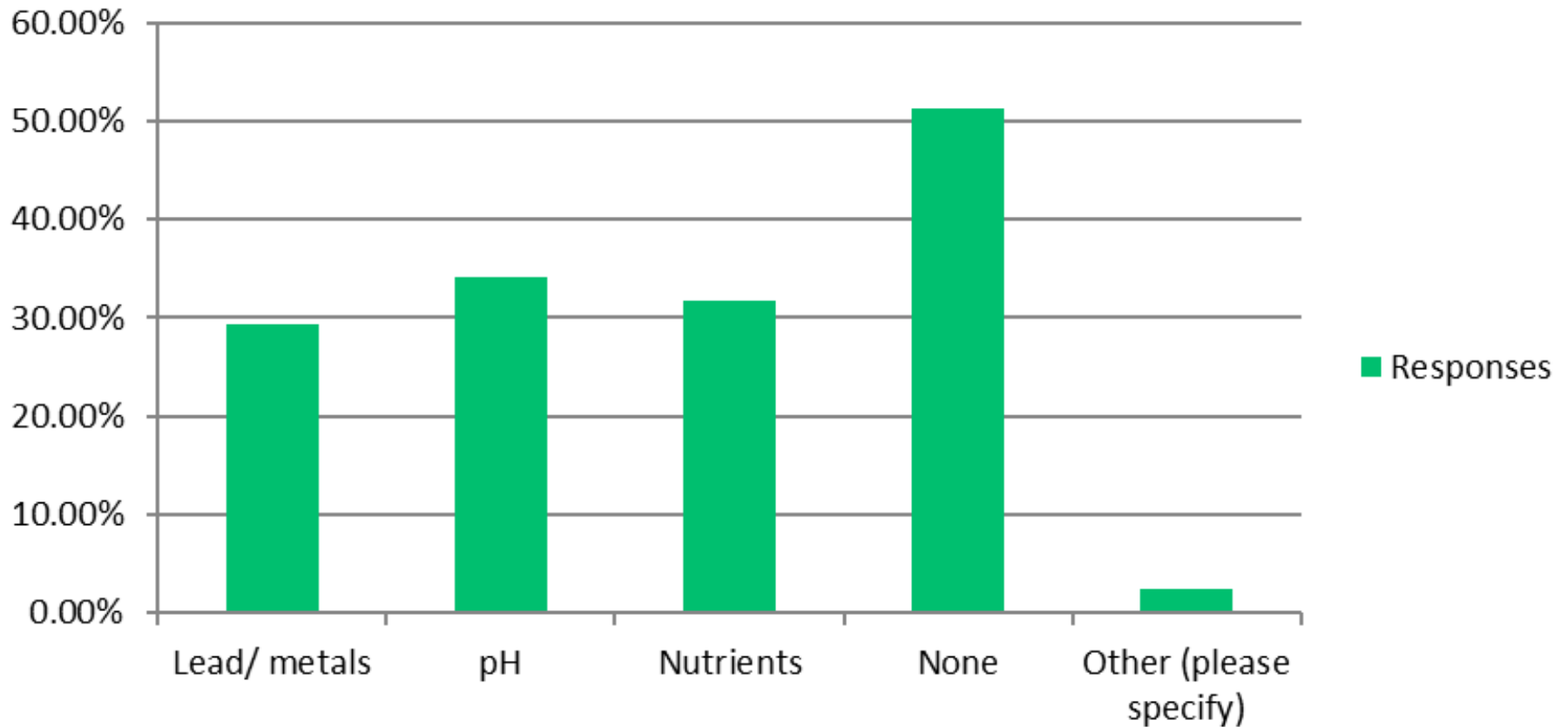


# Needs Assessment: Survey Results

Do you grow your own fruits and vegetables?

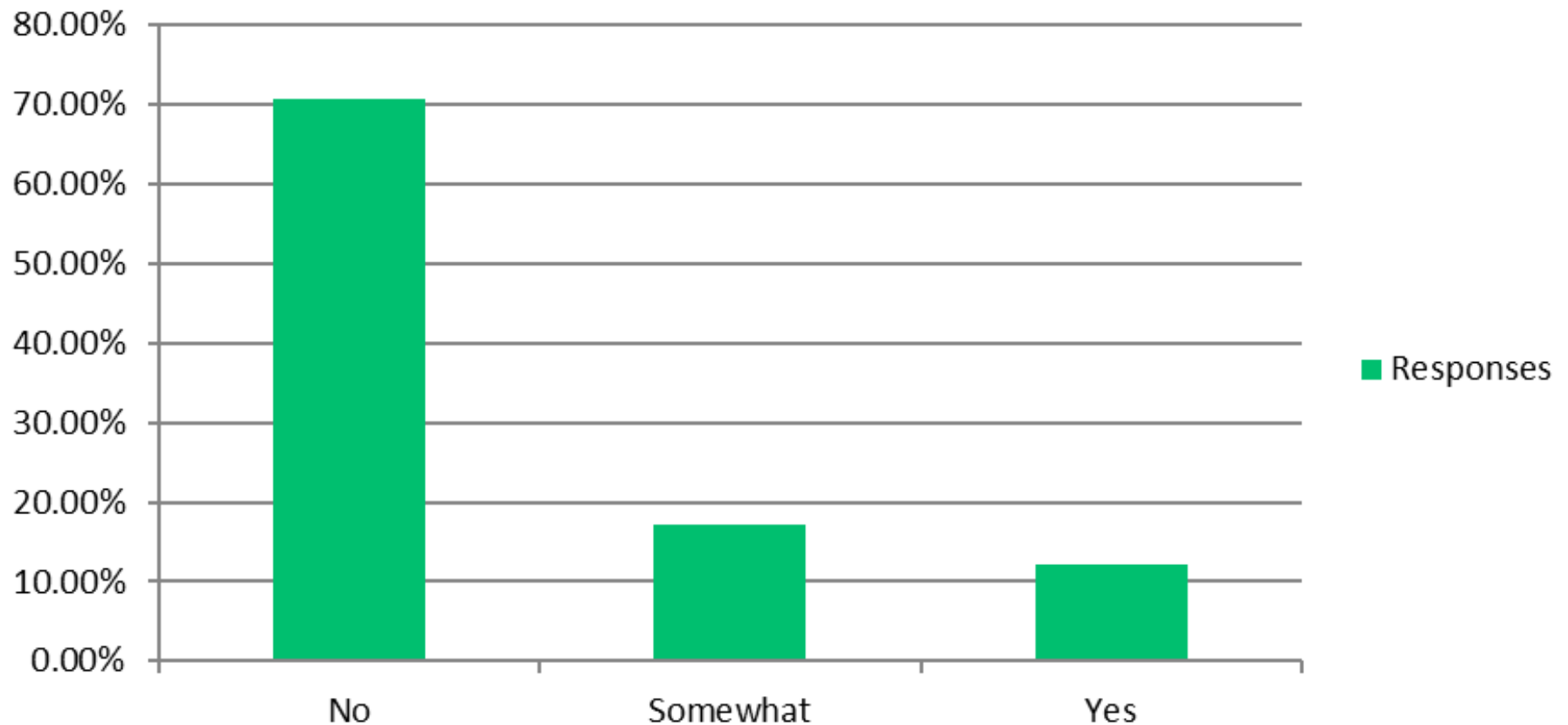


# Which soil tests have you done for your home garden?

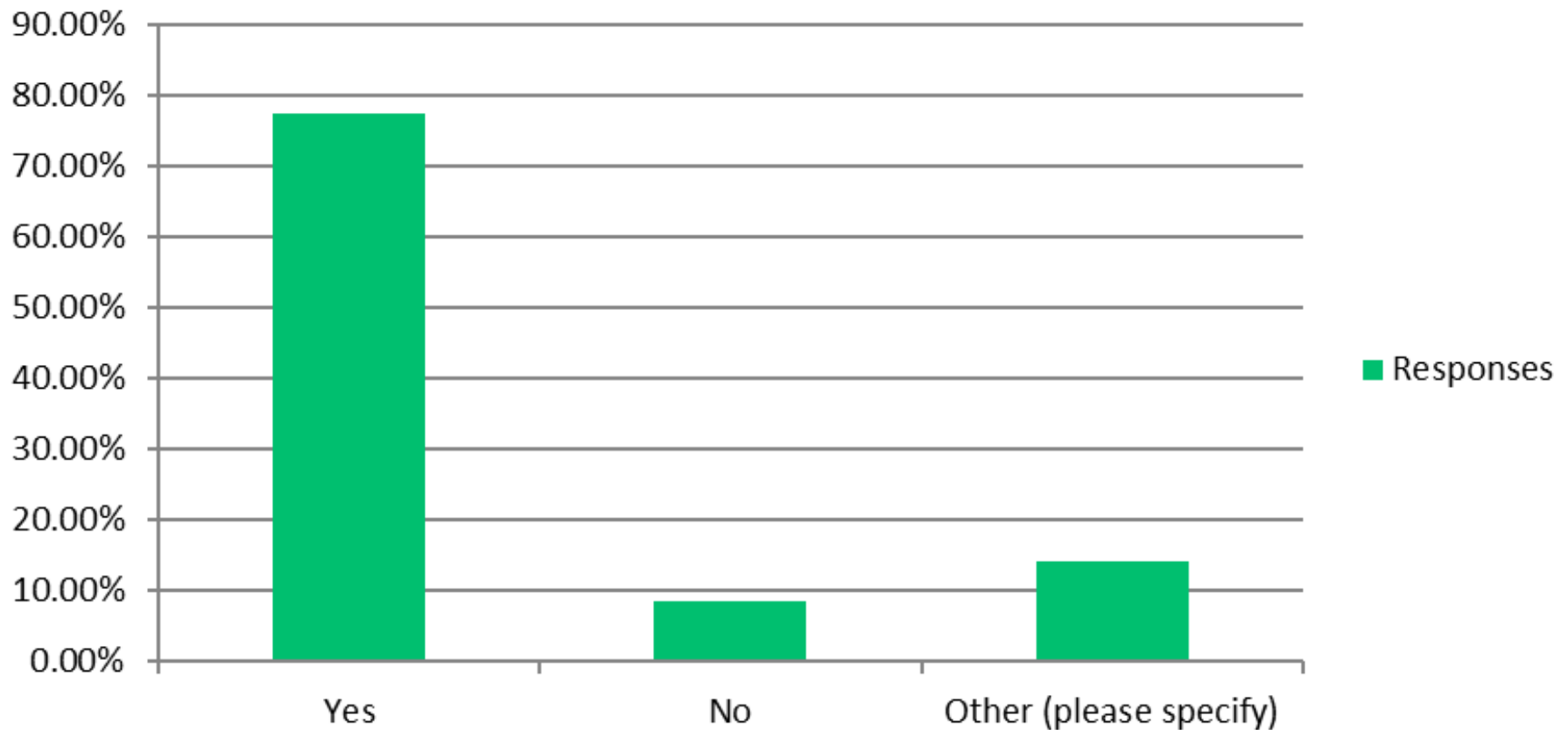




# Do you know which plants are best to grow in soil that might contain lead?

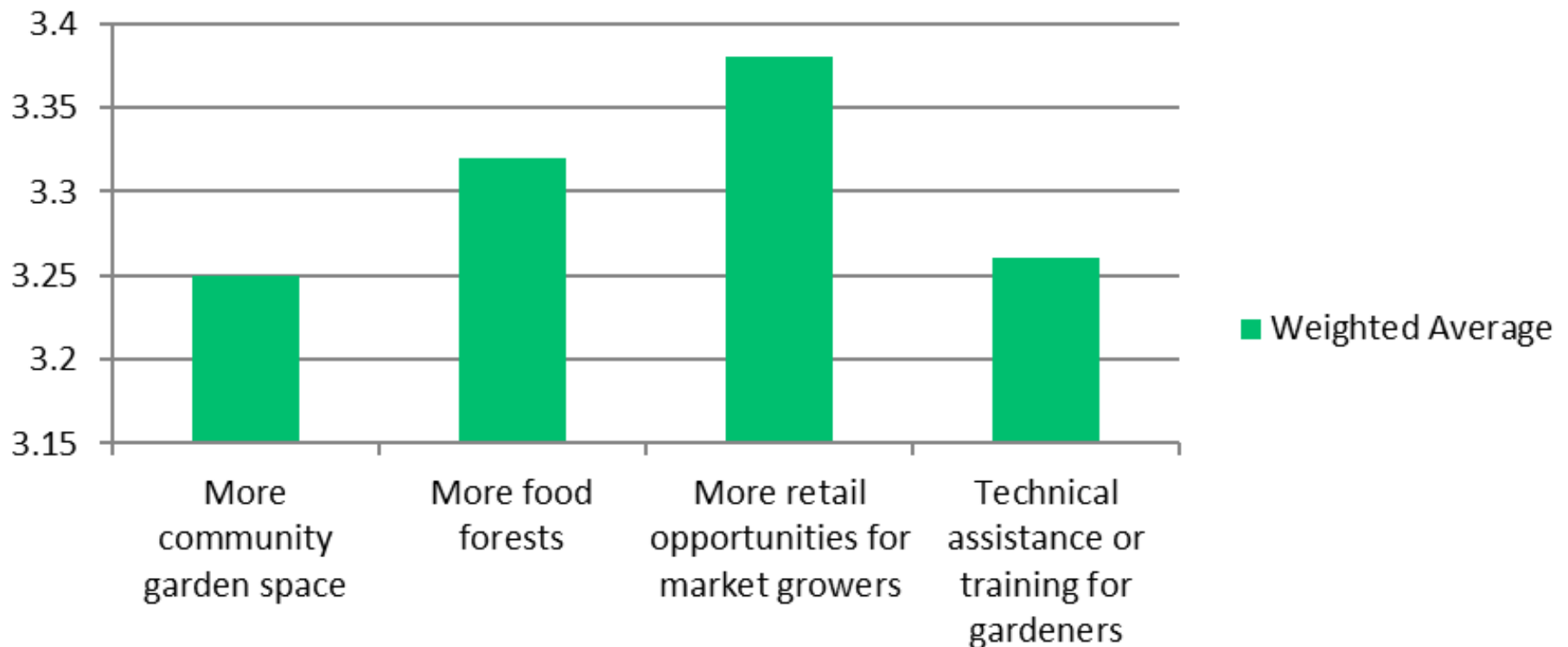


# Would you like a food forest in your neighborhood or town?

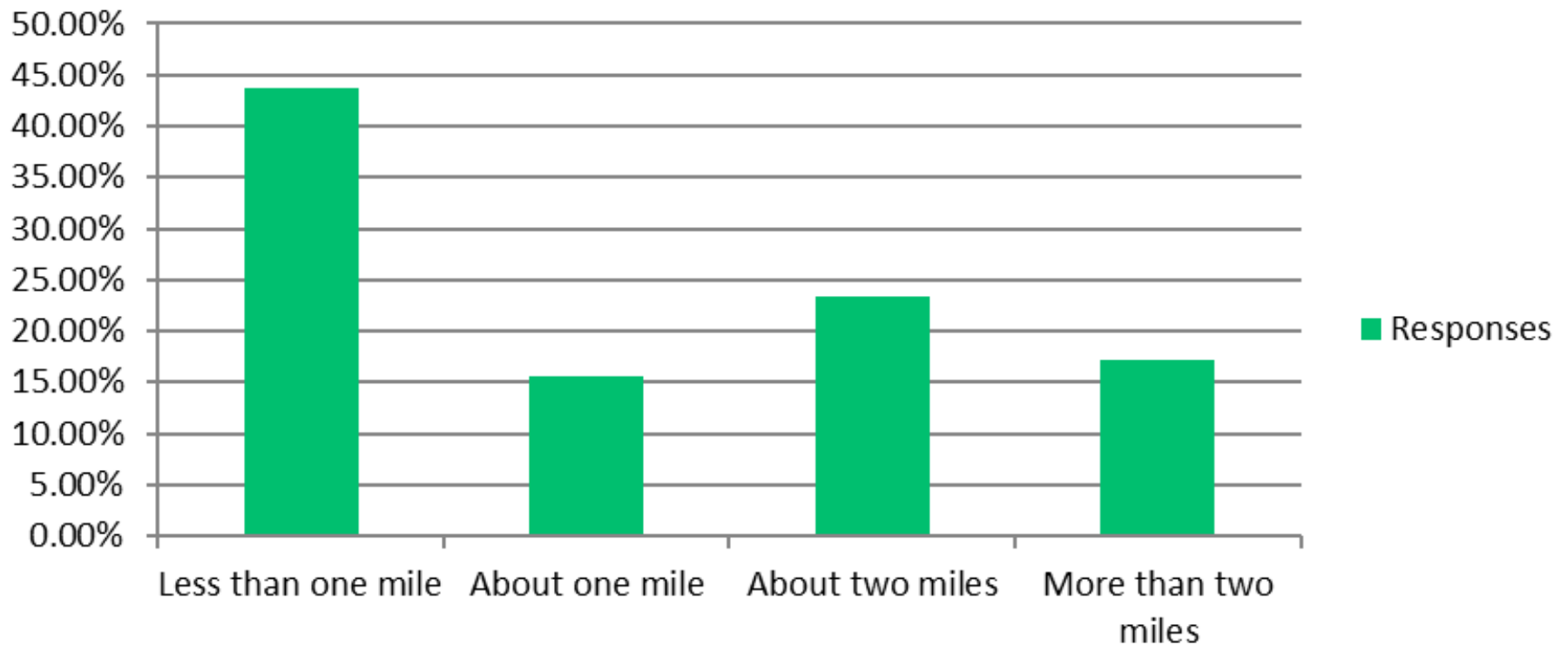




On a scale of 1 to 4, where 1 is no need and 4 is a great need, please rank the following agriculture needs in your area:



# How far are you from a store where you can purchase fresh fruits and vegetables?



# Technical Assistance





# Technical Assistance Provided





# Technical Assistance





# Promoting Food Forests & Community Gardens



Support to plant or  
expand 4 food forests





# Supporting New American Growers

- Held 3 workshops
- Provided supplies
- Improved sites





# Educating At-Risk Youth

Long Creek Youth Development Center,  
a secure State-run facility

- Need: Vocational programs
- Many challenges:
  - Security
  - Administrative complexity
  - State government cutbacks, shutdown
  - Transient population & segregated



# Benefits to At-Risk Youth

- Fills the need for entry level ag. workers
- Provides skills to grow healthy food
  - Farmers market options
- Therapeutic
- Re-connect with community in a positive way



# Youth Lesson Plans

## Lesson 1

Food waste,  
compost and  
the current  
food system

# FOOD WASTE IN THE U.S. IS...

## EXCESSIVE

# 40%

OF ALL FOOD PRODUCED  
IN THE U.S. IS WASTED



# 133

 BILLION  
POUNDS

Food wasted per year.  
That represents 1,249  
calories per person, per day.

## EXPENSIVE



# \$161

 BILLION

Uneaten food at retailers,  
restaurants, and homes  
costs \$161 billion annually



# \$1,500

Per capita, this amounts  
to over \$1,500 for a  
family of four

## ENVIRONMENTALLY HARMFUL



Food makes up 20%  
of landfill weight—the  
single largest municipal  
waste source



The methane  
released by food  
is a greenhouse  
gas 21 times more  
powerful than  
carbon dioxide

## AN OPPORTUNITY



Diverting 15% of the food  
that currently goes to  
waste would be enough  
to cut the number of food  
insecure Americans in half



Food waste can  
be composted into  
sustainable soil  
additives or be used  
to generate electricity



Encouraging institutions  
to purchase so-called  
“ugly” produce would help  
farmers find new markets  
for healthy products that  
currently go to waste

\*All statistics from U.S. Department of Agriculture and Environmental Protection Agency  
[www.pingree.house.gov/foodwaste](http://www.pingree.house.gov/foodwaste)





# Youth Lesson Plans

## Lesson 2

Cause & effect of soil health and bed prep

- Nutrients
- Erosion
- Tilling
- Pesticides



# Youth Lesson Plans

## Lesson 3

Preventative practices  
to keep plants healthy

- Soil testing
- Healthy diet /  
healthy soil





# Youth Lesson Plans

## Lesson 4

### Vocational Opportunities

- Video
- Expanding options
- Choosing a career
- Communicating with employer



# “Guest Speakers”

- Produced a video with local farmers and growers
- Brings the community into the facility
- Honest and from the source





# Overcoming Challenges of Working with At-Risk Youth

- 4 workshops conducted to date
  - Support from facility educators
  - Building rapport and trust with youth
- Success followed initial workshop



# Next Steps

- Continue educating at-risk youth
  - Fee for service?
  - Sponsorship?
- Provide community-based conservation education
  - “A food forest for every neighborhood”







## Thank You Partners:

- Jason Lilley, UMaine Cooperative Extension
- Nicole Anderson, The Opportunity Alliance
- Dani Scherer

