

JOIN US ON THE JOURNEY!

Over one hundred years ago people in our community worked together to grow, prepare, and enjoy healthy, fresh food. Since that time the convenience and commodification of food has led to a culture that is less healthy, less connected, and less skilled. **Hillview Urban Agriculture Center** wants to bring back the best of the past using the technology of today to create a local, sustainable, and accessible food system for the Coulee Region.

To support its mission, Hillview engages community members in the following ways:

- Building soil with food waste
- Teaching and inspiring people of all ages and abilities to grow food
- Preparing and preserving healthy food together
- Supporting a food system that serves all our community needs

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PHOTO: Coulee Montessori 8th-grade students in the Washburn Neighborhood Garden.
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Hillview
URBAN AGRICULTURE CENTER

A Growing Experience

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Hillview
URBAN AGRICULTURE CENTER



Creating a **healthy**
community through
a **local, sustainable,**
and **accessible**
food system.



BUILDING SOIL WITH FOOD WASTE

Vermicomposting is the process of breaking down food waste using red wiggler worms. As worms eat through waste, they produce a well-balanced, nutritious fertilizer called worm castings, or as Hillview calls it, VermiGold.

We operate one of the largest vermicompost units in the Midwest; it is a favorite field trip site for children and local schools.



TEACHING & INSPIRING PEOPLE OF ALL AGES & ABILITIES

With our new greenhouse, our vision is to have a year-round growing environment where we can provide educational and inspirational programming for all community members. Guided by Hillview staff, volunteers grow organic and heirloom food seedlings that are donated to community and school gardens. Hillview and our volunteers also grow produce to fruition to sell to local restaurants, organizations, and the public to help support our programming.

HILLVIEW ENJOYS A PARTNERSHIP with Mayo Health System—Franciscan Healthcare and Western Technical College, with the support of the La Crosse Community Foundation. This partnership provides Hillview with greenhouse space at Western's state-of-the-art Horticulture Education Center located on its campus. Mayo provides space for our vermicomposting facility (which includes a partnership with UW-La Crosse) and a hoop house located at Washburn Neighborhood Garden. But having the spaces alone does not complete our mission. In order to serve our community through educational programming and volunteer activities, we need financial support from those who believe that local, sustainable and accessible food systems are critical to creating vibrant and resilient communities.



PREPARING & PRESERVING HEALTHY FOOD TOGETHER

Through Hillview's Market Baskets program we educate community members on preparing and preserving food. Program participants receive recipes and cooking demonstrations so they can prepare healthy and nutritious meals for themselves and their families. So far the program has served over 2,000 people and distributed over 600 slow cookers to individuals and families. Another popular program is Future Iron Chefs, which trains area youth in kitchen skills.



SUPPORTING A FOOD SYSTEM THAT SERVES COMMUNITY NEEDS

Hillview understands the critical importance of collaboration in creating a robust community food system. We work with other agencies and organizations to identify problems and solutions related to food insecurity and the link between convenience foods and the health problems that impact our region. Our goal is to help create a food system that seeks to move emergency-food recipients to stability and self-sufficiency.

No amount is too small, but with a donation of \$50 or more you will receive a copy of our publication, *The La Crosse Area's Growing Experience*, which tells the story of our humble beginnings and our hopes for the future. You can give online at HillviewUAC.org/donate.

To learn more about our programs and initiatives, to volunteer, or to schedule a tour, go to HillviewUAC.org.