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Wed, 03/17/2010 - 04:41 -- Susan E. Roth

My name is Susan Roth, and I live in a very small city, that is one of only two "rural" cities in NJ. However, it is not what it sounds like. We have no access to fresh wholesome food within our city limits, we are only one square mile in size, with the Delaware river along our western most border.

We have many elderly and low income residents that also don't drive, so there is no way for them to even get to the sources of good food, which surrounds us, by the way. With a car you are less than five minutes from some of the best farms in New Jersey. I want to help in several ways.

One, I rent land along the bus route and will be more than willing to share my plot with serious gardeners, who will be part of the program. Also, after 14 years as a culinary arts teacher, who firmly believes that you can't separate the raising of food from the preparation, I have many tricks to help people eat better and make wiser choices in their foods. I also have practiced herbal medicine, and crafts since I was in my twenties, - that is along time- hint-my daughter is 32! I teach courses in simple SAFE herbal remedies that people can make themselves, responsible wild crafting, as well as crafts and "beauty" products. To round out my credentials, I am now in the process of getting certified as a Nutritional Therapist, and plan to use this knowledge to help people as well.

But first things first, to organize a pod. What have most of you done to get your pods started? I am going to write out a flyer and give it to local church leaders to share with their congregations, and I have several places where we can meet. So let the games begin!! Green Blessings, Susan

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