



**FOOD POLICY
COUNCIL**
of Buffalo & Erie County

SPRING NEWSLETTER 2024



SPRING DIGEST

Welcome!

We are excited to share a recipe, seed starting tips, and important event dates to get the growing season started!

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About the Food Policy Council of Buffalo and Erie County (FPC)

The FPC envisions a healthy local food system that works for all people. To get here, we advocate for an equitable and sustainable food system for the people of Buffalo and Erie County. The FPC meets monthly, in-person. Reach out to learn more about joining the FPC as a member or joining the meetings.

A RECIPE TO SHARE



Pasta Primavera

This edition we are sharing a pasta primavera recipe from USDA's MyPlate. "Pasta Primavera" translates to "Spring Pasta" in Italian and is a flavorful dish loaded with colorful veggies. To find the vegetables included in this recipe locally, visit the [Erie Grown Produce Finder](#). View the full recipe on page 3.



Red and underlined text is a link.
Click on the red text to be taken to the linked website.

SPRING INTO SEED STARTING

Now is a great time to start seeds indoors!

Most vegetable, perennial, and annual plants can be started from seed in your home.

To start your seeds, you will need containers, seed starting mix, and a light source. You can use seedling cell packs, compostable pots, or a variety of small household recyclables. Grow lights are ideal, but a sunny window will also suffice, especially if the seedlings will only be indoors for a short period of time.

As your seedlings begin to grow, they may need to eventually be transplanted into larger containers in order for their roots to continue to expand. This is also a good time to add nutrients to the soil as the seedlings have exhausted their stored food supply and now must uptake nutrients from the soil.



This information was sourced from [Grassroots Gardens WNY](#)
Visit their website for more valuable information and videos to help with seed starting!



THE LAST FROST DATE FOR ERIE COUNTY IS MAY 7TH!

ERIE COUNTY SEED LIBRARIES

Several Erie County Libraries have started “Seed Library” programs. The goal of these programs is to build a collection of seeds to share that reflect our cultural diversity, showcase our beautiful native species, and feed our communities with home grown produce.

With your Erie County Library card, you can check out up to 4 seed packets at a time. Seeds are organized alphabetically by common name (vegetables, flowers, and herbs will be in separate drawers) and they will be marked by color for ease of seed saving.

Continued on page 3.



CONNECT WITH US



- Web: www.erie.gov/fpc/
- Facebook: [@BuffaloErieFPC](#)
- Instagram: [@fpcbuffaloerie](#)
- Email: fpc@erie.gov

Scan to receive updates in your inbox



OTHER HELPFUL RESOURCES

- [Cornell Cooperative Extension Erie County](#)
- [Greater Buffalo Urban Growers](#)
- [Grassroots Gardens WNY](#)
- [Massachusetts Avenue Project](#)
- [Urban Roots Cooperative Garden Market](#)

ERIE COUNTY SEED LIBRARIES CONTINUED...



Which libraries in Erie County have seed libraries?

Audubon Branch Library
Central Library

Concord Public Library
Crane Branch Library

Hamburg Public Library
Lancaster Library

Orchard Park Library



CENTRAL LIBRARY

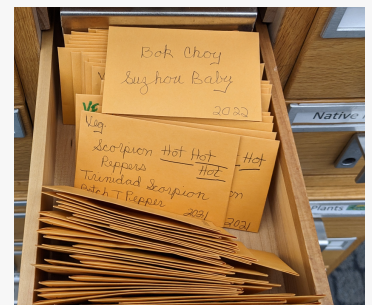
The Seed Library at the Central Library in Downtown Buffalo is located in the Launch Pad section. Seed packets are organized in labeled drawers.

Something extra special about this location are the drawers labeled, "Native to Erie County." The seeds in this drawer have been saved from the native plant varieties found in front of the Central Library building!



AUBUBON BRANCH

The Seed Library at the Audubon Branch Library in Amherst features very organized and clearly labeled drawers with a wonderful assortment of vegetable and flowering plant seeds to get your garden started!



PASTA PRIMAVERA RECIPE

Ingredients

- 1 cup noodles, uncooked
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoons Parmesan cheese
- Use your favorite spring vegetables from your garden or local farmers market: kohlrabi, sugar snap peas, carrots, and asparagus

Directions

- Wash hands with soap and water.
- Cook noodles according to package directions.
- While noodles are cooking, heat oil in a skillet.
- Add vegetables and sauté until tender; stir constantly.
- Add tomato and sauté 2 more minutes.
- Toss vegetables with noodles and margarine.
- Add seasonings; sprinkle with Parmesan cheese.

Upcoming Events

Check out our highlights on Instagram for more spring events, including plant sales, farmers market openings and learning opportunities!

Solar Eclipse April 8, 2024



Total Eclipse: ~3:18-3:22 p.m.

On April 8, 2024, Western New York and Erie County will experience a total solar eclipse. This occurs when the moon passes between the sun and earth, completely blocking the face of the sun. The sky will darken as if it were dawn or dusk.

PLAN AHEAD

- Choose a safe location, away from traffic and other hazards; make sure your view is not obstructed by trees, buildings, or signs. Be aware of your surroundings, especially if you're in an unfamiliar area.
- Consider carpooling and allow extra time to get to and from your destination.
- Stay informed about traffic patterns. Go to 511wny.org to stay updated.
- Follow local guidance for eclipse viewing. Some areas may have specific rules to ensure public safety.
- Have a communication plan in case congestion causes poor cell reception.

SCHOOLS AND BUSINESSES

Many local school districts have cancelled classes for the day. Businesses may have plans to close or to extend their hours.

STAY HOME IF YOU CAN

Avoid any non-essential travel and try to schedule appointments for another day. Be prepared for emergencies by having a basic first aid kit, emergency contacts, and any necessary medications on hand.

VIEW SAFELY

- Use solar viewing glasses that meet ISO 12312-2 standards.
- Check for any damage or scratches on glasses before use, as any defects can compromise their effectiveness.
- **Regular sunglasses are not safe for viewing a solar eclipse.**
- Supervise children and stop them from looking directly at the sun without protection.
- Take breaks and give your eyes time to rest.
- Avoid homemade filters.

CHECK THE WEATHER

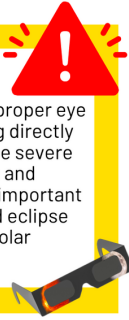
Check the forecast and have an alternate viewing site if your view could be obstructed by clouds. Dress for local conditions.

ENJOY THE MOMENT

Don't spend the entire eclipse snapping photos! Take time to experience the moment.

WARNING

Never look directly at the sun without proper eye protection. Looking directly at the sun can cause severe and permanent eye and vision damage. It's important to use ISO-certified eclipse glasses for direct solar observation.



SOIL HEALTH WORKSHOP

Receive a free lead screening for your soil

APRIL 20TH 10AM-1PM

5 Loaves Farmhouse 70 W. Delavan

Scan for contact, event, and soil collection info!



Note: Participants **cannot** drop-off soil samples. Screening takes approximately 5-10mins with soil education, result interpretation, and health resources provided during and following screening. Two samples max per participant. Sample must be dry.

Thanks to our partners!



Cornell Cooperative Extension
Erie County

“MEAT” YOUR FARMER

AN EVENT FOR LIVESTOCK FARMERS AND THE COMMUNITY TO MEET AND LEARN ABOUT LOCAL BULK MEAT SALES AND TO TASTE RECIPES CREATED FOR NYS SCHOOLS FEATURING MEATS FROM YOUR FRIENDLY NEIGHBORHOOD FARMS

THURSDAY, MAY 2, 2024

5:00PM - 8:00PM

THE POWERHOUSE
AT THE ROYCROFT CAMPUS
39 S. GROVE ST. EAST AURORA, NY

LEARN ABOUT BULK MEAT
PURCHASING INCLUDING:

HOW TO FIND A FARM

HOW MUCH MEAT AND WHAT CUTS TO
EXPECT FROM A 1/4, HALF, OR WHOLE
ANIMAL

TIMELINES FOR PURCHASING BULK MEATS

5:00PM - 6:00PM

TASTE FREE SAMPLES OF OVER 10 DIFFERENT
NYS SCHOOL LUNCH OPTIONS MADE WITH
LOCAL MEATS DONATED BY OUR FARMING
COMMUNITY

TALK WITH FARMERS TO LEARN ABOUT THEIR
FARMS AND MEATS THEY HAVE FOR SALE

6:00PM - 8:00PM



GROUNDWORK MARKET GARDEN & FARESHARE WNY

fourth annual

PLANT SALE

BUILD YOUR DREAM GARDEN
Saturday, May 11 / 10 - 2 pm / 1698 Genesee Street

family-friendly * music * food * activities

plant giveaway! 2 free plants per household

with generous support from Council Member Mitch Nowakowski



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