Ceres Community Project
PO Box 1562
Sebastopol CA 95472
707-829-5833 • CERESPROJECT.ORG

SUMMER 2021 NEWSLETTER

Partnering to Support Healthy Eating for All

by Cathryn Couch, Founder & CEO

Ceres has worked with our local community health centers for many years, but those relationships were never more important than during the COVID-19 pandemic. Now we’re building on that work to reach and serve important parts of our community with nourishing meals and support for healthy eating.

Community health centers, sometimes called Federally Qualified Health Centers or FQHCs, are the primary providers of health care for people covered by MediCal, the insurance program for those with incomes below 138% of the Federal Poverty Level, and for people in our community who are un- or under-insured. These are non-profits like Ceres who share our deep commitment to the health and well-being of every person.

During the COVID-19 pandemic we’ve kept our health center partners informed about Ceres’ capacity and changing services – for example double meals or meals plus a bag of groceries if clients screened positive for food insecurity. As the effects of the pandemic rolled through the community last March, referrals from the health centers increased dramatically. And with it has come a change in our client profile. Today 40% of our clients are Hispanic/Latino and 32% are Spanish speakers. More than 40% are living with a chronic health condition like diabetes, heart disease and chronic obstructive pulmonary disease.

Building on these FQHC partnerships, we’ve launched several pilots to explore how nourishing meals might improve health outcomes for two high-needs populations. The first pilot, which is just wrapping up, provided 12 weeks of meals for everyone in the family to people who were struggling to manage their diabetes and/or hypertension. Patients from Center for Well-Being and Santa Rosa Community Health Center’s blood pressure clinic received coaching and health education from community health workers and meals from Ceres. We’ll be looking to see if patients who received the meal support had better success at improving their health than those without meals.

To improve our ability to care for our Hispanic and Latino neighbors, we’re thrilled to share that we’ve just hired a full-time bilingual Registered Dietician Nutritionist to join our team as our Nutrition Care Manager. Crystal Orozco was born and raised in Cloverdale. She received her Bachelors degree in Clinical Nutrition from UC Davis and has worked at a community health center in Sacramento for the past six years.

To find out about all the rewarding ways you can partner with us to strengthen our community, visit CeresProject.org to learn more and apply, or email Evie@CeresProject.org to inquire about corporate volunteer opportunities.
I have worked with Ceres as both a recipient of their amazing life-saving food and now as a Delivery Angel. As I returned to health, I am now honored and blessed to be able to give back.”
— Eric, Marin Delivery Angel

Ceres has worked with our local community health centers for many years, but those relationships were never more important than during the COVID-19 pandemic. Now we’re building on that work to reach and serve important parts of our community with nourishing meals and support for healthy eating.

Community health centers, sometimes called Federally Qualified Health Centers or FQHCs, are the primary providers of health care for people covered by MediCal, the insurance program for those with incomes below 138% of the Federal Poverty Level, and for people in our community who are un- or under-insured. These are non-profits like Ceres who share our deep commitment to the health and well-being of every person.

During the COVID-19 pandemic we’ve kept our health center partners informed about Ceres’ capacity and changing services – for example double meals or meals plus a bag of groceries if clients screened positive for food insecurity. As the effects of the pandemic rolled through the community last March, referrals from the health centers increased dramatically. And with it has come a change in our client profile. Today 40% of our clients are Hispanic/Latino and 32% are Spanish speakers. More than 40% are living with a chronic health condition like diabetes, heart disease and chronic obstructive pulmonary disease.

To improve our ability to serve our Hispanic and Latino neighbors, we’re thrilled to share that we’ve just hired a full-time bilingual Registered Dietitian Nutritionist to join our team as our Nutrition Care Manager. Crystal Orozco was born and raised in Cloverdale. She received her Bachelors degree in Clinical Nutrition from UC Davis and has worked at a community health center in Sacramento for the past six years.

To learn more and apply, or email Evie@CeresProject.org to inquire about corporate volunteer opportunities.
Elevating Youth Voices

“I joined the YAC so I could be more involved in Ceres’ policy work. I wanted to make my voice heard to create change in the world.” —Zoe O’Halloran, Youth Advisory Committee Member

Ceres’ commitment to youth includes giving them a voice in the management of the Youth Development program by soliciting their feedback, suggestions, and contributions. In 2021, the new Youth Advisory Committee brings together Youth Program staff and Teen Leaders to further these contributions, and to educate and engage teens in areas of our work beyond the gardens and kitchens. Inaugural youth members of the committee are Teen volunteers Genevieve and Shannon packaging Rock Cod Veracruz in the San Rafael Kitchen.

The group’s goals for this year are to act as a voice of the Youth Program to our staff and board, to create a youth-oriented pilot to another 240 women over the next several years. At Ceres, we’re committed to making sure that every person has access to the healthy food they need to get and stay well. We’re grateful to our health care partners for working with us to reach and serve our community.

INGREDIENTS

1 clove garlic
2 large tomatoes
3 large cucumbers
1 cup finely chopped purslane
1 tsp minced shallots
1 tbsp mayonnaise or plain yogurt

Dice tomatoes in 1/2 inch pieces, place in colander, sprinkle with salt, and let sit for 20 minutes while you prepare the purslane. Chop cucumber in 1/2 inch pieces and add to large mixing bowl. Add purslane, shallots, and minced garlic. Mix well, taste, and adjust seasoning. Whisk together all dressing ingredients until well combined. Add dressing to salad, toss gently, taste and season to taste. Serve immediately.

Thank You

to the following corporate and foundation partners who’ve provided $5,000 or more in-kind or cash donations to Ceres:

American AgCredit
The Bancroft Foundation
Bank of America Charitable Foundation
Begbie Aircraft Services, LLC
Big Lots Foundation
Bill Graham Supporting Foundation of the Jewish Community Federation of San Francisco, Sonoma, Marin, & San Mateo
Black Family Fund of PCF
California Community Foundation-San Francisco County Community Challenge Grant
CVS Pharmacy Inc. - CVS Health Foundation
Donals Chapel of the Rose Funeral Home
Dry Creek Winery
Exchange Bank Foundation
Glen House Community Partnership
Grace’s Whaley Law
Harbor Point Community Foundation
Impact100 Sonoma
Kaiser Permanente
Knoop Technology
Norte Bay Association of Realtors
Rotary Club of Mill Valley
Russian River Community Foundation
Sisters of St. Joseph Healthcare Foundation
St. Joseph Health, Sonoma County Synergy Agricultural Products, LLC
Tr Creations & Design
Vera’s Family Foundation
West Fargo Foundation
Wheeler Farm Foundation
Wheeler Station Bank

We’re excited to debut a refreshed look for Ceres, with a vibrant new logo, fonts and color scheme. This refresh is part of a larger project that includes the launch of a new website that is more accessible across all types of devices. We hope you enjoy this bright new look.

Thank You to our early sponsors!

Our signature fundraising event is a celebration of our collective power to affect change in our community.

Harvest of the Heart

We hope you enjoy this bright new look.

Harvest of the Heart introduces new people to our work and raises funds to sustain our neighbors who are too ill to shop and cook for themselves, and to provide a safe, nurturing place for youth to gain skills and grow back. We need your help to keep saying “yes” to the clients and youth who depend on us.

Here’s how you can help:

• Have your business or organization sponsor the event. Contact Grant & Corporate Manager Eva Fassnacht at Eva@CeresProject.org
• Become a peer-to-peer fundraiser for our campaign running August 23-September 18
• Support our online auction. To donate an item, contact Development Associate Melissa Hasking at mhasking@CeresProject.org. Auction runs September 1 - 19
• Register for our in-person kick off event on August 28 and virtual event on September 18

Visit CeresProject.org/Harvest2021 to learn more. Bookmark our event page and check back for all the fun ways you can support this event, our clients, and youth.

Youth Program Ceres' commitment to youth includes giving them a voice in the management of the Youth Development program by soliciting their feedback, suggestions, and contributions. In 2021, the new Youth Advisory Committee brings together Youth Program staff and Teen Leaders to further these contributions, and to educate and engage teens in areas of our work beyond the gardens and kitchens. Inaugural youth members of the committee are Teen volunteers Genevieve and Shannon packaging Rock Cod Veracruz in the San Rafael Kitchen.
Ceres’ commitment to youth includes giving them a voice in the management of the Youth Development program by soliciting their feedback, suggestions and constructive criticism. Our new Youth Advisory Committee brings together Youth Program staff and Teen Leaders to construct a youth-friendly program.

Members are selected from all program sites for a term of 6 to 12 months.

The group’s goals for this year are to act as a voice of the Youth Program to our staff and board, to create a youth-friendly program and to serve immediately.

Remove tomatoes from colander, sprinkle with salt, and let drain 10 minutes. Wash mint coarsely so pieces are about an inch long. Chop stems with attached leaves. Wash well in salad spinner, rinsing several times. Chop cucumber 1/2 inch thick pieces, place in colander, sprinkle with salt, and let drain while you prepare other ingredients. Chop cucumber 1/2 inch thick pieces add in large bowl. Add diced tomatoes and herbs. Add mix with other ingredients. Drizzle tablespoon at a time, until all oil is combined with other ingredients.

INGREDIENTS
2 Tbsp extra virgin olive oil
2 cups chopped purslane
1 large cucumber
1/2 cup finely chopped mint
1/2 cup finely chopped parsley
2 Tbsp mayonnaise or yogurt
1 tsp salt
2 Tbsp lemon juice
Juice of 1/2 lime

Thank You
To the following corporate and foundation partners who’ve provided $5,000+ donation or $2,000+ In-kind.

American AgCredit
The Bancroft Foundation
Bank of America Charitable Foundation
Big Lots Foundation
Bill Graham Supporting Foundation
Community Foundation Sonoma County
Crefco Inc.
CVS Pharmacy Inc.
CVS Health Foundation
Dana’s Chapel of the Rose Funeral Home
Deep in the West
Exchange Bank Foundation
Glen Hour Community Partnership
Greene Wealth Advisors, Inc.
Healthy Oakland
Harbor Pointe Charitable Foundation
Impact100 Sonoma
Kaiser Permanente
Marin Benefits
Northern California Community Foundation
Sisters of St. Joseph Healthcare
St. Joseph Health, Sonoma County
Synergy Agricultural Products, LLC
The Tamayo Foundation
Wells Fargo Foundation
Westamerica Bank

A NEW LOOK
We’re excited to debut a refreshed look for Ceres, with an upgrade to our logo, fonts and color scheme. This refresh is part of a larger project that includes the launch of a new website that is more accessible across all types of devices.

Thank You to our early sponsors!

Ceres Project partners with families to support their health and wellbeing.

Thank You to the following corporate and foundation partners who’ve provided $5,000+ donation or $2,000+ In-kind.

American AgCredit
The Bancroft Foundation
Bank of America Charitable Foundation
Big Lots Foundation
Bill Graham Supporting Foundation
Community Foundation Sonoma County
Crefco Inc.
CVS Pharmacy Inc.
CVS Health Foundation
Dana’s Chapel of the Rose Funeral Home
Deep in the West
Exchange Bank Foundation
Glen Hour Community Partnership
Greene Wealth Advisors, Inc.
Healthy Oakland
Harbor Pointe Charitable Foundation
Impact100 Sonoma
Kaiser Permanente
Marin Benefits
Northern California Community Foundation
Sisters of St. Joseph Healthcare
St. Joseph Health, Sonoma County
Synergy Agricultural Products, LLC
The Tamayo Foundation
Wells Fargo Foundation
Westamerica Bank

Harvest of the Heart introduces new people to our work and raises funds to sustain our neighbors who are too sick to care for themselves, and to provide a safe, nurturing place for youth to gain skills and grow back. We need your help to keep saying “yes” to the clients and youth who depend on us. Here’s how you can help:

• Have your business or organization sponsor the event. Contact Gross & Grossman (Grossman@grossman.org) or CeresProject.org.
• Become a peer-to-peer fundraiser for our campaign running August 21-September 18.
• Support our online auction. To donate an item, contact Development Associate Melissa Hocking at melissah@CeresProject.org. Auction runs September 1 - 19.
• Register for our in-person kick off event on August 28 and virtual event on September 18.

Visit CeresProject.org/Harvest2021 to learn more. Bookmark our event page and check back for all the fun ways you can support this event, our clients, and youth.
Elevating Youth Voices

“I joined the YAC so I could be more involved in Ceres’ policy work. I wanted to make my voice heard to create change in the world. A little bit of effort can go a long way.”

—Zoe O’Halloran, Youth Advisory Committee Member

Ceres’ commitment to youth includes giving them a voice in the management of our Youth Development program by soliciting their feedback, suggestions and contributions. Our new Youth Advisory Committee brings together Youth Program staff and Teen Leaders to constructively criticize. Our new Youth Advisory Committee will raise awareness and funds for the Youth Program, and to educate Ceres teens about our work on policy issues including food as medicine, healthy food access and organics.

We are grateful to these Teen Leaders for their commitment to representing their peers in the advancement of our Youth Program.

Thank You

to the following corporate and foundation partners who’ve provided $3,000+ donations or $6,000+ in kind:

American AgCredit
The Bancroft Foundation
Bank of Marin Community Foundation
Beegles Aircraft Services, LLC
Big Lots Foundation
Bill Graham Supporting Foundation of the Jewish Community Federation of San Francisco
Back Family Fund of MCF
Califorina Community Foundation Sonoma County
CVS Pharmacy Inc – CVS Health Foundation
Dennis Chaplin of the Rome Funeral Home
Dwyer on West
Exchange Bank Foundation
Glen Hope Community Partnership
Grace Stollar
Impact100 Sonoma
Jewish Family Services of Sonoma County
Lemonade Technology
North Bay Association of Realtors
Rotary Club of Sebastopol
Sisters of St. Joseph Healthcare Foundation
Synergy Agricultural Products, LLC
The Tamayo Foundation
West Fargo Foundation
Wheeler Farm Foundation
Windham Bank

In April we launched a small pilot providing meals and fresh produce to low-income pregnant and new moms. Early data has shown that improved access to fresh foods and vegetables can significantly reduce preterm births and help improve birth weight – two factors that can lead to birth complications. Over the next year 400 pregnant women from West County Health, Ceres and Santa Rosa Community Health’s postpartum diabetes clinic will receive a combination of meals and fresh produce throughout their pregnancies and postpartum. We hope to receive federal funding in the fall to expand this pilot to another 240 women over the next several years. At Ceres, we’re committed to making sure that every person has access to the healthy food they need to get and stay well. We’re grateful to our health center partners for working with us to reach and serve our community.

A NEW LOOK

We’re excited to debut a refreshed look for Ceres, with an upgrade to our logo, fonts and color scheme. This refresh is part of a larger project that includes the launch of a new website that is more accessible across all types of devices. We hope you enjoy this bright new look.

Thank You to our early sponsors!

A NEW LOOK

Harvest of the Heart introduces new people to our work and raises funds to sustain our neighbors who are too ill to shop and cook for themselves, and to provide a safe, nurturing place for youth to gain skills and give back. We need your help to keep saying “yes” to the clients and youth who depend on us. Here’s how you can help:

• Have your business or organization sponsor the event. Contact Gross & Corporate Relations Manager Evan Nagy at donors@CeresProject.org
• Become a peer-to-peer fundraiser for our campaign raising $15,000–September 18, 2018
• Support our online auction. To donate an item, contact Development Associate Miklos Hahn at mihahn@CeresProject.org. Auction runs September 1 – 19
• Register for our in-person kick off event on August 28 and virtual event on September 18

Visit CeresProject.org/Harvest2021 to learn more. Bookmark our event page and check back for all the fun ways you can support this event, our clients, and youth.
I have worked with Ceres as both a recipient of their amazing life-saving food and now as a Delivery Angel. As I returned to health, I am now honored and blessed to be able to give back.”

— Eric, Marin Delivery Angel

Ceres has worked with our local community health centers for many years, but those relationships were never more important than during the COVID-19 pandemic. Now we’re building on that work to reach and serve important parts of our community with nourishing meals and support for healthy eating.

Ceres has worked with our local community health centers for many years, but those relationships were never more important than during the COVID-19 pandemic. Now we’re building on that work to reach and serve important parts of our community with nourishing meals and support for healthy eating.

Community health centers, sometimes called Federally Qualified Health Centers or FQHCs, are the primary providers of health care for people covered by MediCal, the insurance program for those with incomes below 138% of the Federal Poverty Level, and for people in our community who are un- or under-insured. These are non-profits like Ceres who share our deep commitment to the health and well-being of every person.

During the COVID-19 pandemic we’ve kept our health center partners informed about Ceres’ capacity and changing services – for example double meals or meals plus a bag of groceries if clients screened positive for food insecurity. As the effects of the pandemic rolled through the community last March, referrals from the health centers increased dramatically. And with it has come a change in our client profile. Today 40% of our clients are Hispanic/Latino and 32% are Spanish speakers. More than 40% are living with a chronic health condition like diabetes, heart disease and chronic obstructive pulmonary disease.

Building on these FQHC partnerships, we’ve launched several pilots to explore how nourishing meals might improve health outcomes for two high-needs populations.

The first pilot, which is just wrapping up, provided 12 weeks of meals for everyone in the family to people who were struggling to manage their diabetes and/or hypertension. Patients from Center for Well-Being and Santa Rosa Community Health Center’s blood pressure clinic received coaching and health education from community health workers and meals from Ceres. We'll be looking to see if patients who received the meal support had better success at improving their health than those without meals.

To improve our ability to care for our Hispanic and Latino neighbors, we’re thrilled to share that we’ve just hired a full-time bilingual Registered Dietician Nutritionist to join our team as our Nutrition Care Manager. Crystal Orozco was born and raised in Cloverdale. She received her Bachelors degree in Clinical Nutrition from UC Davis and has worked at a community health center in Sacramento for the past six years.

Volunteers from American AgCredit and Traditional Medicinals enjoy work days in the Sebastopol garden.

Purslane is a nutritional powerhouse that has been enjoyed since ancient times as a vegetable, spice and healing plant. Some of nature’s healthiest foods are readily available for harvesting all around us, whether you’re a gardener or not. Consider purslane. It’s an annual plant that grows just about anywhere from fertile garden soil to the poorest arid soils, all around the world. Many consider it a weed, but purslane is a nutritional powerhouse that has been enjoyed since ancient times as a vegetable, spice and healing plant. Find tasty ways to enjoy it and turn this garden foe into a friend.

This hardy succulent’s benefits include:

- It’s the highest plant source of omega-3 fatty acids
- More vitamin A than any other leafy-vegetable
- Contains more magnesium and potassium than either kale or spinach
- Rich in B vitamins, vitamin C, iron

Enjoy it in the recipe featured in this newsletter, where you’ll also find photos of it growing in our Sebastopol garden.

Above: Garden volunteer Marcela regularly picks purslane that grows abundantly in the Sebastopol garden. She explains to Garden Manager Sara McCamant how it is used in Mexican cooking — her mother taught her to appreciate it as a child. Her favorite way to enjoy it is in salads and salsa verde.

Purslane

This hardy succulent’s benefits include:

- It’s the highest plant source of omega-3 fatty acids
- More vitamin A than any other leafy-vegetable
- Contains more magnesium and potassium than either kale or spinach
- Rich in B vitamins, vitamin C, iron

Enjoy it in the recipe featured in this newsletter, where you’ll also find photos of it growing in our Sebastopol garden.