Healthy and Homegrown

Everyone wants to know that the food they eat is healthy and safe. One way to be assured of this is to know who grows your food and where it is grown. In recent years there has been an increasing desire nationwide to eat food that is grown locally as much as possible, i.e. the “locavore” movement. This desire has given rise to Community Supported Agriculture (CSA), a partnership between the food producers and the local community. Members of the community pre-pay for a subscription to a share of produce for a certain number of weeks from a farmer who in turn ensures they receive their weekly portion. This allows the farmer and the subscribers to share in the benefits
and risks of local food production.

Three years ago the Andrews University Student Gardens began a CSA program and has been delivering vegetables and fruits grown by the students to its subscribers. Due to the success of this program, it is being expanded this year to include some low-income families in Benton Harbor in collaboration with the Berrien County Health Department, Be Healthy Berrien Coalition, and Lakeland Regional Health System. Although Berrien County grows a considerable amount of fruit and vegetables, the vast majority of it is shipped to other markets. This results in many areas of our county classified by the United States Department of Agriculture (USDA) as “food deserts”, i.e. urban neighborhoods and rural towns without ready access to fresh produce due to low income and unreliable transportation. The intent of the expanded CSA program is to encourage healthy eating in a population that is often plagued with diseases that result from poor diets. Dieticians from Lakeland Hospital are giving classes on how to prepare the fresh foods that the Andrews students grow.

by Katherine Koudele, Andrews Department of Agriculture
Your Connection to GC Session 2015

The 2015 General Conference Session of the Seventh-day Adventist Church officially begins Thursday, July 2, 2015. Let us keep in our prayers those of us who will be traveling to San Antonio over the course of the next few days. For those of us who will be sticking around, but would like to be aware of the happenings during the GC session, there are a few options for us to stay connected:

- The "GC Session 2015" app is available in the Apple App Store and Google Play Store. The app has established a platform through which users can network with attendees of the conference through the Friends feature. You can send direct messages and establish app friendships. The connections
you make via the app can give you a first-hand account of what is going on at GC 2015.

- The "GC 2015" podcast features a 15-minute daily podcast that features news and interviews that will "bring you the latest breaking news and behind-the-scenes stories from the AlamoDome" (GC 2015 website). Listen daily to the stories: GC 2015 Podcast.

- The Hope Channel will be broadcasting the different worship services happening at the GC Session live, as well as numerous division reports and In Perspective with Mark Finley. You can check out the schedule and tune in online or via your satellite receiver: GC 2015 Hope Channel Broadcast Schedule.

- GC 2015 also has two social media platforms that is updated frequently with all news regarding the session. Feel free to click 'like' on Facebook: Seventh-day Adventist Church’s General Conference Session, or click 'follow' on Twitter: GC Session.

Let us continue to pray for the 2015 General Conference Session of the Seventh-day Adventist Church that God may be present as the church meets to make important decisions that will move the church forward in her mission.
Pioneer Memorial Church

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