
Rob McMullen

When Rob McMullen was looking for local farming opportunities, he was guided by Root Radical CSA Farm in Gananoque, to the Loving Spoonful Community Training Farm program. After spending a couple of months as a participant, he fell in love with the work being done at the Community Training Farm, and the overall mission of Loving Spoonful as a whole.

"I firmly believe that investing, whether time or money, in the local food system is a way that can help aid several economic issues, especially within local communities," said Rob.

When a position became available for a Community Training Farm Coordinator, Rob jumped at the chance.

Day-to-day, he coordinates with local farms, partners, and initiatives to help facilitate the learning being provided at the Community Training Farm. On-farm programming days include educating participants on organic farming practices and varying skills needed to successfully work in the local agricultural industry.

"Since my time with Loving Spoonful in August 2023, I have heard from several community members that have stated that the programs we run have been life changing. Whether it's through participation in training programs like Community Kitchens and the Community Training Farm, or through local food access programs like our market stands and Community Harvest community gardens".

Loving Spoonful has also changed him.

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"I am more mindful about what I put in my body, and how my work, and actions, directly affect the community around me. I've acquired skills that I will be able to pass on to my daughter that will help our entire family become more self-sufficient, which during these trying times, I encourage everyone to strive for. I finish a day of work with great satisfaction, and I wake up with enthusiasm to continue to make a difference."

Loving Spoonful's mission is to help contribute to food sovereignty in Kingston. One of the key pillars of food sovereignty is building knowledge and skills. The Community Training Program is an integral part of building food sovereignty in Kingston and aligns well with Loving Spoonful's overall mission. Empowering the local community and giving them the skillset that enables them to grow their own food and network with other local farms helps establish a strong foundation to build on towards achieving food sovereignty.

"I think most days are impactful, but I would have to say that the most memorable moment was when a market stand participant said to me. 'Thank you so much for all the work you do. I get to eat today because of you.'

The reason we do the work we do is to help our local communities build resilience and have access to good quality local food, but to hear someone say that you were the reason they ate that day, is a pretty big impact statement. I have never been prouder to be a part of something."
