



HEALTHY EATING AT HOME

Plain Talk Staff Reports

Sam Heikes runs Heikes Family Farm, a local for Community Supported Agriculture (CSA) and retail outlet north of Vermillion.

The farm has a vast variety of berries, greens, vegetables, herbs and orchard crops.

Heikes is focused on helping families eat healthier.

"This is now the third year of my CSA," Heikes said. "Right now we've got a 12.5 acre garden and about 125 shareholders."

A CSA is a method of food sourcing gaining popularity across the U.S. Patrons purchase a yearly share in the farm, and then receive fresh produce all year.

"Between the commercial shares and the family shares, we are probably feeding about 800 people," Heikes said.

Having shareholders helps the farm make improvements so they can guarantee produce in the future.

"A share that people buy is for a year. That share will get them 32 weeks of fresh produce," Heikes said.

Each year the Heikes farm plants over 50 different varieties of fruits and vegetables.

Nutrition is important to

Heikes, and what local produce does for the family is his passion.

"We have local produce that really tastes good," Heikes said.

Aside from the health benefits CSA members utilize from the farm, the environment is also managed in a healthy way.

Heikes uses natural fertilizer, respectful tillage practices and diverse crops to be the best steward of the land and of the produce. Heikes is using sustainable farming practices to ensure the health of organisms healthy in our landscape. While not certified organic, Heikes believes in organic practices. Without using chemicals such as fungicides, insecticides and herbicides the farm is more focused on old fashioned farm labor.

Vermillion residents interested in joining the Heikes Family Farm CSA can see their website at heikesfamilyfarm.com, or call 605-222-3949.

To learn more about Heikes Family Farms join them Friday, April 24, from 4-7 p.m. for food, family, fun and educational displays. 1408 317th Street, Vermillion (behind Masaba on Highway 50 Bypass).

SUSTAINABILITY CLUB

Sonia Hernandez

For the Plain Talk

The University of South Dakota Sustainability Club is asking Vermillion To think green as part of local Earth Week celebrations.

Emily Hattouni, sophomore at the University of South Dakota majoring in Psychology, is the Earth Day Fair coordinator at USD this year. Hattouni is also a member of the school's Sustainability Club.

"It's called Earth Day," says Hattouni, "But it should be Earth Day every day, and we hope to get more people thinking this way during the week-long events."

The Earth Days celebration includes speakers and activities centered on fostering healthy living, responsible economic development and sustainable growth.

This will be the second Earth Week at USD – a relatively new event that coordinators hope will spark more interest and awareness in sustainability and environmental concerns.

Meghan Jarchow, professor of sustainability at the University, has been part of the Earth Week events since the beginning.

"I mostly do overall coordination of Earth Week," says Jarchow. "We expanded it to a full week, and linked

Worldwide movements have fundamentally changed the way people think about the environment.

responsibility for what we do, and eventually changes become habit."

Jarchow agrees.

"Americans use so much energy," says Jarchow. "I think it would be easy to change little things – using cold water to wash clothes and eating less meat and fewer animal products, which are really effective." Living sustainably does

earth (every) day

the campus and the community – there has been more of a concerted effort to do more this year."

Earth Day has been celebrated since the modern environmental movement that emerged from the flower-child culture of the 1960s and 70s. Since then, many communities have adopted their version of the event. Vermillion had its largest community-wide celebration in April of 2014.

April 22 marks the anniversary of demonstrations that resulted from a massive oil spill in Santa Barbara, California in 1969. The political and social climate of these turbulent times helped promote public consciousness about environmental concerns – such as air and water pollution. Since then, Earth Day has gone global.

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(come 10-15 minutes early to line up)
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NOTICE
Vermillion Voters & Taxpayers

The City has passed an ordinance that imposes a 5% wholesale tax on beer. This is double taxation because beer is also taxed at retail.
What items would the City double tax next?

This tax is discriminatory as it taxes a certain consumer group to pay back most of the money the City wants to borrow, via bonds, to spend on Prentis Park projects.

1. The proposed 3.1 million in borrowing has an approximate 1.3 million cost for interest.
2. The proposed water park/pool cost of about 4 million is excessive for an outdoor facility that is used about 10 weeks a year.
3. The City should visit the Summit Center in Yankton to see how a city and school district worked to create an indoor facility that is used year round.

There is an initiative petition being circulated to bring the unfair wholesale beer tax to a vote.

If you would like to sign or circulate a petition, call Paul Hasse, 670-1068.

Paid for by Paul Hasse.

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