



Distribution & Access

June 21, 2022
National Rural Grocery Summit



Moderators:

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Agenda

Goals

Introductions

Key Points

Successes & Challenges

Q & A Discussion

Goal of The Presentation

Share resources about distribution and access among food producers

Enable larger regional discussions for food distribution and access

Disseminate knowledge and best practices with each other

Provide a place for collaborative efforts to reduce redundancy

Introductions

Andrea McAdow- Rosebird Farms - Kingman, AZ



Darren Bingham- REGEN Consulting Services & Northern Arizona University - Flagstaff, AZ



Distribution in Mohave Co

Rosebird story

Farm to doorstep

Farm to storefront: Downtown Kingman

Farm to drop off point: Yucca, Lake Havasu City

Liviri totes

Van

Software and logistics



Wash Pack Setup Considerations

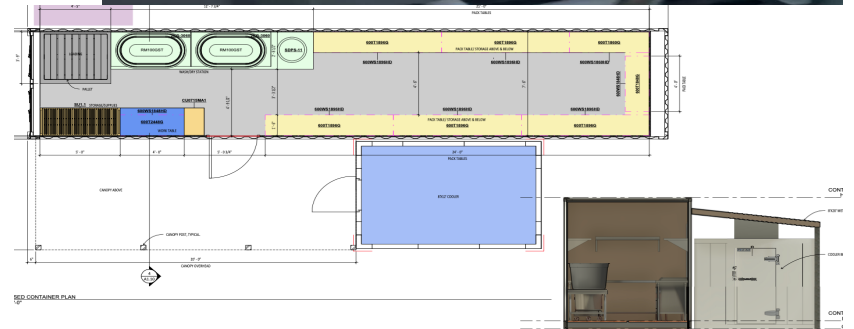
Dirty In - Clean Out (FSMA)

Room for assembly line packing

Stainless steel for easy cleanup

Storage for stock of dry goods/pantry items

Easy access to coolers



Challenges

Transportation of products across long distances and remote locations

Cold storage/cold chain and warehousing in rural Arizona

Keeping services operational during extreme weather

Coordination of ordering with customers and vendors. Keeping inventory up to date and minimizing waste.

Pricing that is fair to farmers and consumers.

Seasonal availability of state grown products for year-round funded programs



Bonus Features

Recipe Development

Individual ingredient or weekly specific meals

Add-Ons- Eggs, meats, dairy, speciality products, flowers, shelf-stable goods

Advice on Arizona Food Assistance Programs: SNAP-O, Double Up Food Bucks

Marketing, Social Media, and **Email**

Stay connected and keep clients informed



University Partnerships

Northern Arizona Rural Foods Pathways Project

Funded by SEDI OF NARBHA since 2019

Provide at no cost to the food producer

Food system development

Knowledge sharing

Marketing and social media support

Networking and strategic partnerships

Recipe creation





PESTO PASTA SALAD

From <https://southernfoodandfun.com>

INGREDIENTS

Dressing

- 1 cup basil pesto
- Juice and zest from 1 lemon
- Additional juice from 1/2 lemon
- 1/4 cup chopped fresh parsley
- 1 shallot, minced
- 2 cloves garlic, minced
- 1 tablespoon extra virgin olive oil

Pasta

- 1 lb bowtie pasta
- 1 lb fresh asparagus
- 1 can quartered artichoke hearts, drained
- 2 cups julienned sundried tomatoes in oil, drained
- 1/2 red pepper, chopped
- 1/2 green pepper, chopped

RECIPE NOTES

- Prep Time: 30 minutes
- Total Time: 30 minutes

INSTRUCTIONS

01 Place all *dressing* ingredients in a large bowl and whisk together until smooth.

02 Cook pasta according to package directions. Drain and set aside in large bowl.

03 Blanch asparagus for 40-45 seconds. Remove immediately and plunge into ice water, then drain on paper towels. Chop cooled asparagus into one inch pieces and add to pasta. Add drained artichoke hearts, sundried tomatoes, and peppers to pasta. Add dressing and stir gently until well mixed.



ITALIAN TORTELLINI SOUP

From www.adventuresofashrinkingprincess.com/

INGREDIENTS

- 5 garlic cloves, minced
- 1 onion chopped
- 14 cup fresh basil finely chopped
- 2 quarts organic low sodium chicken broth
- 16 oz turkey sausage, casings removed
- 28 oz crushed tomatoes
- 2 cups spinach leaves
- 14 oz diced tomatoes
- 2 Tbsp of tomato sauce
- 14 cup shredded parmesan cheese
- 1 package refrigerated whole wheat cheese tortellini

RECIPE NOTES

- Makes 8 Servings

INSTRUCTIONS

01 In a large skillet with a little Evoo add sausage and brown for 8-10 minutes .break into small pieces

02 Sauté, onions and garlic in the same skillet until tender. Season with a little italian seasoning, salt and pepper

03 Add all the ingredients except the tortellini to crock pot Cook on low for 3-4 hours, or all day.

04 Right before dinner time, cook the tortellini according to package instructions. Then add to the soup.

Northern Arizona Future Food Production

Funded by SEDI OF NARBHA since 2020

Provide at no cost to the attendee topics like

Farming and ranching Do's & Don't

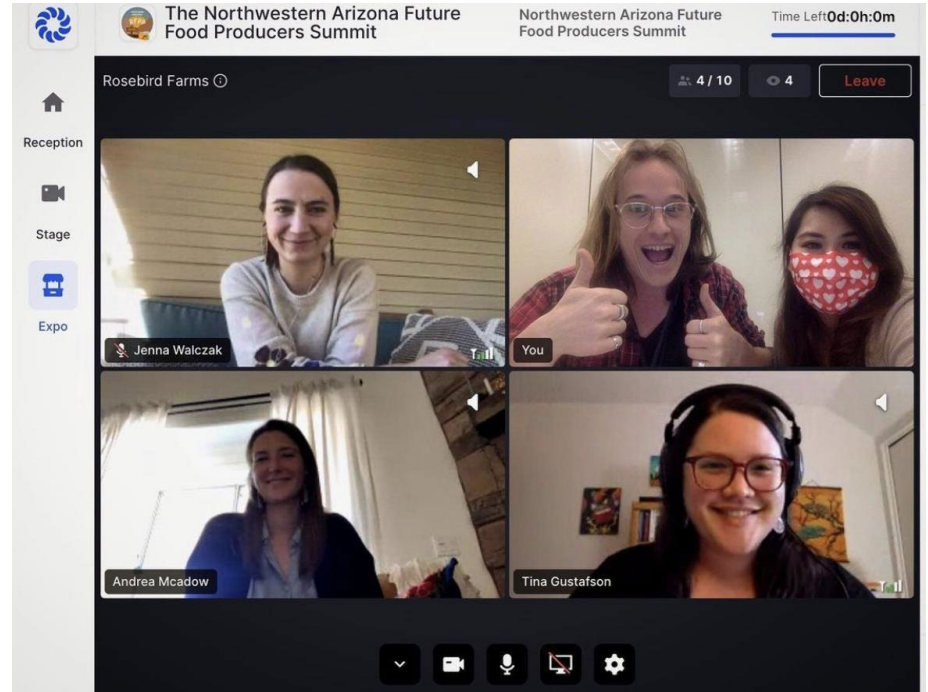
Grant writing advice

Food distribution and access

Farm and food safety

Marketing and branding

Business basics



Q & A Discussion

THANK YOU FOR ATTENDING OUR ROUND TABLE!

