



<https://mountainlake.org/racey-henderson-studio-interview/>

Aired January 31, 2020

Essex County Health Department and Well Fed Essex County Collaborative mentioned (at approximately minutes 6-8 of video)

Racey Henderson, Program Coordinator for the Essex Farm Institute joins us to talk about the upcoming Food Justice Summit, and the work of the Essex Farm Institute, which is part of the Adirondack Council. Their mission is to support, promote and train farmers to build resilient, diversified farms that are economically viable, as well as socially and environmentally responsible. EFI also works as an advocate, educating policymakers and creating links between locally produced food and consumers. Learn more www.adirondackcouncil.org

Watch our extended interview with Racey Henderson on the Food Justice Summit, and the increase in the number of small farms in the Eastern Adirondacks in recent years: https://www.youtube.com/watch?v=8mB4xW8_dmc