

# THE *Flourish* PROJECT



## WHAT IS THE FLOURISH PROJECT?

The Flourish Project is the care farming expression at First Fruits Farm for marginalized groups to help them flourish physically, spiritually, and emotionally. The Flourish Project operates under the vision and mission of the Farm with the same desired result—feeding people both physically and spiritually. This is not a separate endeavor, but an intentional outreach to bring those living in marginalized populations to flourish through the practices of First Fruits Farm.

## WHAT IS CARE FARMING?

Care farming is a type of therapeutic farming to promote health, well-being, and belonging. It serves a diverse range of individuals, offering therapeutic interventions, social support, skill development, and engagement with nature and agriculture. We work with individuals and organizations like Penn-Mar, Trellis, Blooming Hearts, Helping Up Mission, and Westminster Rescue Mission to provide opportunities for those in marginalized communities. Many of the organizations that partner with us on The Flourish Project have garden beds or greenhouse space at the Farm reserved for their organization. Crops are grown by those in the program in an accessible space and mirror those in our own fields, providing opportunities for all to contribute to our GROW MORE – GIVE MORE – SERVE MORE initiative.

### **flour-ish** *verb*

(of a person, animal, or other living organism) grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment.

## WHY?

As a Christ-centered ministry, the Farm is dedicated to serving individuals affected by disabilities, those in recovery programs, and others in marginalized people groups. Through The Flourish Project the Farm offers accessible agricultural engagement with open-air gardening, greenhouse planting, volunteer opportunities, faith-based mentorship, and community building.

In the book of Matthew 25:35 Jesus gives us a mandate to care for others by saying, “I was hungry, and you fed me.” Hunger doesn’t just come in physical form, but it is also spiritual and emotional. In order to relieve hunger, there needs to be a favorable environment for growth to happen. The Farm works hard to create environments for produce to grow, for volunteers to serve and for opportunities to give all of what is produced to those in need. What would it look like to have a place where those who need support to begin to flourish in their lives, could find that at First Fruits Farm. The ripple effects of this type of Spirit filled work are far reaching.



## PROGRAM VALUES

**Grow:** Growing produce and growing in wholeness, skills, and understanding of purpose

**Give:** Giving away what we learn to grow and giving of ourselves for the betterment of another.

**Serve:** Giving of time, talents, and resources to help eradicate food and opportunity insecurity.

## PROGRAM OBJECTIVES

Provide opportunities for marginalized people groups (particularly those with disabilities, in recovery and reentry, veterans, and older youth) to encourage growth in the following:

- ☑ Growth in identifying purpose
- ☑ Growth in meaningful work and service to others
- ☑ Growth in developing transformative relationships



"I came to the farm about four years ago as a way to involve my special needs son in meaningful work through volunteering. The lesson I wanted to teach my son was simple. Regardless of a person's limitation, there is always something a person can do to give back. Participating in the planting, harvesting, and distribution of healthy food to those who find themselves struggling to feed their families is Kingdom work. As I have worked alongside of my son, I have seen him blossom into a generous young man who loves God and through his effort, reflects the love of Jesus to those whom he meets. - Anonymous