

0:00:09.958,0:00:11.166
Welcome everybody to the

0:00:11.166,0:00:14.000
Ogden Way podcast, the place
where we talk about Ogden City,

0:00:14.000,0:00:17.000
the stories of our city
through the stories of our people,

0:00:17.208,0:00:20.250
mostly stories of people that are doing
the work to invest in themselves

0:00:21.000,0:00:22.750
while making sure that they're

0:00:22.750,0:00:25.750
reaching out to others and letting others
as they lift themselves.

0:00:26.166,0:00:29.166
And so within that context,
we're joined today by farmer Carl.

0:00:29.291,0:00:31.416
Hello. Carl thanks for joining us.

0:00:31.416,0:00:32.666
It's a pleasure, mayor.

0:00:32.666,0:00:33.541
Yes. Yeah.

0:00:33.541,0:00:36.541
So I, I got to know Farmer Carl.

0:00:38.125,0:00:39.125
During the campaign.

0:00:39.125,0:00:42.958
But I've gotten to know you a lot better
since being Mayor, right? Yes.

0:00:42.958,0:00:44.500
And thank you for that video.

0:00:44.500,0:00:47.500
I think that was last April.

0:00:48.041,0:00:51.083
You took some time to just do a pitch

0:00:51.083,0:00:55.833
for Grow Ogden and what we do to relaunch
lives through farming and,

0:00:55.833,0:01:01.083
how that may be part of the solution
for Ogden's homelessness situation.

0:01:01.166,0:01:01.958
Right.

0:01:01.958,0:01:05.333
And so it's a perfect example,
which is why we invited you on the show.

0:01:05.333,0:01:09.166
Is you're clearly a man of integrity,
a man with a big heart.

0:01:09.625,0:01:11.375
You care, you give,

0:01:11.375,0:01:14.791
and you've had success in the

in the world of farming and growing.

0:01:15.166,0:01:16.000

Right.

0:01:16.000,0:01:18.458

And you want to make sure
that you use that success to teach others

0:01:18.458,0:01:21.458

how to to do the same, to grow food

0:01:21.666,0:01:24.666

while making sure to grow themselves. Yes.

0:01:25.291,0:01:25.666

Yeah.

0:01:25.666,0:01:28.666

And that's what
that's the essence of Grow Ogden right?

0:01:28.708,0:01:29.416

It is.

0:01:29.416,0:01:32.458

Grow
Ogden is really a job training program.

0:01:33.125,0:01:37.291

And it's condensed to just 16 weeks.

0:01:37.333,0:01:41.875

Because of our funding,
we had to do a minimum viable product

0:01:41.875,0:01:46.916

to demonstrate the power of just 16 weeks
growing food together.

0:01:47.500,0:01:51.958

And, for last year,
our first year and launch of the program,

0:01:52.500,0:01:56.958

we we did it in 2.5 hours,
five days a week,

0:01:57.166,0:02:00.541

so that, they could get the consistency

0:02:00.541,0:02:03.541

of showing up to work every day on time.

0:02:03.875,0:02:06.875

And really, that's what
we're trying to teach them, work skills

0:02:06.958,0:02:09.875

that would help them get a stable job.

0:02:09.875,0:02:12.875

And we could recommend them
to their employers

0:02:13.250,0:02:16.666

to say,
hey, Joe shows up every day at work.

0:02:16.666,0:02:18.916

He's committed to change his life.

0:02:18.916,0:02:21.208

He's committed to be responsible.

0:02:21.208,0:02:25.625

We highly recommend Joe for his your,
your workplace.

0:02:26.041,0:02:26.375

Perfect.

0:02:26.375,0:02:30.500

And so while they're doing the
work, they're also learning

0:02:31.708,0:02:32.458

a new skill.

0:02:32.458,0:02:33.583

Yeah. Learning to grow.

0:02:33.583,0:02:36.000

May I describe the day
and what that looks like?

0:02:36.000,0:02:37.250

Exactly what I was gonna ask.

0:02:37.250,0:02:39.041

Thank you for asking.

0:02:39.041,0:02:41.166

Yeah. So,

0:02:41.166,0:02:45.041

we believe that people
going through trauma, whether it's people,

0:02:45.125,0:02:49.833

veterans coming back from the war, people
coming out of current incarceration,

0:02:50.333,0:02:54.916

those and with domestic violence,
experience,

0:02:55.625,0:03:00.125

they're in a state of trauma
and those living on the streets, you know.

0:03:00.541,0:03:03.833

So the first thing we do in the farm day

0:03:03.875,0:03:06.875

is we get in touch with our breathing.

0:03:07.000,0:03:08.583

Breathing exercises.

0:03:08.583,0:03:12.041

I call it yoga,
but whatever you call it, we're

0:03:12.041,0:03:16.958

grounding ourselves with the earth
and very literally take off our shoes

0:03:17.500,0:03:22.166

where we either have a yoga mat
or right in the soil and,

0:03:22.666,0:03:28.250

and we do about 10 to 15 minutes
of just stretching exercises

0:03:28.250,0:03:32.583

just to say, let's get in touch
with our bodies first and let's calm down.

0:03:32.583,0:03:37.958

Anything that was stressful or traumatic
before you came to the farm, let's

0:03:37.958,0:03:43.333

leave it behind so that we can really come

together as a team and farm together.

0:03:43.833,0:03:46.833
So when I hear you explain that
I'm thinking about my childhood,

0:03:46.958,0:03:50.125
take away the yoga mat
and all the breathing exercises

0:03:50.125,0:03:53.125
and all of the healthy parts about my.

0:03:53.291,0:03:57.583
And you talk about being close
to the earth, getting dirty.

0:03:57.958,0:04:00.625
Yeah, that sounds like the
feral childhood that I had.

0:04:03.041,0:04:04.208
Plus yoga.

0:04:04.208,0:04:05.750
Yeah, exactly.

0:04:05.750,0:04:09.791
So, there is something very profound
about,

0:04:09.875,0:04:14.916
our connection with the Earth, and
perhaps that's a symptom of our society.

0:04:14.916,0:04:15.333
Right now.

0:04:15.333,0:04:20.458
We're very disconnected from the earth,
from living things, from growing things.

0:04:21.083,0:04:24.291
So the second part of the day,
if I can continue,

0:04:24.291,0:04:28.333
is that we, go to the mission

0:04:28.333,0:04:31.750
control board for the farm,
and the plants are our boss.

0:04:32.333,0:04:35.291
So the plants,
we do a walk tour of the farm

0:04:35.291,0:04:38.416
and we say, hey, that looks like
it needs a little watering or,

0:04:38.791,0:04:42.041
you know what we need a plant to fill
this bed right here.

0:04:42.041,0:04:43.875
So we're going to sow some seeds today.

0:04:43.875,0:04:47.375
And we come up with a, a
list of things that need to be done.

0:04:48.833,0:04:50.208
And after we

0:04:50.208,0:04:54.333
look at the task we divide the work
and we go out and farm.

0:04:54.666,0:04:57.875

And that goes for about an hour
and a half, we come back

0:04:57.875,0:05:00.875

together, we reflect how that went.

0:05:01.000,0:05:02.708

We do a life skill training.

0:05:02.708,0:05:06.791

So in the initial phases,
in the initial weeks,

0:05:06.791,0:05:10.208

the modules are about identifying
your emotions,

0:05:10.750,0:05:14.000

understanding how you feel and it's
okay to feel that way,

0:05:14.416,0:05:19.416

and just knowing how to recognize that
and manage those emotions.

0:05:19.583,0:05:23.625

And then we'll progress in
into communication skills, teamwork,

0:05:24.083,0:05:27.166

and eventually writing resumes and,

0:05:27.583,0:05:30.583

and interview practice for that next job.

0:05:30.875,0:05:31.166

Okay.

0:05:31.166,0:05:34.166

You're not going to make me talk
about my emotions, are you?

0:05:36.458,0:05:38.125

Well, if they're positive, go right ahead.

0:05:38.125,0:05:39.750

I'm feeling
lots of things. No I???m kidding.

0:05:41.708,0:05:44.708

So. So
what I'm hearing is you're not just.

0:05:45.208,0:05:46.375

I'm hearing a lot of things.

0:05:46.375,0:05:48.875

When you said something about,
we're feeling,

0:05:48.875,0:05:50.750

we have a lot of disconnection
in our world today.

0:05:50.750,0:05:53.916

Yes. And I agree,
we are disconnected from ourselves,

0:05:54.583,0:05:57.666

from each other, from the earth,
just from the world.

0:05:57.666,0:05:59.291

Way too much.

0:05:59.291,0:06:00.625

Yeah, way too much.

0:06:00.625,0:06:03.416

And and we talk about connectivity
and being a connector

0:06:03.416,0:06:06.416

in the Ogden Way a lot because,

0:06:06.750,0:06:10.791

as a city, we have a lot of resources,
programs, opportunities

0:06:11.041,0:06:15.291

throughout the whole city, whether it's
provided by Ogden City or by a partner or,

0:06:15.875,0:06:18.875

or anybody in the, in the city.

0:06:19.208,0:06:22.666

And we're missing that connectivity
with those opportunities and the resources

0:06:22.666,0:06:24.041

a lot of the time. Right.

0:06:24.041,0:06:28.083

And so your program to me is,
very much an opportunity and a resource.

0:06:29.583,0:06:32.666

It's also it's
available because you are a connector.

0:06:32.666,0:06:34.791

And so you're going to find the people
that are ready for this.

0:06:34.791,0:06:36.375

Yes. And connect them
with the opportunity.

0:06:36.375,0:06:37.708

Right. Yeah.

0:06:37.708,0:06:42.000

And when they do that, what kind of,
what kind of luck and success

0:06:42.000,0:06:42.791

are you having with people?

0:06:42.791,0:06:45.708

Because you're also a mentor.

0:06:45.708,0:06:47.083

You're not just. Exactly.

0:06:47.083,0:06:48.666

You're not just an employer.

0:06:48.666,0:06:49.666

I???m a friend.

0:06:49.666,0:06:52.625

You're a friend, a mentor.

0:06:52.625,0:06:54.041

Guidance and support.

0:06:54.041,0:06:54.916

I'm a cheerleader.

0:06:54.916,0:06:57.375

And you're definitely a champion. Right?

0:06:57.375,0:06:58.541

That's right.

0:06:58.541,0:07:02.500

So, you had multiple questions there in.

0:07:02.500,0:07:06.458

And I think one of them at least, was,
you know,

0:07:06.458,0:07:10.625

what kind of people are we finding
and what kind of a success are we having?

0:07:12.333,0:07:13.875

The, you know, our

0:07:13.875,0:07:16.875

first attempt to advertise this program,

0:07:17.083,0:07:21.875

we stuck fliers in coffee
shops around the, around the city.

0:07:21.875,0:07:25.583

We went to Lantern House
and Hope Rescue Mission.

0:07:25.583,0:07:28.583

And YCC Family Crisis.

0:07:28.625,0:07:30.583

And then we put it on Indeed.

0:07:31.625,0:07:36.208

And we got 65 applicants in ten days.

0:07:36.208,0:07:39.208

They said, I want

0:07:39.583,0:07:40.083

this. Okay.

0:07:40.083,0:07:42.500

And so we're like overwhelmed
a little bit.

0:07:42.500,0:07:45.541

And we're saying, okay,
how do we do this?

0:07:45.541,0:07:48.875

So we had to weed out the,

0:07:48.875,0:07:54.166

28 that were still in high school,
or they had already gotten their college

0:07:54.166,0:07:58.416

degree and said, okay, that's not
that's not the target population

0:07:58.416,0:07:59.833

we're looking for.

0:07:59.833,0:08:03.125

And we wanted it to be actually initially

0:08:03.500,0:08:06.125

for people above 25 years old,

0:08:06.125,0:08:09.666

just because we wanted them
to have a chance at life.

0:08:10.208,0:08:11.291

Right?

0:08:11.291,0:08:13.958

And if they got stuck after that,

0:08:13.958,0:08:16.958
that that would be a good age
group to show up.

0:08:16.958,0:08:21.875
So we said, okay, fill out the four page
application.

0:08:21.875,0:08:25.083
Our social worker will, meet with you.

0:08:25.083,0:08:28.250
But really most important,
show up at day one on the farm.

0:08:28.750,0:08:30.666
We'll get to know you.

0:08:30.666,0:08:35.291
And of the 28 that we said,
hey, show up, 12 showed up.

0:08:35.708,0:08:36.208
Okay.

0:08:36.208,0:08:39.458
So we said,
okay, now we going to get to three

0:08:40.750,0:08:42.583
because that's all we could fund.

0:08:42.583,0:08:45.791
Okay.
We want to fund six this year per session.

0:08:45.875,0:08:48.541
Spring session. In the fall
session. Okay.

0:08:48.541,0:08:51.041
So then

0:08:51.041,0:08:54.416
we explained the program,
we had an introduction.

0:08:54.666,0:08:58.458
And once they understood the program,
six came the next day.

0:08:59.750,0:09:01.333
So they self-select.

0:09:01.333,0:09:02.708
Okay. Right.

0:09:02.708,0:09:07.166
And then we had to make some difficult
decisions to get down to three.

0:09:08.000,0:09:12.250
And one of those turns out
had some emotional anger

0:09:12.250,0:09:16.541
management type things from previous life
and all the trauma.

0:09:16.541,0:09:17.750
And I get that.

0:09:17.750,0:09:20.750
But the two that stayed and worked

0:09:21.041,0:09:23.583

the whole 16 weeks

0:09:23.583,0:09:24.458
amazing.

0:09:24.458,0:09:27.458
One was a veteran,

0:09:27.583,0:09:30.041
I think he was born in New York and,

0:09:30.041,0:09:34.333
been all over the country,
served our country in the Middle East.

0:09:34.333,0:09:36.333
And he was kind of stuck.

0:09:36.333,0:09:40.625
And he's got two kids and,
trying to figure it out.

0:09:40.666,0:09:43.541
Single dad, he loves landscaping.

0:09:43.541,0:09:45.791
He wanted to start
his landscaping business.

0:09:45.791,0:09:48.250
And so we coached him.

0:09:48.250,0:09:51.291
How do you
how do you put those pieces together

0:09:51.666,0:09:55.541
and actually got a grant from the city
to redo his front yard.

0:09:56.208,0:09:59.708
There was
there's a water conservation policy

0:10:00.833,0:10:01.291
and, the.

0:10:01.291,0:10:03.666
The Flip the Strip Yeah.

0:10:03.666,0:10:05.083
Yeah, exactly.

0:10:05.083,0:10:08.083
So we came to his house
and helped him out,

0:10:09.125,0:10:12.125
and now he's got a real estate license,

0:10:12.500,0:10:14.833
he's got his real estate license
and he said, I know

0:10:14.833,0:10:18.541
I can't go into business right now,
but I'm going to sell properties.

0:10:18.541,0:10:19.625
I'm going to get into it.

0:10:19.625,0:10:22.333
So this guy's relaunched.

0:10:22.333,0:10:22.958
That's big time.

0:10:22.958,0:10:26.291

Being a dad for his two kids
and trying to figure out

0:10:26.291,0:10:30.416
how to get his previous relationships
in order.

0:10:30.458,0:10:31.958
Right? Right.

0:10:31.958,0:10:36.666
The second, her name is Missy, and,

0:10:36.666,0:10:41.291
she was kind of stuck
mid 30s, just in a, dead end job.

0:10:42.000,0:10:44.166
And she wanted to farm.

0:10:44.166,0:10:45.375
She wanted to homestead.

0:10:45.375,0:10:48.416
And she was she
and her boyfriend wanted to

0:10:48.416,0:10:51.458
start their lives, and so,

0:10:53.416,0:10:56.166
she has a love for dogs.

0:10:56.166,0:10:59.166
And as we worked through the 16 weeks,

0:10:59.166,0:11:02.625
we realized that dog
training would be her niche.

0:11:03.291,0:11:04.250
And now she has.

0:11:04.250,0:11:06.583
She's training two dogs at her house.

0:11:06.583,0:11:08.708
She's not certified, but she.

0:11:08.708,0:11:13.250
And she doesn't have the finances now
to go to dog training school.

0:11:13.416,0:11:16.625
But she's doing the work and she's

0:11:16.833,0:11:19.833
much more excited about life.

0:11:19.875,0:11:22.791
So the first gentleman, the veteran. Yes.

0:11:22.791,0:11:25.958
And then we'll get to Missy. Isaiah.

0:11:26.291,0:11:29.291
So Isaiah, it sounded like

0:11:30.125,0:11:32.875
you you presented an opportunity.

0:11:32.875,0:11:36.666
He took the initiative to show up
and he continued to show up.

0:11:37.166,0:11:39.791
And you continue to show up for him
and with him.

0:11:39.791,0:11:40.416
Right?

0:11:40.416,0:11:45.000
So he's investing himself with ownership
and determination of his own.

0:11:45.791,0:11:48.750
And you're, you're meeting him
and matching him with that to help.

0:11:48.750,0:11:51.125
And this is his behavior set.

0:11:51.125,0:11:53.875
I mean he would come
15 minutes early to work.

0:11:53.875,0:11:56.041
He said what can I do to help. Perfect.

0:11:57.208,0:11:59.666
I mean like can't get better than that.

0:11:59.666,0:12:03.500
And it's because he realized
that this is his one chance to really,

0:12:03.875,0:12:07.875
you know, get out out of his
whatever stuck in his life.

0:12:07.958,0:12:08.375
Yeah.

0:12:08.375,0:12:11.625
And that's that's the beauty
is you give him an opportunity to do that.

0:12:11.625,0:12:12.666
He's doing that.

0:12:12.666,0:12:15.250
You did it with him.
You helped him along the way. Yes.

0:12:15.250,0:12:16.708
That's the Ogden Way.

0:12:16.708,0:12:18.625
Yeah.
That's the thing that sets us apart. Yes.

0:12:18.625,0:12:21.000
And just to clarify that you.

0:12:21.000,0:12:24.000
It's a staff of three people. Yeah.

0:12:24.041,0:12:26.500
We have the farm manager
and we have the job

0:12:26.500,0:12:29.500
training supervisor,
and we have a social worker.

0:12:29.833,0:12:34.208
Who's trained,
certified to work one on one

0:12:34.208,0:12:39.166
to resolve any confidential issues,
whether it's in expunging criminal records

0:12:39.708,0:12:43.041
or, just panic attacks

0:12:43.041,0:12:46.958
or anxiety
or not having dental checkups, linking

0:12:47.333,0:12:51.250
those people to the resources
that are already available in the city.

0:12:51.875,0:12:55.875
This is a one stop shop,
and the farm turns out to be the Nexus.

0:12:55.916,0:12:57.666
It's a safe zone.

0:12:57.666,0:13:02.916
It's a harbor of peace and beauty,
and we're creating together.

0:13:02.916,0:13:04.333
So there's no judgment.

0:13:04.333,0:13:07.041
But that's the thing.
That's why I asked you to come here.

0:13:07.041,0:13:10.375
Because you you are creating something
that is attracting people

0:13:10.541,0:13:11.916
because it's an opportunity.

0:13:11.916,0:13:14.916
But once they get there, they get a lot
more than just learning how to farm.

0:13:15.333,0:13:17.041
They're getting resource and support.

0:13:17.041,0:13:20.750
They they get a network of love
and kindness and support.

0:13:20.750,0:13:24.083
You're teaching them how to get grounded
in the earth or whatever, right?

0:13:24.125,0:13:25.500
That is important for them.

0:13:25.500,0:13:27.291
And it helps them through their journey.

0:13:27.291,0:13:28.916
But just like with Isaiah,

0:13:30.000,0:13:31.000
you connected him with a

0:13:31.000,0:13:34.000
program that's at the city called Flip
Your Strip that you knew about it.

0:13:34.000,0:13:35.375
And he probably didn't.

0:13:35.375,0:13:36.666
You saw a need.

0:13:36.666,0:13:38.750
You connected somebody with that need.

0:13:38.750,0:13:42.250
And so you didn't create another program
in order to flip the strip.

0:13:42.250,0:13:44.833
You just connected somebody
with the one that already exists.

0:13:44.833,0:13:47.458
And that's the thing in the Ogden Way
that's missing a lot of times

0:13:47.458,0:13:50.083
is we're not connecting each other
with what already exists.

0:13:50.083,0:13:50.375
Yeah.

0:13:50.375,0:13:55.416
And I think it's a holistic approach
sometimes, an example

0:13:55.416,0:13:59.875
our medical system or a medical system,
it's wonderful, it's advanced.

0:14:00.250,0:14:05.375
But sometimes we just have a doctor
who specializes in just this one area.

0:14:05.375,0:14:08.375
And then there's another doctor
that specializes in this.

0:14:08.833,0:14:12.333
This Grow Ogden thing is a life,
whole life

0:14:12.333,0:14:15.791
approach,
a humanistic approach, one that looks at

0:14:16.458,0:14:19.041
what is all the factors spiritual, mental,

0:14:19.041,0:14:22.416
physical and social well-being.

0:14:22.416,0:14:24.541
And how do you tie that together?

0:14:24.541,0:14:29.291
And for example, the end of the farm day,
we had our family dinner.

0:14:30.041,0:14:31.833
Food connects us.

0:14:31.833,0:14:37.083
So they learned how to cook the food
they were growing and we ate it together.

0:14:37.458,0:14:42.375
We had some time right
around the same table to chat about life

0:14:43.375,0:14:46.083
and to me, food connects and

0:14:46.083,0:14:49.333
food heals and the food
that we're growing really heals.

0:14:49.583,0:14:54.500
And there's a whole other discussion
about the food in our country.

0:14:55.000,0:14:58.583
But that's what then made us become.

0:14:58.583,0:14:59.791

And I'm wearing the shirt.

0:14:59.791,0:15:05.083

Here ???we are family.???

And this is about becoming a,

0:15:05.166,0:15:08.166

a family, whether it's Ogden family

0:15:08.708,0:15:11.583

or whether it's this family family.

0:15:11.583,0:15:15.250

But,

it's it's about caring for one another.

0:15:15.250,0:15:18.333

And my, my idol is,

0:15:18.333,0:15:22.541

or somebody I really admire

is Mister Rogers because he was able

0:15:23.166,0:15:25.666

to look at everybody, see that their

0:15:25.666,0:15:28.541

their greatness and their being special.

0:15:28.541,0:15:29.708

And that's what we want to do.

0:15:29.708,0:15:33.125

We want to bring out the greatness

of every individual we work with.

0:15:33.458,0:15:35.041

Well, I want to help you do that.

0:15:35.041,0:15:37.833

And I brought you here

0:15:37.833,0:15:40.541

and asked for you to share the story,

0:15:40.541,0:15:44.583

but also as an opportunity, I hope to help

share your story because I think

0:15:44.583,0:15:47.666

that you can share this and more

and more people will take advantage of it.

0:15:48.125,0:15:48.583

Right?

0:15:48.583,0:15:49.291

Like when we

0:15:49.291,0:15:50.208

when we first came in,

0:15:50.208,0:15:53.541

like every nonprofit in town

wants me to write them a check right.

0:15:53.541,0:15:54.458

And there's just like

0:15:54.458,0:15:57.416

there's there's limits to that,

but there's more than checks.

0:15:57.416,0:16:02.291

There's, to help, there's alignment,

connectivity, visibility.

0:16:02.625,0:16:06.583

And may I add,
the ecosystem analogy is beautiful.

0:16:07.125,0:16:11.000
Farmers really understand ecosystems,
or at least they should.

0:16:11.291,0:16:15.041
I used to be,
I used to be a biologist so I get it too.

0:16:15.041,0:16:16.750
Okay. My wife too.

0:16:16.750,0:16:19.750
Anyway, the ecosystem here is

0:16:20.166,0:16:24.250
everybody can contribute
in a, in a beautiful and wonderful way.

0:16:24.250,0:16:27.916
And if we figure out
where all the pieces are in the puzzle,

0:16:29.166,0:16:32.166
Grow Ogden is an empowering mechanism.

0:16:32.291,0:16:35.875
Doesn't mean that the Ogden
Police Department can't help

0:16:35.875,0:16:39.708
with the safety
in the containment of homelessness.

0:16:39.708,0:16:44.708
It is a dire and desperate situation
and life and death.

0:16:44.916,0:16:47.291
As you said in your video.

0:16:47.291,0:16:50.291
But then there's this services provider,

0:16:50.500,0:16:54.458
community of homelessness,
services, providers.

0:16:54.458,0:16:55.750
Where are you going to sleep?

0:16:55.750,0:16:57.625
How do we get you fed?

0:16:57.625,0:16:59.208
What about medical care?

0:16:59.208,0:17:02.666
But what we're putting on top of
that is an empowering

0:17:02.666,0:17:05.666
a way out of poverty,
a pathway out of poverty.

0:17:06.000,0:17:07.333
That's what Grow Ogden is.

0:17:07.333,0:17:11.833
And it may be just for that
5% of the population that's ready for it.

0:17:12.375,0:17:16.666
But it's a necessary component
for Ogden's solution, right?

0:17:17.041,0:17:20.041

Because of the solution that for Ogden
is about helping people.

0:17:20.416,0:17:24.208

It's lifting people
is what literally is going to lift Ogden.

0:17:24.833,0:17:28.000

And if we're doing the work
of bringing opportunities and creating

0:17:28.458,0:17:30.291

an environment for people to succeed in,

0:17:30.291,0:17:33.875

what good is that if we are not helping
people connect with and elevate

0:17:33.875,0:17:35.833

through those opportunities
and in that environment?

0:17:35.833,0:17:39.666

And sometimes it's a revolving door,
the recidivism rate goes

0:17:40.000,0:17:44.166

way down when there's nobody
at the other end to receive them.

0:17:44.333,0:17:44.750

Right.

0:17:44.750,0:17:47.791

And so we're the family
to receive that person.

0:17:48.125,0:17:50.625

Connect them even after they graduate.

0:17:50.625,0:17:55.166

We're meeting with them for a family
reunion dinner every two months.

0:17:55.333,0:17:58.333

Perfect to say,
hey, you're still part of our family.

0:17:58.333,0:17:59.375

We haven't forgotten you.

0:17:59.375,0:17:59.916

Absolutely.

0:17:59.916,0:18:06.291

In fact, you can help the new trainees
integrate because you know some of how

0:18:06.291,0:18:09.875

that how you managed through
this whole homeless situation, right?

0:18:10.125,0:18:12.583

So what I've learned
from this discussion is that.

0:18:14.833,0:18:17.833

You're looking for people
that are a good fit for the program.

0:18:18.000,0:18:20.583

I thought starting out, it's a
you're a fit.

0:18:20.583,0:18:23.375

If this is the thing
that you want to take on and do for your

0:18:23.375,0:18:24.875
for the rest of your life or what
you want to.

0:18:24.875,0:18:26.291
Yeah.

0:18:26.291,0:18:27.833
And for some it might be,

0:18:27.833,0:18:30.000
but it doesn't mean
that this has to be the thing that you do.

0:18:30.000,0:18:31.666
It's just come do this.

0:18:31.666,0:18:34.375
It's healthy, it's
constructive and productive.

0:18:34.375,0:18:36.291
And while you're here,
you're going to be in an environment

0:18:36.291,0:18:39.291
with people who care deeply
for your success.

0:18:39.333,0:18:42.333
Yes, right. We're all in it for you.

0:18:42.375,0:18:45.333
You're like a microcosm of what Ogden

0:18:45.333,0:18:48.333
is and needs
to be more of for each other.

0:18:48.458,0:18:49.625
And I love that.

0:18:49.625,0:18:51.583
I love the stories with Isaiah and--
Marissa.

0:18:51.583,0:18:54.791
And and Marissa?

0:18:54.833,0:18:56.500
Missy. Missy. Okay.

0:18:56.500,0:18:58.958
And for Missy,
because you you guys are close now,

0:19:00.375,0:19:01.833
Isaiah and Missy

0:19:01.833,0:19:05.375
look to you and lean on you and trust
you and believe in you, I'm sure. Yes.

0:19:05.708,0:19:08.000
And so they they open up to you.

0:19:08.000,0:19:10.083
That's
what's so fulfilling about this work.

0:19:10.083,0:19:13.875
My life is transforming
through my work on the farm.

0:19:13.875,0:19:15.875
It's not just for them.

0:19:15.875,0:19:20.875

No this is exciting,
and I know a whole staff of people,

0:19:20.875,0:19:25.875

and I know 300 volunteers
who've offered 600 hours of service.

0:19:25.916,0:19:26.666

Amazing.

0:19:26.666,0:19:29.750

And I and I moved here to Utah, Ogden,

0:19:29.750,0:19:33.375

two years ago, two and a half years ago,
I knew nobody.

0:19:34.000,0:19:36.291

I had no relatives, nobody.

0:19:36.291,0:19:37.250

I'm from Pennsylvania.

0:19:37.250,0:19:40.166

And now I know thousands.

0:19:40.166,0:19:43.166

Isn't it amazing
how fast you can plug in in Ogden?

0:19:43.208,0:19:45.000

How fast you can get involved?

0:19:45.000,0:19:45.333

Yeah.

0:19:45.333,0:19:46.541

Start lifting and doing.

0:19:46.541,0:19:49.500

And I did the research on Ogden. Okay.

0:19:49.500,0:19:53.291

I looked at every city in Utah,
and I said, where are we going

0:19:53.291,0:19:57.583

to establish a farm with a social mission
after Salt Lake?

0:19:57.583,0:19:58.833

Because that's where I came from.

0:19:58.833,0:20:03.041

I worked at the Green Phoenix
Farm, Wasatch Community Garden???s version

0:20:03.458,0:20:07.666

of seven women at a time,
relaunching their lives

0:20:07.708,0:20:10.708

and so I did the study

0:20:10.833,0:20:15.541

and we have Weber State University,
we have Catholic Community

0:20:15.541,0:20:19.750

Services, we have two rivers,
the Weber River and the Ogden River.

0:20:19.750,0:20:22.625

We have all these nonprofits.

0:20:22.625,0:20:23.708

When I went to Provo,

0:20:24.708,0:20:26.083
they said, homelessness?

0:20:26.083,0:20:28.416
We don't have a problem with homeless.

0:20:28.416,0:20:32.166
When I came here, they said, yes, we're struggling with this.

0:20:32.166,0:20:33.416
We're working on this.

0:20:33.416,0:20:35.500
The local homeless council

0:20:35.500,0:20:38.875
commissioner, Bolos, and before that, Commissioner Scott Jenkins.

0:20:39.333,0:20:42.791
People were rolling up their sleeves and doing whatever they can.

0:20:42.791,0:20:44.916
And it's a complex problem. Big time.

0:20:44.916,0:20:47.916
So because Ogden recognizes

0:20:48.000,0:20:51.708
the challenge and they have the resources and the heart,

0:20:52.291,0:20:55.208
that's what makes Ogden such a beautiful city.

0:20:55.208,0:20:56.583
I totally agree.

0:20:56.583,0:21:00.333
And and we talk about our our secret sauce a lot.

0:21:00.333,0:21:05.875
It's it's a difficult thing to explain, but the the size of our city is important.

0:21:05.916,0:21:09.250
Yes. We're big enough to to have resources.

0:21:10.333,0:21:13.625
We're big enough to have a big voice at the state level.

0:21:13.833,0:21:18.583
We're big enough to have, like a collective will and you know what I mean?

0:21:18.750,0:21:20.708
Yes. And expertise and things like that.

0:21:20.708,0:21:23.541
But we're small enough to to be personable.

0:21:23.541,0:21:25.625
I can talk to you, right? Yeah. Right.

0:21:25.625,0:21:29.583
Now I will say it was tough in the former administration.

0:21:29.583,0:21:31.208
The break through there, I just.

0:21:31.208,0:21:35.750
Well, I had a wall, you know, I just
we were looking at property

0:21:35.750,0:21:38.875
next to the Lantern House
and it just didn't work.

0:21:38.875,0:21:42.708
But I just with that grit and tenacity
and determination,

0:21:42.708,0:21:44.375
I said, I'm not giving up.

0:21:44.375,0:21:45.791
These are lives at stake.

0:21:45.791,0:21:50.000
And there's hundreds of them to come
that we can touch and relaunch.

0:21:50.000,0:21:52.541
And so I keep on going.

0:21:52.541,0:21:53.166
There ya go.

0:21:53.166,0:21:56.708
Well and and when you and I
interact a lot, I see you

0:21:56.958,0:21:59.958
all the time in events
and different, different things.

0:22:01.000,0:22:01.625
But but

0:22:01.625,0:22:03.125
the point was you were asking for help,

0:22:03.125,0:22:05.375
and I said the kind of help
you're asking for,

0:22:05.375,0:22:06.708
actually
is going to be really hard for me.

0:22:06.708,0:22:10.208
But that doesn't mean I can't help
in this way, that way or the other way.

0:22:10.250,0:22:10.750
Right?

0:22:10.750,0:22:14.833
That's why we film the the video
to help encourage.

0:22:14.833,0:22:15.333
Yeah.

0:22:15.333,0:22:16.250
Contributions.

0:22:16.250,0:22:19.458
Well,
you know, this social media, it's okay.

0:22:19.666,0:22:22.250
We get the right video. Yeah.

0:22:22.250,0:22:25.250
Out there and the call to action.

0:22:25.750,0:22:28.583
There's a lot of people
that want to know how to connect.

0:22:28.583,0:22:30.375
They just don't know how.

0:22:30.375,0:22:33.375
And they're they're despairing
because they watch the news.

0:22:33.708,0:22:35.583
But it's about local, right.

0:22:35.583,0:22:37.333
It's about relationships.

0:22:37.333,0:22:39.291
It's about one on one.

0:22:39.291,0:22:42.833
And I have enjoyed the people from Ogden,

0:22:42.833,0:22:45.916
the great people that we've enjoyed,
you too in the.

0:22:46.583,0:22:49.000
You are literally living and leading

0:22:49.000,0:22:52.000
and loving totally
within the spirit of the Ogden Way.

0:22:52.416,0:22:54.375
And you've only been here for two years,

0:22:54.375,0:22:57.375
but you chose Ogden
because you recognized that about us.

0:22:57.458,0:23:00.500
You saw the Ogden Way in our community
before, from the outside.

0:23:01.083,0:23:01.416
Yeah.

0:23:01.416,0:23:03.083
You came
in, you got connected, immediately

0:23:03.083,0:23:05.791
got to work, you're,
now you're looking for others.

0:23:05.791,0:23:08.250
You've got people all around you,
the whole ecosystem.

0:23:08.250,0:23:10.875
Tell us where you're farming at
as an example.

0:23:10.875,0:23:12.250
Okay.

0:23:12.250,0:23:14.583
We, Grow Ogden is located

0:23:14.583,0:23:17.708
on the property
of First Presbyterian Church

0:23:18.125,0:23:22.000
in an unused playground
that was active in the 1960s.

0:23:22.000,0:23:26.083
So this lot has sat unused and build up

0:23:26.583,0:23:29.666
silt and trees were growing.

0:23:29.666,0:23:33.458
And, bees
and wasps that, they're good, but

0:23:34.458,0:23:36.166
managed in the right place.

0:23:36.166,0:23:39.375
So anyway, we transformed that lot.

0:23:39.833,0:23:43.250
And what surprised me,
this is 28th and Quincy,

0:23:43.833,0:23:46.833
that when we announced

0:23:47.208,0:23:50.000
20, on the 24th of June,

0:23:50.000,0:23:54.125
2023,
we had a dinner and a lunch at our home,

0:23:54.791,0:23:59.458
and we invited everybody who wanted
to start Grow Ogden to our lunch.

0:23:59.458,0:24:02.458
And we had 24 people show up.

0:24:02.750,0:24:06.166
And after that
we did a little bit of talking

0:24:06.166,0:24:11.833
what would be the areas, work streams
of required to make this a success?

0:24:12.708,0:24:15.750
There were people that said, okay, I'm
jumping in the truck, let's

0:24:15.750,0:24:19.541
go over there and look at the plot of land
today, you know?

0:24:19.541,0:24:21.916
And they assessed it, and it turned out

0:24:21.916,0:24:25.791
half of it was macadam or asphalt,
as they say in Utah.

0:24:25.791,0:24:30.208
So it's like, there's no way
this is all gravel and asphalt.

0:24:30.208,0:24:32.958
How are we going to grow anything there?

0:24:32.958,0:24:36.375
And I let the team say, you answer
that, let's do it.

0:24:36.791,0:24:41.333
And so we figured out
raised beds on the half that was asphalt

0:24:41.833,0:24:45.750
and the rest we dug in
and we use permaculture

0:24:45.750,0:24:50.333
principles and,
help from Josh Jones from the city,

0:24:50.333,0:24:55.916
who did a 3D graphic
of what the farm design would look like.

0:24:55.916,0:24:57.708
And we put that
in front of people and said,

0:24:58.666,0:25:00.333
you want to help create this?

0:25:00.333,0:25:02.791
They came 30 at a time.

0:25:02.791,0:25:06.125
We had these events almost every week
or every other week.

0:25:06.125,0:25:09.291
And these mid single, all ages,

0:25:09.291,0:25:12.958
you know, from anywhere
from 18 to 35 years old,

0:25:13.666,0:25:16.666
they came
I don't know if it was post-Covid or what,

0:25:16.708,0:25:19.333
but they wanted to be a part
of the community.

0:25:19.333,0:25:22.333
They wanted to grow and do something
meaningful.

0:25:22.458,0:25:24.541
So you just mentioned an employee,
Josh Jones.

0:25:24.541,0:25:28.166
He's our director of GIS,
Geographic Information Systems.

0:25:29.458,0:25:32.708
That's a
that's a geospatial mapping product.

0:25:32.916,0:25:34.541
He's a lot of fun. Really important.

0:25:34.541,0:25:37.500
Yeah, it's a powerful
it's a powerful program, but we need it in

0:25:37.500,0:25:40.500
every almost every element of the work
we do as a city.

0:25:40.833,0:25:45.333
And, and I and I'm, I'm betting he did
that work outside of city hours.

0:25:45.625,0:25:47.875
Yeah, he did it because he cares.

0:25:47.875,0:25:50.583
Yeah. He was in on the, the beginning.

0:25:50.583,0:25:53.416
He said, Carl, I love your vision.

0:25:53.416,0:25:55.333
Good luck. Good luck.

0:25:55.333,0:25:57.750
But that's his contribution
to help, right?

0:25:57.750,0:26:00.458
He's like, you got to keep going

0:26:00.458,0:26:03.916
because there's the
there's a lot of people that may say no.

0:26:04.250,0:26:06.666
Yeah. And but we've demonstrated it now.

0:26:06.666,0:26:07.833
We know it works.

0:26:07.833,0:26:10.416
Yeah it's all about
getting the yes, right. Yes.

0:26:10.416,0:26:13.875
And so I'd love to hear the stories
about the success

0:26:13.875,0:26:15.708
that especially about the individuals.

0:26:15.708,0:26:18.750
But as you
you're still new and early on you're

0:26:18.750,0:26:21.750
looking to scale up
by impacting more lives.

0:26:22.083,0:26:25.625
But you've maintained a huge network
of support around you. Yes.

0:26:25.625,0:26:28.166
You know John Draskovic is the pastor
-- Draskovich.

0:26:28.166,0:26:28.666
Draskovich is the

0:26:30.916,0:26:32.500
pastor at the church.

0:26:32.500,0:26:35.208
He's he's in an awesome guy,
as is amazing.

0:26:35.208,0:26:36.125
He's a faith leader.

0:26:36.125,0:26:39.125
And that's an important thing
because that's who people look to.

0:26:39.500,0:26:43.750
And I love their church
mission is really community outreach.

0:26:44.166,0:26:46.833
And they actually have a committee
for this, right?

0:26:46.833,0:26:50.958
They read my article in the newspaper,
a farmer in search of farm, you know.

0:26:50.958,0:26:51.416
Yeah.

0:26:51.416,0:26:54.375

And and they came, they answered the call.

0:26:54.375,0:26:55.541

They even have a basketball gym

0:26:55.541,0:26:58.833

inside the church that sometimes city
kids are in there playing basketball.

0:26:59.291,0:26:59.791

Yeah.

0:26:59.791,0:27:03.250

You know, they???re a community church,
one of many, many

0:27:03.833,0:27:06.833

really rich and diverse denominations
in our downtown alone.

0:27:07.125,0:27:08.208

Yeah. Right.

0:27:08.208,0:27:11.625

And and that's in that, Central East

0:27:11.625,0:27:14.916

neighborhood
that, that really needs that uplift.

0:27:14.916,0:27:16.791

And so they're doing a marvelous job.

0:27:16.791,0:27:17.208

They are.

0:27:17.208,0:27:17.708

And it's

0:27:17.708,0:27:22.000

and he's a member of the faith council
that we engage with too, because we,

0:27:22.000,0:27:25.666

we see those faith leaders as important
connectors and influencers and mentors.

0:27:26.291,0:27:27.625

And so when we're talking
about the Ogden way

0:27:27.625,0:27:30.916

connecting, you are absolutely a connector
and a mentor, right?

0:27:31.333,0:27:31.958

I hope so.

0:27:31.958,0:27:35.458

But you were relying on other connectors
and mentors around you.

0:27:35.458,0:27:36.208

Absolutely.

0:27:36.208,0:27:39.041

There's a network of support
systems, right?

0:27:39.041,0:27:40.666

Your family is the first one.

0:27:40.666,0:27:42.625

But what if that's not there? Right.

0:27:42.625,0:27:46.250

And then your neighbors and your community
and your church,

0:27:46.333,0:27:47.625
what if that's not there?

0:27:47.625,0:27:52.958
And so we're kind of this safety net
to try of reconnect them back.

0:27:52.958,0:27:57.291
And, and if we connect them
to a stable job then they have a farm,

0:27:57.916,0:28:01.000
I'm sorry, an employment team or a company

0:28:01.541,0:28:04.208
culture
that they can at least talk to people.

0:28:04.208,0:28:04.583
Right.

0:28:04.583,0:28:07.791
And that the
the power of that network too, is that

0:28:08.375,0:28:11.375
no matter what, they need
someone that someone in that church

0:28:11.750,0:28:15.791
or connected with that church
or knows somebody if it's not themselves,

0:28:16.416,0:28:19.125
that can help in that in that time.

0:28:19.125,0:28:22.500
Exactly. And that is so powerful. Like,

0:28:23.833,0:28:26.208
like government
has a role in a lot of things.

0:28:26.208,0:28:29.041
Arguably in too many things.

0:28:29.041,0:28:30.791
Right, right.

0:28:30.791,0:28:33.916
And so the first, the first place
we should look for solutions

0:28:34.541,0:28:36.416
is not necessarily government. Right.

0:28:36.416,0:28:40.666
And you spoke to that at the Martin
Luther King Celebration breakfast.

0:28:40.833,0:28:41.583
Right.

0:28:41.583,0:28:44.250
You talked about you know

0:28:44.250,0:28:47.958
this is about lifting ourselves first
and being the people

0:28:47.958,0:28:52.208
that we want to see
the change in the world to be right.

0:28:52.208,0:28:53.208

Right.

0:28:53.208,0:28:55.333
We all own our own role in all of this.

0:28:55.333,0:28:57.041
Right, exactly.

0:28:57.041,0:29:00.583
And I'm trying to be the best farmer Carl
I can be.

0:29:01.000,0:29:04.000
Best farmer Carl I know.

0:29:04.291,0:29:06.416
So share a little bit about what
what you're growing.

0:29:06.416,0:29:06.791
Yeah.

0:29:06.791,0:29:11.208
So, you know, just to make sure
I knew how to grow in Ogden,

0:29:11.791,0:29:15.291
this is, harvested Wednesday.

0:29:15.291,0:29:18.291
This is our, winter salad mix,

0:29:18.750,0:29:23.458
and we harvested 36
bags of greens like this in February.

0:29:23.625,0:29:27.375
Okay, this is one week's
worth of growth, and

0:29:27.583,0:29:32.625
and a lot of people
don't realize that Ogden can farm.

0:29:32.791,0:29:35.416
Ogden can grow food.

0:29:35.416,0:29:38.708
In 1960, 40%

0:29:38.958,0:29:41.875
of the food consumed in Utah was

0:29:42.916,0:29:44.541
grown in Utah.

0:29:44.541,0:29:45.916
Okay.

0:29:45.916,0:29:48.625
Now it's 2%. Wow.

0:29:48.625,0:29:51.125
So talk about the economy okay.

0:29:51.125,0:29:54.791
You're in charge of let's get more taxes
out of people right?

0:29:54.791,0:29:56.875
No just kidding.

0:29:56.875,0:29:58.875
But what if

0:29:58.875,0:30:04.083
we put \$7 million of local food production
back into Ogden.

0:30:04.083,0:30:07.208
You take 85,000 residents

0:30:07.875,0:30:11.625
times \$200 a month and your grocery bill

0:30:11.625,0:30:15.583
for grains and per per adult,
you multiply that out.

0:30:15.583,0:30:17.958
That's close to \$7 million.

0:30:17.958,0:30:21.416
That and that's 40%, 40% of that, that

0:30:22.083,0:30:26.291
in this economy, if we had small farmers
serving this community,

0:30:26.833,0:30:29.333
that would be local funds

0:30:29.333,0:30:32.416
that are building Ogden
and helping us be healthy.

0:30:32.416,0:30:34.291
Right? Right.

0:30:34.291,0:30:34.750
So there's.

0:30:34.750,0:30:38.166
Not just building Ogden you you're
growing, nurturing, feeding, healing.

0:30:38.708,0:30:41.458
Ogden. Yes, right. Food is medicine.

0:30:41.458,0:30:43.125
And don't forget. Especially with
the micronutrients in stuff like that.

0:30:44.666,0:30:45.333
And this is for

0:30:45.333,0:30:48.333
you, by the way, I appreciate that

0:30:48.458,0:30:50.708
this is a gift of a non pecuniary value.

0:30:50.708,0:30:53.583
For the record.

0:30:53.583,0:30:55.125
Not a bribe just a nice gesture.

0:30:55.125,0:30:56.166
Thank you. Yes.

0:30:56.166,0:30:59.166
And I will eat this tonight. Yes.

0:30:59.250,0:31:02.250
And because I actually do eat like this.

0:31:03.333,0:31:03.666
Good, like a rabbit.

0:31:03.666,0:31:05.875
Yeah, I like, I don't grow like this.

0:31:05.875,0:31:10.666
I have, I actually have had raised gardens
and done this kind of work myself, but,

0:31:10.708,0:31:12.666

I've kind of fallen away from it personally.

0:31:12.666,0:31:14.625

Hey got to balance everything.

0:31:14.625,0:31:17.291

I will get back.

We'll get back to it right.

0:31:17.291,0:31:19.750

So before before we wrap up, we got a little bit of time left.

0:31:19.750,0:31:21.791

But tell us more about where people can find

0:31:21.791,0:31:23.708

more information about your program. Yes.

0:31:23.708,0:31:28.833

So Eden Streets

is the name of the company,

0:31:28.833,0:31:31.833

the nonprofit, official,

0:31:31.875,0:31:35.833

legally recognized organization,

Grow Ogden,

0:31:36.250,0:31:41.000

is a project of Eden Streets, which will be a project until

0:31:41.958,0:31:44.958

Ogden can own Grow Ogden.

0:31:45.333,0:31:48.041

Then it can become its own nonprofit.

0:31:48.041,0:31:50.625

And what we see Eden is not the

0:31:50.625,0:31:53.625

not Eden up the Valley, but Eden as in the Garden of Eden.

0:31:53.833,0:31:56.291

We foresee

0:31:56.291,0:31:59.416

farms of social missions

in every city around the world.

0:32:00.291,0:32:02.625

You look at,

0:32:02.625,0:32:05.708

Portland, Oregon, Los Angeles,

0:32:06.166,0:32:09.166

Seattle, Washington, Denver, Colorado.

0:32:09.583,0:32:11.000

I???m just naming the West,

0:32:11.000,0:32:14.791

Western side of the United States,

huge challenges with homelessness.

0:32:15.375,0:32:18.208

And we have a solution

that has a recidivism rate

0:32:18.208,0:32:21.208
that's like 5%.

0:32:21.458,0:32:23.666
And the Homeless Garden Project
in Santa Cruz,

0:32:23.666,0:32:27.166
California,
has been practicing this for 30 years.

0:32:27.750,0:32:32.875
They take 17 people on a year
and their recidivism rate is 5%.

0:32:32.916,0:32:38.625
In other words, 95%
go on to a stable job and stable housing.

0:32:38.958,0:32:42.791
And you talk to any social worker
that's like

0:32:43.333,0:32:48.083
45 to 60% better than what
we're normally doing

0:32:48.583,0:32:52.416
about these people that are homeless,
that come back into the system.

0:32:52.500,0:32:54.666
Those are impressive numbers. Yes.

0:32:54.666,0:32:56.416
So you got the website?

0:32:56.416,0:33:01.083
Yes. edenstreets.org and, under program

0:33:01.500,0:33:04.333
since Grow Ogden is our first pilot farm.

0:33:04.333,0:33:09.916
Just like under program, you'll see
program, team and, program events

0:33:10.291,0:33:14.041
and all the people that are serving
volunteer wise

0:33:14.375,0:33:17.750
or other are listed
in that on their website.

0:33:17.916,0:33:18.458
Okay.

0:33:18.458,0:33:21.250
And we have an Instagram and Facebook

0:33:21.250,0:33:24.750
social media channel, Grow Ogden
I love this symbol.

0:33:24.750,0:33:27.750
We tried to integrate in the logo, the

0:33:27.750,0:33:32.416
the colors of Weber State University
and the Arch of Ogden and

0:33:33.666,0:33:35.583
a plant in it in the middle.

0:33:35.583,0:33:38.083
Right. Doing it all. Yeah, yeah,
all the marks. Yep.

0:33:38.083,0:33:39.458
We got the creative artist.

0:33:39.458,0:33:40.958
Everybody behind this.

0:33:40.958,0:33:45.000
And and so it's a thrill and honor
to be here in Ogden

0:33:45.375,0:33:50.291
and especially with your leadership,
I believe that we can transform lives

0:33:50.291,0:33:54.833
and and make this city, a gem

0:33:54.833,0:33:58.958
that, all across Utah, that look and say,
man, what's Ogden doing?

0:33:59.125,0:34:01.041
What's Ogden doing right.

0:34:01.041,0:34:03.250
Well, it's an honor to have you in Ogden,
honestly

0:34:03.250,0:34:06.333
and and a blessing
to get to be the mayor of the city.

0:34:06.333,0:34:07.166
Like this.

0:34:07.166,0:34:10.166
Thank you. Can I include a call to action?

0:34:10.416,0:34:13.000
Yes, you can, but first,

0:34:13.000,0:34:15.666
you also have composting efforts
as well. Yes.

0:34:15.666,0:34:18.083
Well, this is part of my call to action.

0:34:18.083,0:34:21.125
This is what I call a compost pail.

0:34:21.666,0:34:23.875
And, you know, we look,

0:34:24.875,0:34:26.291
every day we're throwing

0:34:26.291,0:34:30.833
thousands of pounds of food
that's food scraps away.

0:34:31.416,0:34:33.458
And, this is an effort.

0:34:33.458,0:34:36.458
If you take a look at this, it says

0:34:36.583,0:34:39.375
help lift people and build community.

0:34:39.375,0:34:41.250
One pail at a time, Grow Ogden.

0:34:41.250,0:34:43.291
And and that's what we're doing.

0:34:43.291,0:34:46.416

We're really lifting people,
like you said in

0:34:46.416,0:34:49.416
your, the Ogden way.

0:34:49.416,0:34:51.958
We're lifting people one at a time through

0:34:51.958,0:34:55.958
a very little farm program,
and we can create the soil

0:34:56.250,0:34:59.708
that will grow amazing produce
like what you just received.

0:35:00.416,0:35:03.791
Actually, when we say
you're lifting people one at a time. Yes.

0:35:04.791,0:35:07.500
What we often forget is how much lifting
we're doing for each other

0:35:07.500,0:35:10.041
and for ourselves.
When we lift others. Right.

0:35:10.041,0:35:12.958
It makes me feel good.
And that's why I want to do this.

0:35:12.958,0:35:15.958
I'm going to be 95 before this stops.

0:35:16.166,0:35:17.791
You're starting with one.

0:35:17.791,0:35:20.041
And then you had a cohort of two, right?

0:35:20.041,0:35:22.666
Yeah, it was a cohort.
Yeah. That's my wife, by the way.

0:35:24.958,0:35:26.250
But you're starting small and

0:35:26.250,0:35:29.291
you're building up,
but you're lifting your own spirit.

0:35:29.291,0:35:32.666
And there's a lot of people whose spirits
are lifted as a result of lifting others.

0:35:32.958,0:35:35.958
Yeah,
and nobody would know I'm 75 years old.

0:35:37.416,0:35:38.375
Right.

0:35:38.375,0:35:41.583
Wait you are a new grandfather though
right?

0:35:41.708,0:35:42.958
Yes. Congratulations.

0:35:42.958,0:35:45.541
Number five. Yeah, yeah. So no one would.

0:35:45.541,0:35:46.833
No one would have guessed
your grandfather.

0:35:46.833,0:35:48.833
The farm life is good for you.

0:35:48.833,0:35:50.750
It's a good life. It???s
also the wheat bread.

0:35:50.750,0:35:53.541
So here we go.

0:35:53.541,0:35:56.500
So, so that I think that you

0:35:56.500,0:35:59.625
you make the the ending for our episode
perfectly because,

0:36:00.333,0:36:04.500
there are so many calls to action
that you've already taken, right?

0:36:04.708,0:36:06.708
Because we always end our episode
and we'll do the same.

0:36:06.708,0:36:09.208
Today
we end our episode with a call to action.

0:36:09.208,0:36:14.291
You know, first to, like, share,
subscribe to the Ogden Way.

0:36:14.291,0:36:17.291
Go to our social media,
go to our website, theogdenway.com,

0:36:17.500,0:36:20.375
get plugged
in, listen to more podcast episodes,

0:36:20.375,0:36:23.375
find out more ways that you can get
involved in our community right.

0:36:23.791,0:36:27.416
And so for your call to action
today is to go to your website. Yes.

0:36:27.583,0:36:27.875
Right.

0:36:27.875,0:36:31.875
And do what you can to contribute,
not just in terms of composting,

0:36:31.875,0:36:34.500
but yeah, pull out your wallet.
There's another thing.

0:36:34.500,0:36:36.541
How many of you shop at Smith???s?

0:36:36.541,0:36:37.083
Okay.

0:36:37.083,0:36:40.083
They have Smith inspiring donations.

0:36:40.416,0:36:44.250
What you buy in Smith, 0.25%

0:36:45.166,0:36:48.583
can go to fund Grow Ogden, this program.

0:36:49.166,0:36:51.666
There you go.
That's an amazing cooperation.

0:36:51.666,0:36:55.125
So Smith inspiring donations.

0:36:55.125,0:36:58.500
And that's the way that we can solve
this challenge

0:36:58.500,0:37:01.833
of homelessness and actually provide
a pathway out of poverty.

0:37:01.958,0:37:02.500
Awesome.

0:37:02.500,0:37:05.916
And and if anybody has the ability

0:37:05.916,0:37:09.541
to in the capacity within yourself
to volunteer, to volunteer.

0:37:09.791,0:37:10.041
Yeah.

0:37:10.041,0:37:13.083
Financially right, farmer
Carl and team are always looking for help.

0:37:13.083,0:37:17.000
I???m there
and it's edenstreet.org/donate to

0:37:17.000,0:37:20.000
contribute to our sow
a seed today campaign.

0:37:20.041,0:37:22.083
There you go. There's our call to action.

0:37:22.083,0:37:23.041
Great. Right.

0:37:23.041,0:37:27.416
Eden streets--
edenstreets.org/donate slash donate.

0:37:27.416,0:37:29.583
And that???s edenstreets.org.

0:37:29.583,0:37:31.833
Yeah. Just in case that website.

0:37:32.916,0:37:34.625
Pull out your wallet if you can.

0:37:34.625,0:37:36.916
If you can't, you know, give of yourself.

0:37:36.916,0:37:38.833
Give of your heart. Yeah. Of your time
and of your service.

0:37:38.833,0:37:43.000
And I appreciate you saying we got to get
business sponsors on here too.

0:37:43.041,0:37:43.666
Right?

0:37:43.666,0:37:44.166
I know.

0:37:44.166,0:37:46.791
I'm creating the new labor force. Right.

0:37:46.791,0:37:48.916
They're going to get hired

in your businesses.

0:37:48.916,0:37:49.708
Right?

0:37:49.708,0:37:55.625
So this is a time to put your banner
on the farm, Grow Ogden's farm

0:37:55.625,0:38:01.750
fence and say, you know, Parker-Hannifin
proud supporter of Grow Ogden.

0:38:01.750,0:38:06.750
And we actually ran a campaign
Field of Dreams in the summer.

0:38:07.375,0:38:09.541
And you've seen the movie, right?

0:38:09.541,0:38:10.375
Okay.

0:38:10.375,0:38:14.375
We have a Field of Dreams
right here in Ogden.

0:38:14.375,0:38:19.291
And that field of dreams can be rented
or purchased.

0:38:19.291,0:38:23.458
Leased out
so that your company can have your sign

0:38:24.000,0:38:27.625
on this plot
or this high tunnel or whatever,

0:38:27.625,0:38:31.958
so that they sense that they're owning
the challenges

0:38:31.958,0:38:35.166
Ogden has and they're helping
relaunch lives through farming.

0:38:35.250,0:38:35.791
There you go.

0:38:35.791,0:38:38.791
Or even if you know somebody
that you think would be really interested

0:38:38.791,0:38:42.375
in either
participating in Carl's program. Yes.

0:38:42.583,0:38:46.250
Or helping to, support those
that are participating in this program,

0:38:47.291,0:38:48.083
that's another call.

0:38:48.083,0:38:48.958
Raise your hand.

0:38:48.958,0:38:50.208
Connect

0:38:50.208,0:38:51.916
yourself or those around you

0:38:51.916,0:38:54.625
with the opportunities
and the needs within our community

0:38:54.625,0:38:58.458
in order to lift others right,
as we do the work to address those.

0:38:58.625,0:39:01.000
Exactly. That is the Ogden Way.

0:39:01.000,0:39:03.166
And farmer Carl,
thanks for being with us today.

0:39:03.166,0:39:04.958
Thank you. It's been my pleasure.

0:39:04.958,0:39:06.458
No, mine mine as well.

0:39:06.458,0:39:10.875
And I hope that this episode gets shared,
liked, subscribed and that it leads

0:39:10.875,0:39:14.000
to many, many more blessings for for you
and for your program.

0:39:14.208,0:39:17.541
Yes, it's
been an exciting adventure here in Ogden.

0:39:17.541,0:39:19.000
Thank you. You're welcome.

0:39:19.000,0:39:21.708
Okay, until next time,
we are the Ogden Way podcast.