



**LA SEMILLA**  
LEARN · GROW · INSPIRE

**Economic Development for a Just Transition:  
Increasing Food Access and Investing in Local Farmers**









LA SEMILLA FOOD CENTER      BOWIE HIGH SCHOOL  
& AL WOODY OF HEALING WAYS ARTISTRY  
**INVITE YOU TO A MURAL UNVEILING**  
CELEBRATING LOCAL FOOD TRADITIONS



*virtual* CEREMONY      *in-person* OPEN HOUSE





## **1 in 3 children**

are food insecure (having limited or uncertain access to food)

*Feeding America, March 2021*

NM has the **4th highest hunger rate** in the country

*USDA, 2019*

**21%** of New Mexicans use food stamps (SNAP)  
(compared to 12% nationally)

This is **highest** SNAP participation in the country

*USDA Food and Nutrition Service, 2019*

**15.1% of New Mexicans** are food insecure  
(compared to 11% nationally)

*USDA, 2019*

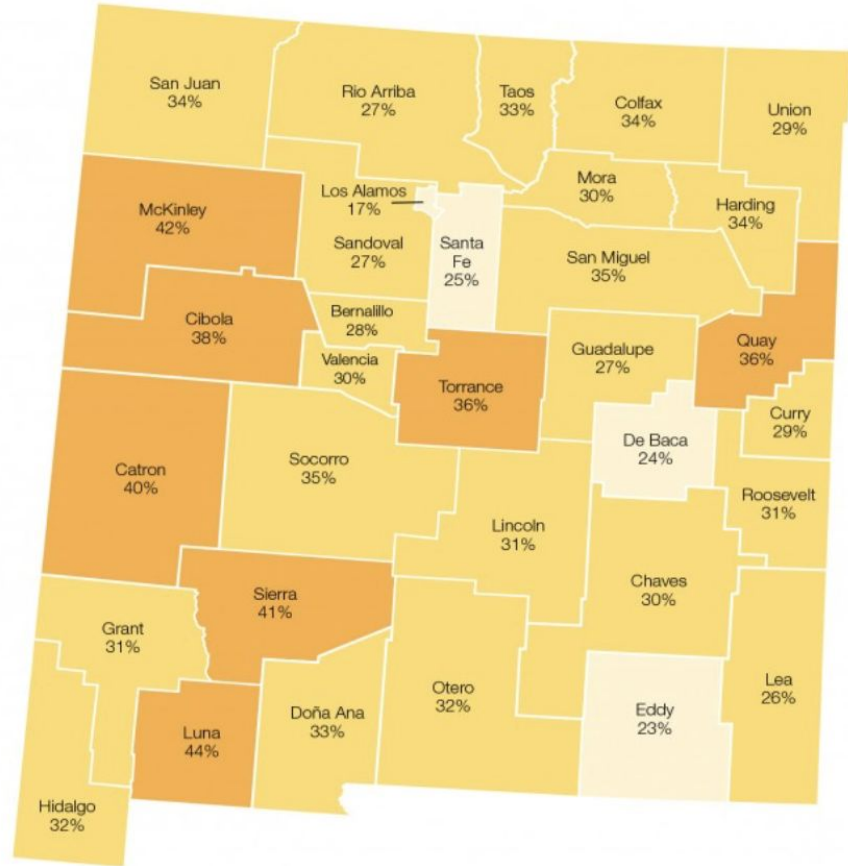




## FIGURE I

### The Pandemic has Worsened Childhood Food Insecurity

Share of children projected to be food insecure by county (2020)



Source: This Impact of Coronavirus on Food Insecurity in 2020. Feeding America, 2020

26% of NM children live below the poverty line

49th in childhood well-being in country

*Annie E. Casey Foundation, Kids Count report, 2021*

1 in 5 New Mexicans live below poverty line

*NM Voices for Children, March 2021*

70% of NM farmers reported a loss in 2017

14% of farmers received \$64 million in federal subsidies

\$6.5 billion was spent on importing food from out of state

*NM Food and Farm Economy Report, 2020*

Key



67% of NM Agricultural Workers interviewed in 2012 reported wage theft

NM Agricultural Workers' average income is \$10,000-\$12,499

*NM Center on Law and Poverty*

Ag workers are more likely than other workers to work full-time (82% vs. 76%)

**More likely to have household income below 200% of the federal poverty level (29% vs. 19%), and less likely to have health insurance (17% vs. 10%)**

Food production workers also are more likely to be food insecure than other workers.

*Kaiser Family Foundation, American Community Survey, 2018*



# Increasing Food Access for Everyone Who Grows Our Food





## Top NM Agriculture Products

1. Dairy
2. Cattle
3. Pecans
4. Hay
5. Onions

While nationally most states are decreasing milk production, NM has increased production by **33%**

*College of Agricultural, Consumer & Environmental Sciences, NMSU*

86% of NM dairy products are exported

*USDA Agricultural Marketing Service*

Per capita milk production in **NM is 4,097 lbs/year**

*USDA Agricultural Marketing Service*

Per capita milk production in the U.S. averages 624 lbs/year

*USDA Agricultural Marketing Service*

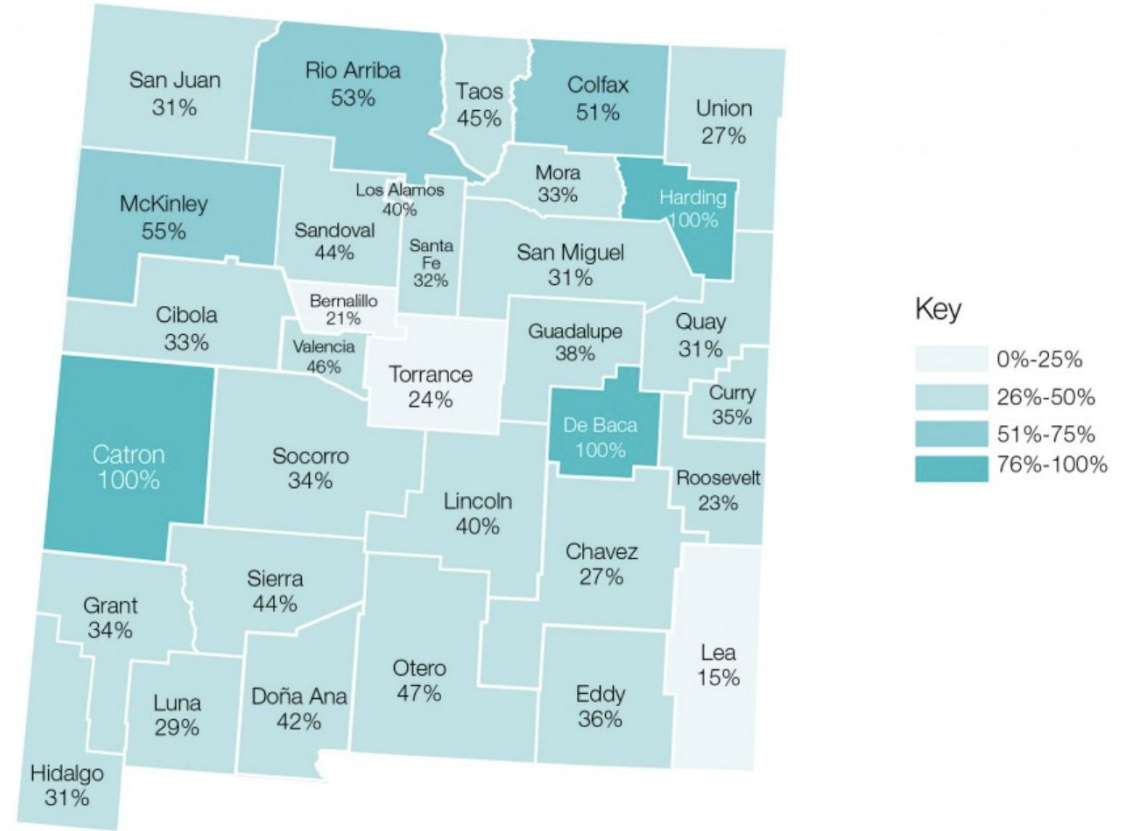
**Consumption** in the U.S. averages **565 lbs/year**

*USDA Agricultural Marketing Service*

**FIGURE IV**

### Three New Mexico Counties are Complete Food Deserts

Share of the population with low access\* to a grocery store by county (2015)



Source: "Food Access Research Atlas Data File," U.S. Dept. of Agriculture, Economic Research Service, released August 2015

\*Food access indicators for census tracts use 1-mile demarcations to the nearest supermarket for urban areas and 10-mile demarcations to the nearest supermarket for rural areas.

High-poverty areas, which are census tracts where at least 30% of the population lives at or below the poverty level, are more likely than higher-income areas to be food deserts. As with other indicators, disparities along racial and ethnic lines are also seen in high-poverty areas (see Figure V).



# Our Food System, Our Ecosystem



United States Department of Agriculture

Economic  
Research  
Service

Economic  
Research  
Report  
Number 273

May 2020

## Resource Requirements of Food Demand in the United States

Patrick Canning, Sarah Rehkamp, Claudia Hitaj,  
and Christian Peters



United States diets are resource-intensive

In 2007, total annual expenditures on food in the United States were 8.6 % of U.S. GDP

ERS estimates the U.S. food system uses:

25.5% of the country's total land area

28% of total freshwater withdrawals

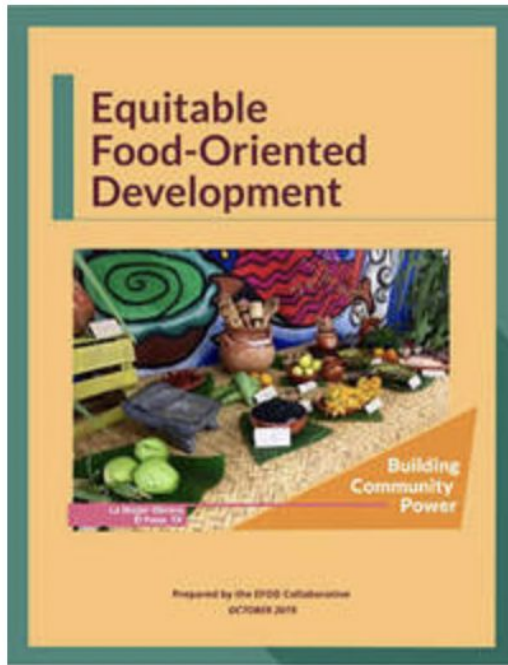
11.5% of total fossil fuel consumption

18.1% of total greenhouse gas emissions

Nearly one-half of farmland use is dedicated to production for markets other than U.S. food consumers.

*USDA Economic Research Service: Resource Requirements of Food Demand in the United States, 2020*





### **EQUITABLE**

Focus on historically and continuously marginalized and divested communities.

### **FOOD ORIENTED**

BIPOC have extensive expertise in food production. Food is closely linked to cultural identity, health, well-being, and economic resilience.

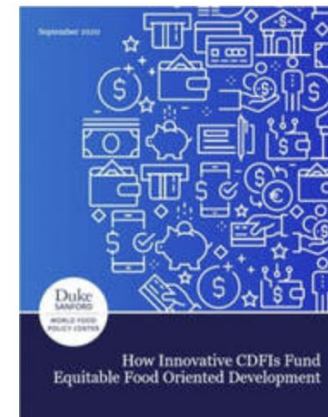
### **DEVELOPMENT**

Creation of market opportunities through BIPOC and community ownership to ensure wealth is redistributed to and remains within BIPOC communities.

EFOD is an approach to ground-up development that celebrates food culture and centers community solutions. The EFOD framework grew from a small group of community-based leaders in 2011.

### **Founding Steering Committee Members**

- La Semilla Food Center
- La Mujer Obrera
- Maadela Partners
- Inclusive Action for the City
- Sankofa Community Development Corporation
- Nuestras Raíces
- Community Services Unlimited
- Detroit Black Community Food Security Network
- Planting Justice



How Innovative CDFIs Fund Equitable Food Oriented Development



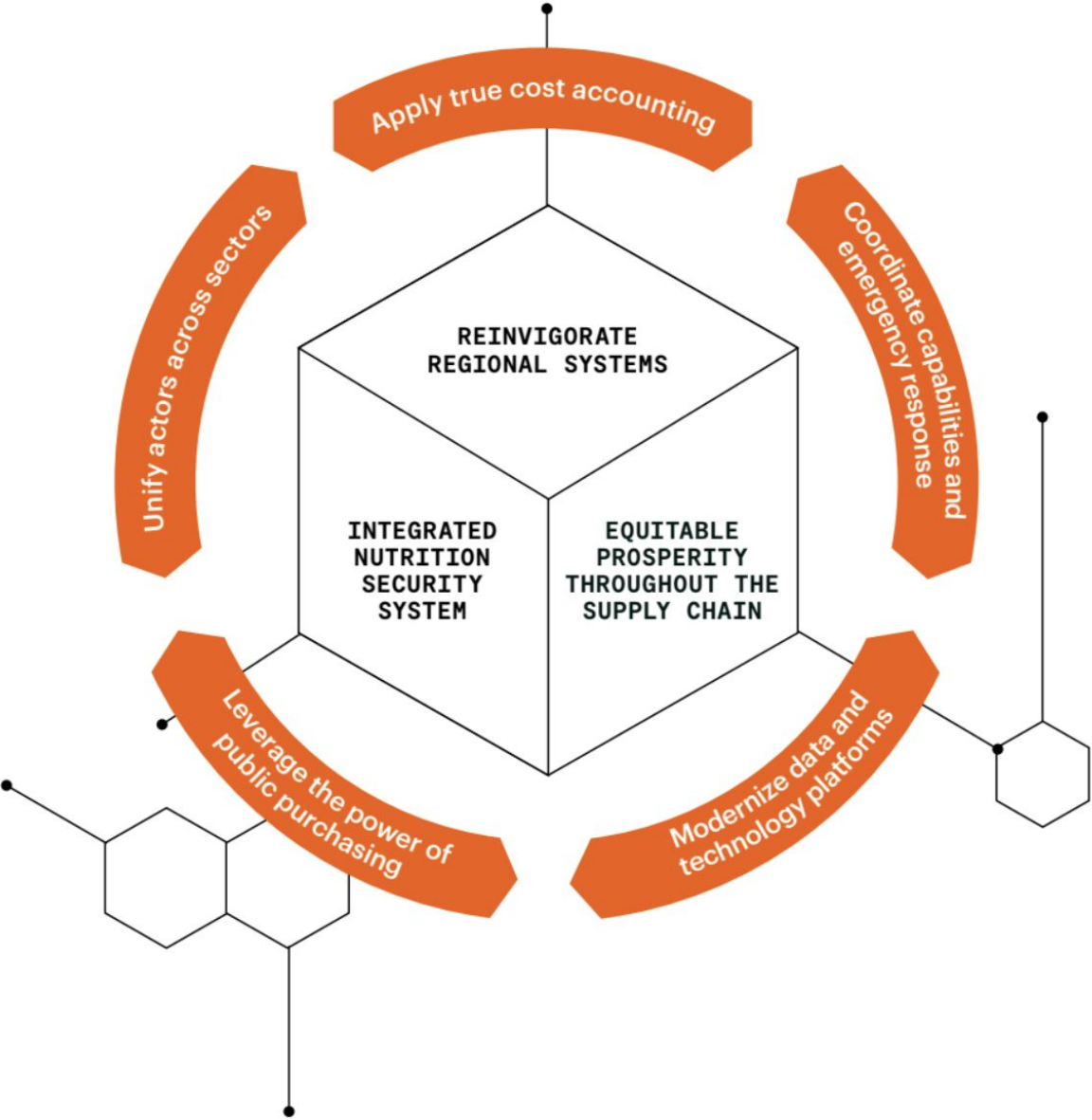
# Incentivizing Community Driven, Environmentally and Socially Responsible Agriculture Practices



## True Cost of Food Measuring What Matters to Transform the U.S. Food System



JULY 2021





# Small-scale farming and value-added food production in our precious desert



Three Chile Salsa



Mole



El Calvario Freeze-Dried Turnips



GrainHOLA Ancient Grains Mix



Inanna's Delight Herbal Blend:



La Reina Hot Chile Powder



La Reina Red Sauce



**Yvonne Diaz**

**Founder/ FarmHer  
De Colores Farms & Foods  
@decoloresfarms**











### Nixtamal (Half Cooked Hominy)

USES: For boiling into fully cooked hominy for *posole* and for grinding into Masa for corn tortillas, tamales and other dishes.

1. Prepare the corn by submerging in cold water to cover. Soak for 8-12 hours. Carefully skim any debris that has risen to the surface and rinse thoroughly.
2. Carefully add the package of Cal to a non-reactive pot (Absolutely no Copper, Cast Iron, or Aluminum!) Any Stainless Steel, Ceramic, or Clay pot will do.
3. Add the corn to the same pot as your Cal and slowly add warm water and stir. The amount of water will vary depending on the shape of the pot but should cover the corn by about 2-3 inches. If more water is needed, it can always be added in small increments during the Nixtamalization process.

4. Bring to a rapid boil and allow the corn and Cal to cook for 5 minutes. About 5 minutes, reduce heat to a medium simmer and stir vigorously about 20 minutes. Cook for an additional 20 minutes at a medium simmer, stirring occasionally.

5. Drain the corn and allow to sit for 6-8 hours. If more water is needed, add it at the time to add it. You want the corn to be covered by about 2 inches of water.

6. Drain the corn and rub vigorously between both hands while rinsing under cold water. Continue this process until the water runs clear.

7. You have now participated in a 9,000 year old tradition indigenous to the Americas! Your corn has now been Nixtamalized and is ready to use. For *Posole*, cook the nixtamalized corn an additional 30 minutes or more in broth of choice. The nixtamalized corn can be ground as is for fresh tortillas, tamales, atoles, gorditas, huaraches... the possibilities are endless!











**White Sonora Wheat**  
The story of wheat when we think about Desert Foods, but it has played a vital role in the Southwest for centuries. First introduced by Spanish missionaries in the mid 1500's, White Sonora Wheat in particular is well suited for the harsh environment and monsoons of the Southwest. The communities of the Southwest were quick to incorporate White Sonora Wheat into their traditional practices and diets where it has remained a staple for over 400 years. White Sonora Wheat not only found a place in Southwest indigenous communities, but was also found in the Northern Pueblos of Mexico where it was made into the first flour "Tortillas" and other breads. It is an honor to work with and be a part of the rich history and heritage of White Sonora Wheat.

**Directions:**  
For whole wheat flour:  
1. Place 1 cup wheat berries in a pot with 4 cups of water and bring to a boil.  
2. Simmer for 20-40 minutes.  
3. Drain and use as needed.  
4. Your White Sonora Wheat is now ready to be added to any soup or whole grain salad.

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**White Sonoran Wheat**  
grown at El Chante Lara Berino, NM

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# Mario Holguin

Farmer & Founder, Desierto Verde  
Farm Fresh Manager, La Semilla Food Center















# DESIERTO VERDE

Growing together.







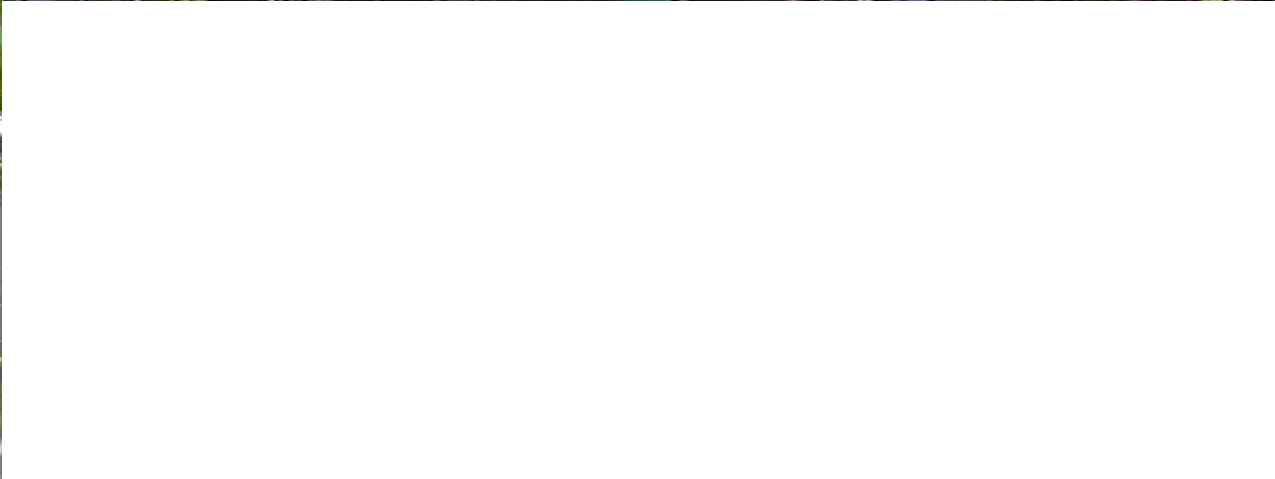


















# *Good Food Deserves Good Food Policy*

## **2021 Regular Session**

### **Passed:**

HB 20: Paid Sick Leave

SB 112: Sustainable Economies Taskforce

HB 291: Changes to Low-Income Comprehensive Tax

Rebate and Working Families Tax Credit

### **A few we'd like to see come back:**

HB 82, HB 110, SB 149, SJR 3

### **Bills that haven't been introduced yet:**

*Let's talk about them*





“We are participants in a system we would not design if we had it to do over. We don’t need to live by 18th century rules, which is what we’re doing. We should live by 21st century reality and we should create *that* food system.

We have the capacity to do that.”

Dr. Ricardo Salvador, Director and Senior Scientist,  
Food & Environment Program, UCS



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