



FOOD POLICY COUNCIL
of Buffalo & Erie County



HARVEST ROLL

Urban Agriculture Guide

FOREWORD

Dear Urban Agriculture Enthusiast,

Too often the production of our food is taken for granted – a process that happens somewhere, somehow, by someone. But food is essential to our very survival. In Erie County we are fortunate to have diverse, productive, vital farms near a sizable population. We have prime soils, a climate moderated by a large body of water, farmers with years of experience as well as new farmers eager to take on the challenge of growing food, and \$192 million in agricultural sales in 2022. In recent years, an emerging interest in local farms, local foods, and urban agriculture has boosted agriculture's visibility as an economic driver creating new opportunities for farmers in both rural and urban areas of the County. As we look ahead, we can be grateful for the resources we have in our backyard and take seriously our responsibility to use, care for, and protect those resources to the best of our collective abilities.

In the City of Buffalo, urban agriculture has emerged as a vital resource for addressing food insecurity, particularly among communities living in poverty. Many of these neighborhoods, predominantly inhabited by People of Color, face significant barriers to accessing fresh fruits and vegetables. With grocery stores often located far from these areas or limited in their offerings, residents are left to navigate areas of food apartheid where nutritious options are scarce and expensive. Urban farming initiatives, including community gardens and local farms, are providing a much-needed solution by growing fresh produce within these underserved areas. These projects not only improve access to healthy food but also foster community engagement and economic opportunities, helping to bridge the gap in food equity and supporting the well-being of Buffalo's marginalized populations.

Within the pages of this binder, you'll learn more about Buffalo's urban agricultural landscape.

We invite you to reflect on how we can all work together to advocate for an equitable and sustainable food system for the people of Buffalo and Erie County.

Stay Safe & Live Well,

Buffalo & Erie County Food Policy Council

Greater Buffalo Urban Growers Group, a Working Group of the Food Policy Council

WHAT IS URBAN AGRICULTURE?

A food system reinvigorated. Urban agriculture transports food cultivation, production, and distribution into the hearts of urban centers.

Urban agriculture empowers. Inclusive participation within the food system is not guaranteed. Urban agriculture offers an arena for more diverse and expansive populations to enter the local food conversation. Whether it motivates individuals to pick up a shovel or to fight for more equitable food access, urban agriculture inspires a new generation to become engaged.

Everyone eats. Across all cultures and landscapes, food is a unifier, used to sustain, support, comfort, and express love to one another. Urban agriculture works to unite divided cities and neighborhoods, instilling a sense of community, understanding, and friendship. Increasing urban food production and distribution also aids in better feeding underserved populations that often lack proper food access and food sovereignty.

Greening an urban landscape. By shifting food production into cities, urban agriculture creates new potential for traditionally industrial landscapes. Not only does adding green space help to strengthen the local, natural environment for flora and fauna, it helps to keep our cities beautiful.

Growing the future generation. Increasing agricultural visibility fosters new interest in the food system and local environment. Youth participation is essential to securing a more sustainable, and equitable food system. Youth will determine the future of agriculture in an increasingly turbulent world.



WHY URBAN AGRICULTURE?

The core of urban agriculture in Erie County is the **City of Buffalo**. The City is home to **15+ urban farms and businesses** and more than **100 community gardens**. Collectively, they have transformed more than **25 acres worth of vacant lots into beautiful, bountiful spaces that feed their neighbors**. They provide numerous **social, economic, and ecosystem services** to our community including:

- Create jobs
- Improve physical & mental health
- Build community
- Meet consumer demand for local food
- Enhance food security
- Support pollinator populations
- Provide green space
- Educate neighbors about food production
- Reduce urban heat-island effect
- Reduce stormwater runoff
- Support a more resilient food system





5 Loaves Farm

1172 West Avenue, Buffalo, NY 14213

5loavesfarm@buffalovineyard.org

716-803-9241

ABOUT

5 Loaves Farm creates sustainable market gardens on Buffalo's West Side that produce healthy foods along with educational and economic opportunities for neighborhood residents. The lack of healthy foods in areas experiencing food apartheid is well documented.

5 Loaves operates on five city lots and two community gardens using greenhouses and planting field crops to grow healthy food and feed the hungry. The farm is committed to making healthy foods available and affordable for their neighbors by offering pay-as-you-can Community Supported Agriculture (CSA) shares, and by partnering with local markets and school lunch programs. 5 Loaves also donates a portion of its produce to local soup kitchens and is committed to using sustainable organic growing practices.

Most importantly, the farm provides educational programs for adults and school groups, including internship opportunities available for neighborhood youth throughout the year.

WHERE TO SHOP

On-site farm stand is hosted Fridays from July through August. Produce is also available at the Elmwood Village Farmers Market, CSA share, and at local restaurants.

CONTACT



5LoavesFarm.org



[5LoavesFarm](https://www.facebook.com/5LoavesFarm)



[@5LoavesFarm](https://www.instagram.com/5LoavesFarm)



Photos from 5 Loaves Farm Facebook



Brewster Street Farm

36 Brewster Street, Buffalo, NY 14214

jtaylor@jersbuffalo.org

jersbuffalo.org/brewster-street-farm

ABOUT

The Green Shoots for New Americans Refugee Agricultural Program at Brewster St. Farm is an educational urban farming program that provides adult refugees adaptive farming and marketing skills. Farming is a familiar livelihood that offers New Americans some measure of self-determination and self-sufficiency, healthy food for their families, extra income, and a context for settling into their new communities.

Major objectives of the Green Shoots Program include:

- Running a training farm in which participants learn about season extension, composting, fertilizing, urban farming practices, and more.
- Partnering with surrounding farms to provide tours, lessons, and resources.
- Running a CSA program in which all farmers participate to get more involved with the community and earn income.
- Providing naturally grown produce to Buffalo residents at little to no cost.
- Assisting farmers in following one of these four pathways: becoming a farm mentor, gaining employment on a farm, starting a farm business, or joining a local community garden.

WHERE TO SHOP

Farm stand is hosted at the Tri-Main Building Thursdays from June through October. Produce is also distributed to area food pantries via the Community Action Organization.

CONTACT



Jersbuffalo.org/brewster-street-farm



[JourneysEndGreenShootsforNewAmericans](https://www.facebook.com/JourneysEndGreenShootsforNewAmericans)



[brewsterstreetfarm](https://www.instagram.com/brewsterstreetfarm)



Photos from Brewster Street Farm Facebook



BuffaloGoGreen

Buffalo Go Green

Coming soon to *Manhattan and East Amherst Avenue*
mrodgers@buffalogogreen.org
buffalogogreen.org

ABOUT

Buffalo Go Green (BGG), is a non-profit organization that promotes agriculture and wellness on Buffalo's East Side. BGG operates urban raised bed and hoop house farms, as well as hydroponic container farms. Their mission is to "grow the neighborhood" by working at the intersection of food justice, food systems, and food as medicine, all while providing the healthiest food options possible. BGG sells at local farmers markets, has a corporate wellness division where it embeds its services into local companies and universities, and programming for elementary and high school students where it teaches nutrition education and farming. BGG is supplied by **Urban Fruits & Veggies**, an urban farm located in the City.



Urban Fruits & Veggies

324 Glenwood Avenue, Buffalo, NY 14208
dehonn@outlook.com
urbanfv.com



WHERE TO SHOP

At local farmers markets, cooperative stores, and contracted businesses from May through November. UFV's mobile market may be found in the City at various locations during the summer!

CONTACT



buffalogogreen.org/urban-fruits-veggies/



[urbansfruitsandveggies](https://www.facebook.com/urbansfruitsandveggies)



Photos from BGG and UFV Facebook



Flat #12 Mushrooms

37 Chandler Street, Buffalo, NY 14207

flat12mushrooms@icloud.com

flat12mushrooms.com

ABOUT

Founded in 2014, Flat #12 Mushrooms has always focused on a neutral carbon footprint, growing gourmet mushrooms on site using organic raw materials year-round. The recently expanded indoor farm harvests 800 pounds a week, including the lions mane variety, touted to provide nervous system benefits. Flat #12's retail space grew out of the pandemic, and offers fresh and dried mushrooms, medicinal mushroom extracts, mushroom pastries, mushroom scallops, lions mane chili crisp, lions mane hot sauce, lions mane brownies, lions mane coffee, mushroom vegan pate, and compound cream cheese. All things mushroom!

WHERE TO SHOP

Retail space on Chandler Street is open Wednesday through Friday from 12-6pm and Saturday through Sunday from 9am-2pm, and the farm is at the Elmwood Village Farmers Market on Saturdays, and the Kenmore Farmers Market on Sundays.

CONTACT

 flat12mushrooms.com

 [Flat12Mushrooms](https://www.facebook.com/Flat12Mushrooms)

 [@flat12mushrooms](https://www.instagram.com/flat12mushrooms)





Grassroots Gardens

Headquarters: 389 Broadway, Buffalo, NY 14204

director@grassrootsgardens.org

grassrootsgardens.org

ABOUT

Grassroots Gardens of WNY is a small non-profit that helps communities start and develop community garden spaces across Buffalo and Niagara Falls. The community garden adjacent to Grassroots Gardens' office is a teaching and demonstration garden that also serves as a growing space for the surrounding neighborhood. The space is utilized for workshops and programs, while also growing free vegetables for our neighbors. In this teaching garden, there are 13 raised vegetable beds, a rain garden, and a few ornamental growing areas planted with pollinators in mind. Multiple neighbors, as well as a group from the New York State Office of People with Developmental Disabilities, steward some of the beds in this space, while our staff grow and share the produce from the remaining beds.

WHERE TO VISIT

Want to find a Grassroots Garden? You can view a map of gardens at www.grassrootsgardens.org/our-gardens and locate member community gardens. Click on a garden in the neighborhood you are interested in, and stop by for a visit! You can also access the full list of our member gardens by viewing a PDF of addresses for community gardens at the link above.

CONTACT

 grassrootsgardens.org

 [grassrootsgardens](https://www.facebook.com/grassrootsgardens)

 [@ggwny](https://www.instagram.com/ggwny)



Photos from GGWNY Facebook



Groundwork Market Garden

1698 Genesee Street, Buffalo NY, 14211

groundworkmg@gmail.com

groundworkmg.com

ABOUT

Groundwork Market Garden (GWMG) is a certified USDA Organic urban farm that grows a wide variety of fruits and vegetables, as well as mushrooms, herbs, flowers and honey. GMG is committed to improving our soil health and using regenerative agricultural practices and have produced and distributed tens of thousands of pounds of affordable and cost-subsidized fruits and vegetables, hosted on-farm events and educational programming, and partnered with local organizations to increase food access in east Buffalo since 2015. GMG serves its community through an on-site farm stand, a community shared agriculture (CSA) program, and through local restaurants, businesses, and institutions.

WHERE TO SHOP

Visit the farm stand to shop our weekly offerings every Tuesday in June-October, open 4-7pm.

CONTACT

 groundworkmg.com

 [groundworkmg](https://www.facebook.com/groundworkmg)

 [@gwmgbflo](https://www.instagram.com/gwmgbflo)



Photos from GWMG Facebook





Massachusetts Avenue Project

387 Massachusetts Avenue, Buffalo NY, 14213

info@mass-ave.org

mass-ave.org

ABOUT

Started over 20 years ago, the Massachusetts Avenue Project (MAP) is the oldest urban farm in Buffalo. With a little over an acre of land in production, chickens, bees, a micro orchard and many medicinal herbs, MAP has long been a part of our local food system: participating in food production on a farm, food processing in a commercial kitchen, distribution on a mobile market, and community education and policy work. MAP employs youth year round in their job and leadership training program, and believes that the revolution will be cultivated!

WHERE TO SHOP

On-site farm stand is hosted Thursdays year-round. Customers may also shop MAP products online. The Mobile Market regularly travels around the entire city during the summer season--its schedule is available online and via social media.

CONTACT



mass-ave.org



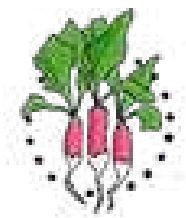
[MassAveProject](https://www.facebook.com/MassAveProject)



[@massaveproject](https://www.instagram.com/massaveproject)



Photos from MAP Facebook



WestSide Tilth

246 Normal Avenue, Buffalo, NY 14213

contact@westsidetilth.com

westsidetilth.com

ABOUT

WestSide Tilth was established in 2017. Brother and sister team Richard and Carrie Nader are at the core of operations, with seasonal employees and volunteers providing essential help.

The farm utilizes the best of traditional and contemporary agricultural practices to grow an abundance of exceptionally healthy vegetables on a very small land base. Most tasks on the farm are completed with the help of small hand or battery operated tools, including soil preparation, seeding and transplanting, and harvesting and packing. The farm boasts 26 solar panels which help power the cooler, greenhouse fans and charge tools.

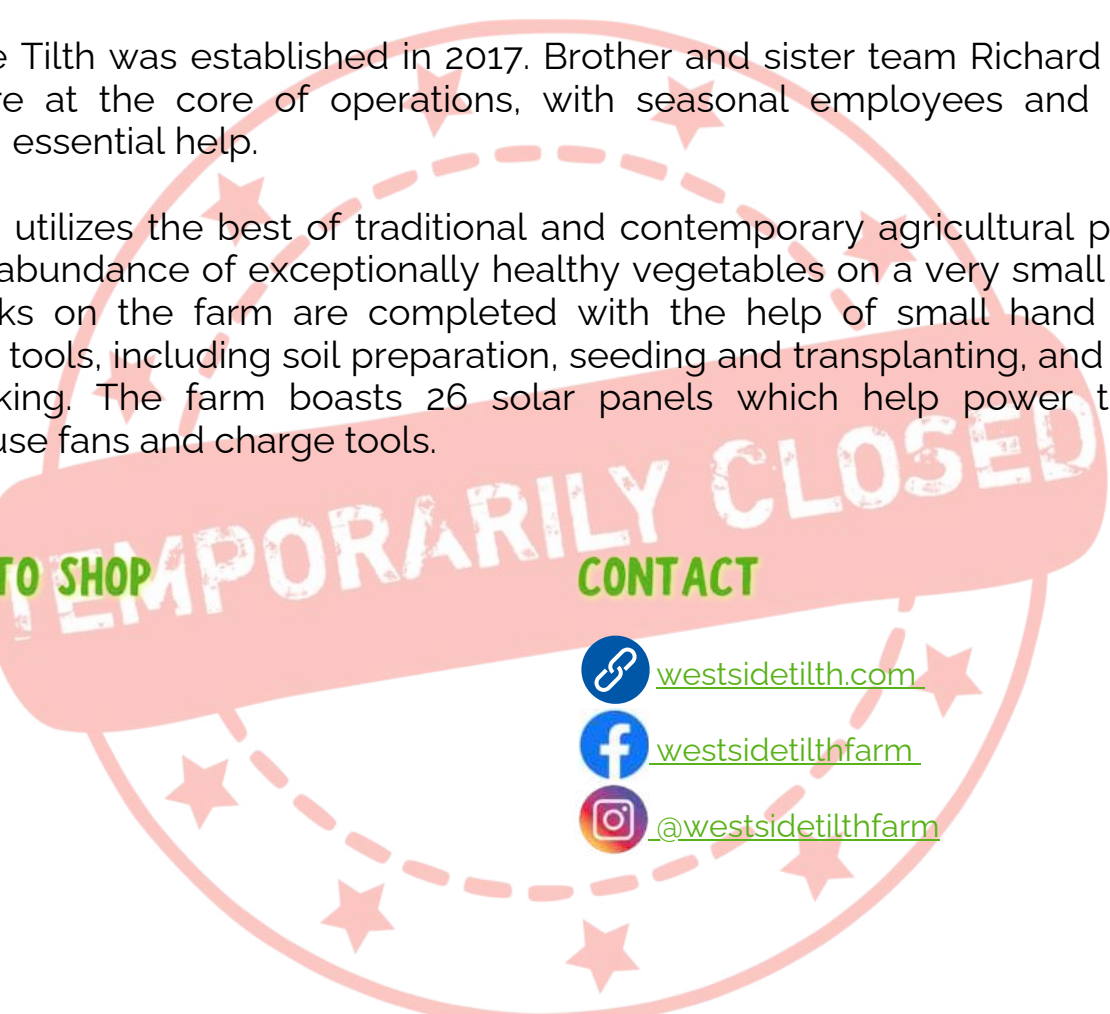
WHERE TO SHOP

CONTACT

 westsidetilth.com

 [westsidetilthfarm](https://www.facebook.com/westsidetilthfarm)

 [@westsidetilthfarm](https://www.instagram.com/westsidetilthfarm)



Photos from WestSide Tilth Facebook





Wilson Street Urban Farm

360 Wilson Street, Buffalo, NY 14212

wilsonstreeturbanfarm.wordpress.com

wilsonstreeturbanfarm@gmail.com

ABOUT

Since 2009, Wilson Street Urban Farm has been growing and selling vegetables on Buffalo's East Side, seeking to be a part of bringing peace and hope to a struggling neighborhood. When available, the farm offers a variety of fresh, chemical-free, in-season vegetables at their on-site farm stand.

Since 2020, the farm has shifted its focus to intentionally building a healthier, biodiverse island in a neighborhood of neglect. This intentional approach to agriculture provides much needed green space and food for people, birds, insects, and animals, as well as an area of quiet and peace. The farm also collaborates with Cornell University on urban soil studies.

WHERE TO SHOP

On-site farm stand Saturdays during the growing season.

CONTACT

 wilsonstreeturbanfarm.wordpress.com

 [WilsonStreetUrbanFarm](https://www.facebook.com/WilsonStreetUrbanFarm)



Photos from Wilson Street Urban Farm Facebook

Suburban Agriculture

Outside the City of Buffalo, a handful of suburban farms have emerged. These farms play a similar role in supporting a more resilient food system, building community, and meeting consumer demand for local food.

BFLO Worm Works

317 Ensminger Road, Tonawanda, NY 14150

buffalowormworks.com

buffalowormworks@gmail.com

BFLO Worm Works, much like its name implies, is a worm farm. The farm converts food scraps into living soil, offers food scrap collection service, and sells Super Soil.



DeeplyRooted Community Garden

98 Luksin Drive, Tonawanda, NY 14150

facebook.com/deeplyrootedwny

contact@deeplyrootedwny.org

DeeplyRooted Community Garden bridges traditional raised bed annual gardening with regenerative practices to heal the soil and bring soulful purpose to this public space and is a place to connect with neighbors as well as nature, reconnecting passersby with the beauty and resiliency of our natural spaces.



Isle View Produce Urban Farm

234 Wadsworth Avenue, Tonawanda, NY 14150

Isle View Produce Urban Farm is a market garden hidden in the suburbs with 4,000 square feet of intensive gardening. The farm grows both vegetables and cut flowers with an on-site produce stand offers locally grown food for the community.



Glossary

Aquaponics: A system combining aquaculture and hydroponics, where plants clean water for fish, and fish fertilize plants. Crops like lettuce, tomatoes, and herbs thrive in this setup.

Beekeeping: Managing honeybee colonies for honey, pollination, or as a hobby.

Cage-Free: Eggs produced by hens with free access to food, water, and space to move within an enclosed area.

Certified Naturally Grown (CNG): Farming without synthetic chemicals or GMOs. Livestock are pasture-raised, and feed is grown without synthetic inputs.

Certified Organic: Farming that supports ecological balance, soil health, and biodiversity without synthetic fertilizers or genetic engineering, certified by USDA standards.

Closed-Loop Agricultural System: A farming practice that recycles all organic matter back into the soil for sustainability.

Community-Based Organization: Groups focused on improving social health and well-being in communities.

Community Supported Agriculture (CSA): Consumers buy prepaid shares of a farm's harvest, receiving scheduled deliveries during the growing season.

Composting: The process of turning agricultural waste into stabilized compost for farming and gardening.

Conventionally Grown: Plants bred through traditional methods (not biotech or organic) for traits like higher yields or pest resistance.

Cooperative: An organization jointly owned by its members, who share profits and benefits.

Cornell Cooperative Extension (CCE): A regional system offering research-based solutions for economic, environmental, and social well-being in New York State.

Cover Cropping: Planting crops to improve soil health instead of cash crops, preventing erosion, adding nutrients, and boosting water retention and pollination.

Crop Rotation: Alternating crops seasonally to improve soil health and enhance crop productivity.

Double Up Food Bucks: A program that doubles SNAP benefits at farmers markets, enabling customers to buy more local produce.

Farmers Market: A market where local farmers sell produce directly to consumers.

Farmstand: A roadside stand where farmers sell their produce.

FeedMore WNY: A nonprofit providing food, friendship, and skills training to those in need in Western New York.

Glossary

Fertilizer: Substances, natural or artificial, used to improve soil fertility by adding essential nutrients like nitrogen, phosphorus, and potassium.

Field and Fork Network: An organization that promotes a sustainable food system and runs the Double Up Food Bucks program.

Farmers Market Nutrition Program (FMNP): A government program providing checks to low-income families and seniors for purchasing fresh produce at farmers markets.

Food Apartheid: A system where access to healthy food is divided along racial and economic lines due to systemic injustice.

Food Policy Council: A group advising local governments on policies to support community-based food systems.

Free-Range: Eggs from hens with continuous outdoor access and unlimited access to food and water.

Good Agricultural Practices (GAP): A voluntary certification program ensuring safe farming practices through training, a safety plan, and audits.

Good Food Purchasing Program: A national program that promotes ethical, transparent food procurement by public institutions, based on local economies, health, labor, animal welfare, and sustainability.

Greater Buffalo Urban Growers Pledge: A group of local growers focused on improving urban agriculture communication and best practices.

Herbicide: A pesticide used to control unwanted plants or weeds.

High Tunnel: A greenhouse-like structure that extends the growing season and protects crops from weather and pests.

Hoop House: A small greenhouse structure used for starting plants and growing vegetables, offering frost and insect protection.

Hydroponics: Growing plants without soil, using a nutrient solution instead.

Integrated Pest Management (IPM): A sustainable approach combining biological, cultural, physical, and chemical methods to manage pests with minimal risks.

Intercropping: Growing two or more crops close together to encourage beneficial biological interaction.

Just Say Yes To Fruits and Veggies (JSY): A nutrition program promoting fruit and vegetable consumption to reduce obesity and chronic disease in low-income families, featuring cooking demos and education.

Mobile Market: A portable food market serving areas with limited access to fresh produce.

Glossary

National Organic Program (NOP): Managed by the USDA, sets and enforces standards for organic farming, handling, and labeling, prohibiting synthetic chemicals and GMOs. It certifies farms and processors to ensure compliance.

Non-profit Organizations: Entities focused on public or social benefits rather than generating profit.

No-Till or Reduced-Tillage: Farming methods that minimize soil disturbance, preserving plant residue to maintain soil health.

NY Farmers Market Federation: An organization supporting over 700 farmers markets statewide, promoting local food, and benefiting farmers and communities.

Pasture-Raised: Label indicating animals spent part of their life on pasture, not regulated by the USDA.

Pesticide: Substances used to prevent or control pests, including insects and animals.

Pollinators: Organisms like bees and birds that transfer pollen, aiding plant fertilization and reproduction.

Producer-Only Market: A market where vendors sell only products they have grown or made themselves.

Raised Beds: Elevated growing areas that allow for better accessibility, safe soil conditions, and adaptable growing spaces.

Row Cover (Reemay): Lightweight fabric used to protect crops from insects and cold.

SNAP-Ed NY: A nutrition education program centered around budget-friendly food shopping, nutritious meal planning, and physical activity.

Social Enterprise: Organizations addressing social or environmental issues through market-driven solutions.

Soil Contaminants: Substances at hazardous levels found in soil, such as heavy metals, byproducts of industry, or other unwanted chemicals.

Soil Quality: The ability of soil to support specific land uses, measured by factors like organic matter, nutrients, and compaction.

Soil Test: A chemical analysis to measure available nutrients, pH, and acidity, determining fertilizer and lime needs.

Sourced Market: A market or stand selling products not exclusively grown by the operator.

Supplemental Nutrition Assistance Program (SNAP): A federal program providing food assistance to low-income families, especially those with children.

Triple Bottom Line (TBL): A business principle that values profit, people, and the planet equally.

Glossary

University at Buffalo Food Lab: A research group focused on community-led planning for equitable health and food systems.

WIC (Women, Infants, and Children): A federal program providing healthcare and nutrition support to low-income women and children under five.

Worker Share CSA: A CSA membership offering discounts in exchange for volunteer work on a farm.

Worker-owned Cooperative: A business owned and democratically managed by its workers.