

## Veggielution Field Trip

### **Before you go**

Please review the readings on Lacuna Stories.

Check out Veggielution's webpage (<http://veggielution.org/>) to learn more about where we're going! From their website:



*Amid the bustle of Silicon Valley, Veggielution offers a welcoming place to meet new people and create authentic, meaningful connections while helping to drive community change. Our urban farm is the heart of our efforts, supplying fresh and affordable produce for families in the South Bay that need it most. Through classes and volunteer programs on the farm, we also invite public participation in a range of food and farming activities that inspire happier and healthier lives. By cultivating a space where everyone feels included, Veggielution breaks down barriers that keep people apart, uniting community residents across all generations, incomes, and cultures.*

### **What to bring and wear**

- Mandatory:
  - Closed-toe shoes or boots (sneakers are OK)
  - Water bottle
- Recommended:
  - Long sleeved shirts, long pants, a bag to bring food home in
  - A hat and sunscreen!
  - A light jacket or rain jacket
  - Cash if you'd like to buy seeds, canvas bags, etc
- If you are under 18, you must bring the [Volunteer Registration Form](#) signed by a parent or guardian.

### **What we'll be doing**

Volunteers help with various tasks such as planting, weeding, composting, harvesting, and more. You can try your hand at many different aspects of the farm. You don't have to have any previous gardening experience! This is a standard work day for Veggielution, so we'll be joined by members of the Veggielution volunteer community. You should have a chance to do a variety of things, if you want, or to stick with one thing the whole morning. *We want to challenge you to talk to at least two people who aren't from Stanford during your time at the farm. Why did they volunteer today?*

## **Timeline**

We will leave Stanford in carpool groups at **9:00am sharp!** from the Oval. We will arrive at Veggielution at **9:45am** and sign in at the Red Farm Stand. We will work for approximately **2-3 hours**, then take part in a potluck lunch (we will bring food for everyone). We will have time after to discuss our experiences as a group and try to hear from Veggielution staff. We will then drive back in carpool to Stanford (arriving back no later than **3:00pm**).

## **Reflection**

Your reflection is due **1 week** after your field trip date. Please submit via a Response on Lacuna Stories. Use the following questions to guide your response:

- Hopefully you talked to someone who wasn't from Stanford today. What brought them to volunteer?
- Demographically, what do you notice about race, gender, culture, education level, etc of the volunteers? What about where Veggielution donates food (may require online research)?
- What is one thing you expected that turned out as you expected? What is one thing you expected that turned out NOT as you expected?
- How do you feel about the experience of volunteering at Veggielution? Were you glad you did it? Frustrated? Meh? What do you think contributed the most to your feelings about the day?
- Reflect on how urban farms like these work at the intersections of food security, sustainability, environmental justice, public health, and education. Do you think local food systems can help alleviate poverty, and under what conditions?
- What role do you think smaller-scale urban farms like this play in global change and sustainability?
- Which of the Big 5 (climate disruption, population, pollution, disease and invasives, biodiversity loss) do you think would have the biggest impact on Veggielution? Why that one? Why not the other 4?