The Yisrael Family Urban Farm

“Transforming the Hood for Good”

growing

food ● people ● community
- Family Health Problems
- Started Growing Food in 2007
- Switch to Plant-Based Diet
- Work More or Grow Food
CULTIVATE THE GARDEN WITHIN

WWW.YISRAELFAMILYFARM.NET
Today’s Harvest
110 lbs of Produce!!
THE YISRAEL FAMILY URBAN FARM

- Sustainability and Stewardship - 2015
- Edible Sacramento – March 2016
- SNR – September 2016
- Comstock’s Magazine – Sept 2017
WELCOME
TO
SOUTH OAK PARK
ESTABLISHED 1889
I THINK I SEE AFFORDABLE HEALTHY FOOD ON THE HORIZON!

IT'S JUST A MIRAGE!
WHAT WE DO...

Organic, non-GMO

Canning/Preserving

Composting

Soap Making

4,000 lbs of food last year

We do everything by hand
HOW WE ARE #TRANSFORMINGTHEHOODFOR GOOD

Volunteer days and farm tours
South Oak Park Harvest Group
Project GOOD!

Educational Workshops
Urban Roots Garden Builds
Politics
LAST YEAR WE GREW OVER 4,000 LBS OF FRUITS & VEGETABLES!
TRANSFORMING THE FOOD FOR GOOD!
THE 6 COMPONENTS OF HEALTH

PHYSICAL
- How well your body functions
  - Eating well and balanced
  - Being active and exercising
  - Avoiding drugs and alcohol
  - Sleeping and being well-rested

MENTAL
- How good you feel about yourself
  - Self-esteem and confidence
  - Coping with stress and emotions
  - Working productively

SOCIAL
- How well you get on with others
  - Relationships with family, friends, and others you’re in contact with
  - Ability to communicate
  - Expressing needs to others

EMOTIONAL
- How well you feel emotionally and psychologically
  - Feeling secure with emotions
  - Expressing emotions constructively
  - Ability to understand emotions to move forward

ENVIRONMENTAL
- How you interact with nature
  - Recycling
  - Conserving energy
  - Being aware of limits of Earth’s natural resources
  - Enjoying and appreciating nature
  - Creating nurturing and perceptive environments

SPIRITUAL
- How you live with a purpose
  - Being at peace and relaxing
  - Maintaining morals
  - Reflecting on meaning of events and life
  - Practicing compassion and forgiveness with others

Check out MakeMe™ at www.make.me
“Transforming the Hood for Good”

www.yisraelfamilyfarm.net
888-487-9494

growing

food ● people ● community