



The Homegrown Edition

TranSComm

Green Mobile News

Locally sourced foods and goods

Hello all,

We hope you are managing to stay cool during this sizzling summer!

You may wonder why TranSComm, a transportation management association, has taken enough interest in locally sourced foods and goods to dedicate an entire newsletter to the topic.

The answer is simple: as an advocate of sustainability and environmentally conscious decisions, the flow of consumer goods is of deep concern to

us. Like all other goods, crops must make a journey between the farm and the marketplace. By buying locally produced food, consumers can contribute to increasing efficiency and reducing the harmful effects of transporting these products to and from further places, also adding to air quality as trucks spew less pollutants into the air with shorter travel times.

Our Boston University work-study student, Jen Covino, has done a terrific job researching our very own Farmer's Markets.

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Enjoy this issue — it is best enjoyed with a locally grown peach!

Happy rest-of-the-summer,

Maureen Lacey and the Friendly Folks at TranSComm

About TranSComm

Transportation Solutions for Commuters, Inc (TranSComm) is a transportation management association (TMA) that coordinates the transportation needs at BUMC and in the Albany Street neighborhood of Boston's lower South End. TranSComm develops employee programs that promote alternatives to driving alone

and enhances accessibility in our neighborhood.

TranSComm is a pro-active organization committed to working collaboratively with local, state and federal agencies to propose and implement transportation options for the Medical Center, its affiliates, and the South End community.

BMC Farmer's Market Fridays

Boston Medical Center hosts a weekly Farmer's Market inside the Menino Pavilion (850 Harrison Avenue) every Friday from 11:30am until 2:30pm between June 18 and October 29. Farmer Dave's of Dracut offers locally grown fresh fruits and vegetables for purchase, as well as Community Supported Agriculture (CSA) Shares throughout the summer and autumn. A CSA Share is a weekly delivered assortment of fruits and vegetables available for pre-order. The Food Project and Boston Medical Center's own Department of Pediatrics have partnered together to make this endeavor possible with their support.



Above:

A happy customer receiving his weekly CSA share of Farmer Dave's produce.

The Food Project's generous grant funding enables the Nutrition & Fitness for Life Program to distribute \$5 coupons for produce to all market-goers. When Electronic Benefit Transfer (EBT) transitioned to swipe card technology from the previously used food coupons, the Food Project partnered with the City of Boston to ensure that Farmer's Markets remained inclusive by accepting payments from the new cards.

Even more impressive, this alliance resulted in the formation of Boston Bounty Bucks, a program that advocates the accessibility of locally farmed produce for all Boston residents. Boston Bounty Bucks offers to match purchases valued up to \$10 in free foodstuffs. This incentive encourages local residents who need to maintain a budget to visit the Farmer's Market and shop for affordable, healthier choices. The benefits are multi-faceted; Boston families can eat healthier while simultaneously supporting local farmers.

Nebulla Stephens, a Dorchester native who oversees the Farmer's Market and works in conjunction with Community Initiatives, believes "food justice [is] social justice." She recently arrived at Boston Medical Center in June, having previously worked at Farmer's Markets at Harvard University. Stephens works the Farmer's Market every Friday and believes that the program is "[an extension] of the exceptional care" offered by BMC. Many take advantage of this exceptional care weekly, with upwards of a hundred people attending the Farmer's Market and another forty-seven people who order weekly shares of produce from Farmer Dave's.

The event takes place each Friday, rain or shine, as it is conveniently held inside the Menino Pavilion. EBT, WIC and Senior Farmers' Market Coupons are all accepted.

www.farmerdaves.net

Every Friday June 18 - Oct. 29 11:30am - 2:30pm Menino Pavilion



Above:

Assorted fruits and vegetables

SoWa Summer Sundays

The SoWa (South of Washington) Open Market offers a shopping experience like no other in Boston. With an ever-changing group of artisans, a hip location and the chance to feel the sun on your face while you browse, it's a trip worth making. The market offers the opportunity to meet the artists, vendors and farmers behind the work, and is fast becoming part of the South End's well-known artist's community. The market hosts a wide variety of vendors, whether you're looking for hand-crafted accessories, original art, indie designer clothing or just a fresh loaf of bread, you'll find painters, sculptors, photographers, clothing and jewelry designers, milliners, handbag designers, florists, bakers, local farmer's produce and much more every week. SoWa added live music to the weekly schedule this year.

The SoWa Open Market takes place each Sunday between 10am and 4pm throughout the summer and into October. SoWa is located at 460 Harrison Avenue, a few blocks from the medical campus.

<http://southendopenmarket.com/>

Every Sunday June 18 - Oct. 31 10:00am - 4:00pm 460 Harrison Ave



Boston University and Sustainable Dining

The Department of Dining Services purchases local products coming from 45 farms and 137 different producers. Whenever possible, they buy locally to reduce fuel usage and greenhouse gas emissions and seek purveyors that are committed to sustainable agriculture practices. Annual purchases of locally produced food are \$2,400,000 and locally grown produce purchases are in excess

<http://www.bu.edu/dining/about/sustainability.html>

Charles River Campus Farmer's Market

Dining Services is thrilled to announce the return of the Farmer's Market at the GSU Plaza. Each Thursday, the Market will offer locally grown fruits and vegetables, fresh baked goods, and crafts made from area artists. The market features farms from Massachusetts and the New England region. Stop by and support your local vendor community!

http://www.bu.edu/dining/about/2010_farmers_market.pdf

Every Thursday Aug. 12 - Oct. 14 12:00pm - 5:00pm GSU 775 Comm. Ave.

TRANSCOMM

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WHAT SERVICES DO WE PROVIDE?

- Public Transit Advocacy
- MBTA Pass Programs
- Carpooling & Vanpooling
- Bicycling
- Walking
- Personalized Commuter Assistance
- Employee & Student Orientations

The Walking Edition

The next edition of the Green Mobile News coming this fall.

TranSComm is pleased to announce its upcoming Summer/Autumn schedule of Employee Lunch Time Walks:

Southwest Corridor Walk:

August 24

Discovery Roxbury Walk:

September 8

Medical History Walk:

September 15

Winner's Corner



Keri Dame (BU)

Winner of the Bike Tune Up Raffle and *The Bike to Work Guide*

Vanpooling

Medical Center employees are very busy with demanding and many times unpredictable schedules.

Still, “hope springs eternal,” and TranSComm is introducing a vanpool project this fall.

Look for information in September, the project will include incentives, prizes, etc.

If you are interested in vanpooling, please call our office at (617)638-7473.