



The Bi-Monthly Beet

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Introducing our 2024 Newsletter

Hello everyone!

My name is Emma Talamantes and I am the new Events and Outreach Coordinator for the Lost Sierra Food Project. I moved to Quincy in August to work on Rugged Roots farm and I am so grateful to be a new member of this community and organization.

One of my goals for outreach this year was to start a monthly newsletter to keep folks up to date on our upcoming events, project progress, and local food system news. I want this newsletter to be a space where community members can share fun food and farm related activities from gardening projects to recipes with LSFP produce to crafts. I look forward to meeting many of you in person and am so excited for our 2024 Farm Season!

Thank you for all your support,
Emma

↓
In this newsletter you will find:

Latest projects, upcoming events, and more.



Cultivate Art Project

ARTISTS INVITING COMMUNITY
TO ENVISION HEALTHY AND
EQUITABLE FOOD ACCESS

Cultivate is an art residency and community engagement project funded by [Upstate California Creative Corps](#) that pairs place-based art and food access. Four Plumas County artists: Amy Napoleon, Emma Talamantes, Presley Alexander and Rebecca Glaspy, have created meaningful art capturing the essence of community connection to food, farms, and local relationships to land. We will be auctioning off a piece of work by each artist on June 7th (First Friday) at Plumas Arts in downtown Quincy.

We're looking forward to sharing more about this project including upcoming events where you can see the art and meet the artists.

[LEARN MORE](#)



Coming Up

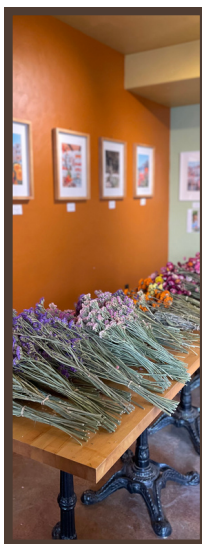
CONTRADANCE 3.30.24

Join Lost Sierra Food Project for a night of contradancing at Quincy's Veterans Hall! Leslie Mink will be calling to live music from JJ&K.

All money raised will go directly towards an internship position at Rugged Roots Farm for local highschool students as part of Lost Sierra Food Project's workforce development programming.

6:30 PM to 9 PM

Suggested donation at door \$15
AGES 10+



Recent Events

DRIED FLOWER
BOUQUET WORKSHOP
1.21.24

Thank you to everyone who showed up to our first ever winter flower arranging event. With your help we raised \$ for scholarships to our 2024 Farm Summer Camp!

2024 Farm Bucks Update

FARM BUCKS ARE NOW AVAILABLE FOR PURCHASE!

Thank you to everyone who has participated in our 2023 Farm Bucks Survey. If you have not yet done our survey, please do so [here](#). Participating in surveys help us continue our work.

When you purchase farm bucks you help support us at the beginning of our season with upfront expenses. You also have an easy way to purchase produce throughout the season that doesn't require having your wallet on you.



- **If you purchase your farm bucks before May 1st, we offer 5% increased value!**
- **Farm bucks are available in amounts from \$100 to \$500**
- **Can be used at weekly farm stand, honor system farm fridge, for purchasing flowers, ALL berries, and at the pumpkin patch**
- **We would prefer if you send us a check written out to Lost Sierra Food Project: 429B Main Street Quincy, CA 95971. Otherwise, you can purchase by clicking on the box below.**

Our farm stand is scheduled to run every Tuesday, 5-7pm, from June 18 - October 5, 2024.

[PURCHASE FARM BUCKS HERE](#)



Affordable Produce Program

APPLICATIONS WILL OPEN APRIL 1ST - STAY TUNED!

We offer free and reduced farm bucks to any low income community members, veterans, anyone impacted by the Dixie Fire and/or anyone who is food insecure.

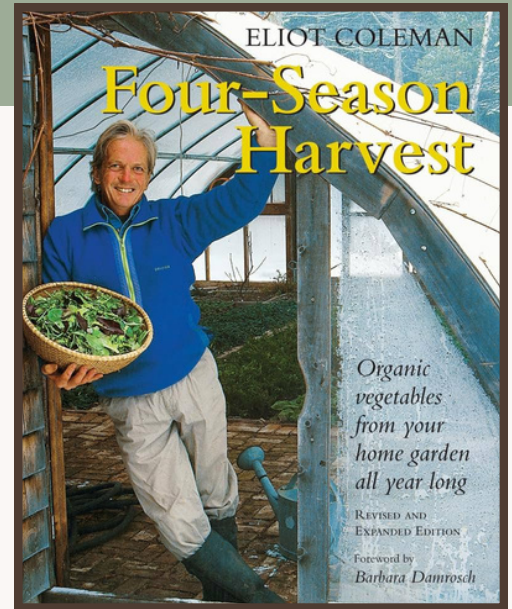
- **You do not have to qualify for EBT to qualify for free and reduced farm bucks. If you regularly don't purchase fresh produce because you can't afford it, you qualify for Affordable Farmbucks.**
- **Learn about the 3 tiers system and FAQ about the Affordable Produce Program [here](#).**

Jessie's Reading Recommendation

FOUR-SEASON HARVEST BY ELIOT COLEMAN

This book is a fun to read and easy to apply manual on growing produce in cold climates. Coleman writes about composting, mineral amendments, planning and preparing your garden, seeds for four seasons, building cold frames, high tunnels, and mobile greenhouses, coping with snow, creating root cellars and more.

[PURCHASE HERE](#)



Have leftover Marigold garlands? Try this skincare recipe!

FOR DRY WINTER SKIN

Marigold petals help calm inflamed, dry skin. Simply make a paste of 1 tsp marigold flower petals with 1 tsp milk (alternatively, you can use unsweetened rice or oat milk) and 1/2 tsp honey. Apply paste to irritated/dry spots on your face for moisturization. Lasts for 1 week in the fridge.

SUPPORT OUR WORK

BECOME A MONTHLY DONOR

Monthly Giving is an easy and valuable way to contribute to LSFP's programs. It's tremendously helpful to have a group of donors who provide reliable, unrestricted income that allows us to plan for the future.

[DONATE](#)

"We want everyone to experience how delicious local food is and to enjoy the farm's educational programs which benefit our community and home ecosystem."

–Trinity Stirling and Andrew Murphy,
LSFP Monthly Donors

Questions? Contact us

@lostsierrafoodproject | events@lostsierrafoodproject.org

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