

# HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE  
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## Wednesday is Opening Day!

[GVSU's Farmers Market](#) returns this Wednesday, June 5th, from 10am - 1:30pm in Parking Lot G. Join us for lunch at the [Summer Grill Challenge](#), and don't forget to stop by your [favorite vendors](#)! Bike tune-ups will be available starting this Wednesday; [see the full schedule here](#).

## Summer Grill Challenge

Who will win the Summer Grill Challenge this Wednesday? Public Safety and Housing staff team up against Facilities Services guest grillers to earn your vote for best recipe! Taste test both recipes for a \$7 donation. All proceeds go to a selected organization in need! [Check out this year's recipes](#).



## GVSU Farmers Market Featured Vendor: The Sustainable Agriculture Project

In 2008, a group of students wanted a place to grow food on campus, which initiated the start of GVSU's Sustainable Agriculture Project (SAP)—also known as the farm. The SAP started as a community garden, and while that's still true, it has grown to be much more. From adding a few hoop houses and more acreage to the farm, to setting up a [demonstration garden](#) near the Transformational Link, to being a vendor at the [GVSU Farmers Market](#), the SAP has become something everyone in the community can get involved with.



Visit Youssef and the SAP students at the GVSU Farmers Market!

Youssef Darwich—the farm manager—has been involved with the SAP since 2012 when he was a student, and has been the farm manager since 2015. The SAP focuses on practicing sustainable farming techniques, but Youssef says it's a lot about the social aspect and social practices, too. To evoke community engagement, the SAP holds classes, group visits, and [volunteer hours](#) out at the farm.

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*"I love being able to bring people out to the farm so they can literally taste the fruits of their labor."*

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This year, the SAP will be offering [CSA farm shares](#), which will provide community members with another way to get their hands on fresh, local produce. Farm shares will be available for purchase for three 9-week sessions. Each week, 'shareholders' will have the option to have their shares—a large bag of produce containing seasonal items from the farm—dropped off around Allendale's campus, or they will be available for pick-up from the GVSU Farmers Market. In addition, the SAP's [online farm stand](#) is now open, where specific farm items can be ordered during the week, including weekly shares and GVSU honey.

There are options for everyone, as the SAP will be returning as a vendor to the GVSU Farmers Market this year as well. Youssef says the SAP has been a vendor for as long as he can remember, and his favorite part is "seeing how much people enjoy what you grow and the relationships that deepen by sharing goods." Though selling crops from the farm is important, Youssef values building relationships with the other vendors, community members and students. One of his favorite memories from the Farmers Market was handing out flowers to the visiting daycare children on campus. Youssef says, "Seeing all the brightness it brought to the children was heart-warming," and the same goes for other people who receive flowers from the SAP. "Flowers bring the beauty of nature outside on the farm, inside to people," he says.

Visit the SAP at the Farmers Market this Wednesday, June 5<sup>th</sup> from 10:00 am – 1:30pm in Parking Lot G, to enjoy fresh products of the spring season. Keep up-to-date on new and exciting things happening this year on the [SAP's website](#), as they will be reintroducing their mobile market on campus, and will also be starting lunch-time workshops in the demonstration garden.

## Run with GVPD

In just two weeks, your chance to run, walk or roll away from the cops is finally here! All GVSU faculty, staff and family members are invited to challenge GVPD to a 2 mile fun run/walk on June 19. The race will begin at 11:30am at the Farmers Market in Parking Lot G. Following the race, enjoy lunch at the Market for an additional cost.

Pre-registration is **required!** Registration fee is \$6, and \$5 of each registration fee will go to the [GVSU Student Support Fund](#). Race day registration will be available from 9:30am - 11:00am. [See more details](#).



## Compete on GVSU's Active Commute Week Team

During the week of June 17 - June 21, ditch your solo car trips and engage in active commuting. We aren't just talking about your work commute -- you commute everywhere you go! Walking to the store? That's a trip. Walking back from the store? That's another trip. See more examples of [active trips](#).

Help GVSU win the Active Commute Week Challenge by signing up with us! It's as easy as 1-2-3:

1. [Sign up](#) and list GVSU as your organization
2. Log your trips
3. Share pictures from your active commutes using #acwgr

Increase your chances of winning by logging as many trips as you can, posting them on social media using the hashtag, and attending **ACW Happy Hour!** Happy Hour will be hosted on Friday, June 21 at The Golden Age at Creston Brewery from 4:30 - 7:30pm. For more information about ACW Happy Hour, weekday pit stops, and prizes, visit the [ACW Grand Rapids website](#).

Join ACWGR and GVSU in creating a healthier community.