

GROWN BY OUR OWN



A local food event for consumers, producers, and home-growers will be held Tuesday, May 20, 2014, at the Two Harbors Community Center. Doors open at 5:30pm to visit local vendors, with a presentation beginning at 6:30pm.

Like many communities across our country and throughout the world, Lake County and the North Shore are experiencing a rapidly rising interest in locally-sourced food. Recent articles in our local papers have featured community supported agriculture (CSA) and school initiatives to grow food for themselves. For diverse reasons, more people are seeking out locally produced foods or starting to produce more themselves and to sell to others.

Grown By Our Own will feature Duluth Grill experts Tom Hanson and Francois Medion. Tom Hanson is the man behind the vision, who with the help of his family and team has made sustainable, local, fresh, affordable, organic, fair labor and community engaged part of the language and ethos of the diner scene in Duluth MN. His leadership has a profound impact on the farming, restaurants and regional food services, by offering a success story to emulate and by making local and organic more accessible and affordable for everyone. Tom has expended his vision for a more resilient future well beyond the kitchen and dining room by planting the seeds of an urban oasis in a blighted industrial neighborhood. Today the Duluth Grill is also a full fledged urban farm with a roof garden, a permaculture orchard, a greenhouse and an aquaponic system.

For Tom the concept of local economy isn't limited to produce, local artists are prominently featured on the walls, all the coffee cups, each one unique are made by local potter, and many other local artisan crafts are displayed and sold in the restaurant. Finally Tom and the restaurant contribute and actively support many local nonprofit organizations; Tom is a board member of the Duluth Community Garden Program and the Lincoln Park Neighborhood Business Association.

Born and raised on a small family farm in the South West of France, Francois Medion has been living in the United States since 1983. He has been working in the restaurant industry for most of the last thirty years rubbing shoulders with chefs of great talent, in New York and Minneapolis, developing a deep appreciation for fresh, unique, organic produce as well as becoming along the way an accomplished artisan bread baker.

Twenty years ago he progressively transitioned towards an outdoor occupation bringing him back closer to his roots. Beginning as a landscaper and gardener and going back to school, he pursued a Bachelor of Botanical Science while expanding his knowledge of Permaculture systems, Biointensive gardening, soil science, and wild foods. Today he is the farm manager at the Duluth Grill, helping their new urban farm come off the ground, and setting up an inovative aquaponic system that will provide the restaurant with fresh vegetables and fish year around.

We also encourage you to visit with vendors, check exhibits by local farmers, and see what resources are available. In supporting local producers we support a more sustainable food system, consume food at its freshest, most nutritious, and most delicious time, and help these friends and neighbors thrive in their small businesses.

There's a lot growing on in our area! Grown By Our Own is open to the public, with a free will donation. It is co-sponsored by the Two Harbors Community Radio, a collective voice for the people situated along the North Shore. It will be a non-profit, volunteer-run and community-supported 100 watt station serving up to 10 miles. THCommRadio@gmail.com Also co-sponsored by the Two Harbors Farmers Market, a collective of local farmers and producers. A venue for consumers to purchase high quality, fresh, and locally grown products. We encourage products which promote healthy lifestyles and sustainable, local agriculture. Contact: info@twoharborsfarmersmarket.com New vendors are welcomed.