



Dear FoodWorks Community,

Week of June 17th 2013

The interns have done an excellent job of settling into Louisville and from all reports, everyone is having a great time and accomplishing good work. Thank you for providing such a warm welcome to the Middlebury students.

We look forward to exploring the theme of Local Economy during the third Fifth Day Friday, June 21. The morning will begin with a 9:30 am FoodWorks Talk with local food entrepreneur [Ivor Chodkowski](#) and [Monty Fischer](#), Director of Development for the Center for an Agricultural Economy in Vermont. The video conference will be in Room B24 of the Bellarmine library. If interested in attending, please RSVP to [acurtis@middlebury.edu](mailto:acurtis@middlebury.edu).

After, the interns will meet with [Dr. Rob Kingsolver](#), Dean of the [Environmental Studies](#) program at Bellarmine University for a healthy discussion about the value of a community having a local food system.

The afternoon will be spent visiting [The Root Cellar's](#) Germantown location to see their new Root Mobile Truck, and discuss what it's like to grow a local food business in today's economy. The afternoon will conclude with a visit to [Grasshoppers Distribution](#) for a snack and discussion about the hills and valleys of building an local online local grocery business.

The Fifth Day readings are taken from "[Rebuilding the FoodShed: How to Create Local, Sustainable, and Secure Food Systems](#)" by Philip Ackerman-Leist. This week's theme focuses on Chapter 9 & 10. You can also check out Ben Hewitt's "[The Town That food Saved.](#)"

Saturday evening the interns head to Churchill Downs for [Downs After Dark!](#)

Next week's the theme is Food Safety. The interns will meet with Mayor Greg Fischer during the Fifth Day Thursday, June 27th.

Louisville Independent Business Alliance (LIBA) intern Cagan Koc with colleagues Julia Steiner, Allison Delande, Jennifer Bear Rubenstein, & Angela Weisser at the Louisville Independent Business Alliance Office Warming party.



Each week's FoodWorks Talk involves a thought-provoking blog prompt to which the interns in Louisville and Vermont reflect and respond.

The blog allows the interns at both locations to connect and share thoughts and experiences as they relate to their internships, Fifth Day journeys, FW Talk presentations, as well as how all of it relates to their rural vs. urban settings this summer. You can read the [blog reflections](#) on the [FoodWorks website](#).



The first Fifth Day focused on Sustainability and Energy with a visit to Bernheim Forest and Arboretum with Claude Stephens (right). The afternoon was spent at the University of Louisville Composting program with Brian Barnes (left), and some time spent turning compost in the hot afternoon sun!



The second Fifth Day focused on Ecology with lunch spent on the Ohio River, followed by an afternoon trek through the Falls of the Ohio. The day ended with plans for a raised bed garden so the interns can grow and feast on their own food this summer.



FoodWorks Louisville attracts talented Middlebury College students to participate in a nine-week competitive paid internship program centered on the local food economy. FoodWorks provides meaningful four-day/week internships, an educational set of high content "Fifth Day" presentations and projects, and personal connections with Middlebury alumni, members of the local food sector, and Greater Louisville community.

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