

Matthew Raiford

CheFarmer, Gilliard Farms; The Farmer & The Larder

Brunswick, Georgia



Matthew Raiford's love for healthy foods grew just as organically as the vegetables on his family farm. "I grew up eating our own fresh peas and corn. I didn't know any other way to eat," said Raiford, who is now the sixth-generation farmer on Gilliard Farms, the land his family has owned in Brunswick, Georgia, since 1874. "It pushed my appreciation for good food."

Raiford calls himself a CheFarmer – part chef, part farmer; his love for growing and cooking healthy foods permeates his life. His day starts at 5:30 a.m., walking his property to check the crops by first light. After feeding the chickens and ducks, he harvests the eggs for the farm store and his restaurant, The Farmer & The Larder, where lunch preparation begins at 9 a.m.

"At the farm, we are committed to organic, sustainable and responsible farming," said Raiford. "The restaurant allows me to help promote healthy living by bringing homegrown recipes to the table."

His inspiration stems from his family. His parents have always encouraged him to "do good work." At 95 years old, his grandmother is still getting the first taste of the vegetables from every harvest. "I want to ensure my children's children have good food. So I try not only to grow what works well in this area, but also to educate the community on why certain vegetables can grow here and how they can be used in their daily diets," he said.

Raiford and his fiancée, Jovan, educate the community by hosting cooking classes at the restaurant and having one-on-one conversations at the farm.

They serve up to 350 people every week in the 28-seat restaurant. They also publish recipes and educational content on their website and blog. "You have to have a conversation with the community about what it needs to become more healthful," he said. "It needs to be an open forum."

Raiford says the biggest misconception people have about healthy eating is the cost. "Even if you live in an apartment and have a balcony, you can create a container garden," he said. "Take two five-gallon buckets, and fill them with \$10 of top soil and good compost. Add a pack of carrot seeds for \$2.99, arugula for \$2.99 and a tomato plant for \$2.99. And just like that – you have a great salad."



Curried Shrimp with Pearl Couscous and Vegetables

Curry, paprika, garlic and coconut milk combine with shrimp, couscous and vegetables for an exotic taste that is both healthy and flavorful.

For recipe, visit AAHCalendar.com/recipes/april.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1950: Charles R. Drew, blood research pioneer, dies.	2 1984: Georgetown coach John Thompson becomes first African American coach to win the NCAA® basketball tournament.
3 1826: Poet- orator James Madison Bell, author of the Emancipation Day poem "The Day and the War," born.	4 1968: Rev. Dr. Martin Luther King Jr. assassinated in Memphis, Tennessee.	5 1856: Booker T. Washington, educator, author, orator and advisor to presidents of the U.S., born.	6 1909: Matthew A. Henson reaches North Pole, 45 minutes before Robert E. Peary.	7 1915: Billie Holiday, American jazz singer and songwriter, born.	8 1974: Atlanta Braves slugger Hank Aaron hits 715th career home run, surpassing Babe Ruth as the game's all-time home run leader.	9 1816: African Methodist Episcopal (A.M.E.) Church formed.
10 1816: Richard Allen consecrated first bishop of the African Methodist Episcopal (A.M.E.) Church.	11 1997: The Charles H. Wright Museum of African American History, the world's largest museum of its kind, opens in Detroit.	12 1983: Harold Washington becomes first African American elected mayor of Chicago.	13 1916: Edna Lewis, the "Grand Dame of Southern Cooking," born.	14 1775: First abolitionist society in U.S. founded in Philadelphia.	15 1947: Jackie Robinson becomes first African American to play in Major League Baseball when he made his debut with the Brooklyn Dodgers.	16 1862: Slavery abolished in the District of Columbia.
17 1983: Alice Walker wins Pulitzer Prize for fiction for <i>The Color Purple</i> .	18 1995: Margo Jefferson receives the Pulitzer Prize for Criticism.	19 1972: Stationed in Germany, Maj. Gen. Frederic E. Davidson becomes first African American to lead an Army division.	20 2010: Dorothy Height, leading female voice of the 1960s Civil Rights Movement, dies.	21 1966: Pfc. Milton L. Olive III awarded posthumously the Congressional Medal of Honor for valor in Vietnam.	22 2004: Charlie Sifford becomes first African American elected into the World Golf Hall of Fame. Passover Begins (sundown)	23 1856: Granville T. Woods, inventor of the steam boiler and automobile air brakes, born.
24 1944: United Negro College Fund incorporated.	25 1916: Madeline M. Turner patents the fruit press.	26 1888: Sarah Boone patents ironing board.	27 1968: Dr. Vincent Porter becomes first black certified in plastic surgery. Administrative Professionals Day	28 2009: Sojourner Truth, former slave turned abolitionist, becomes first African American woman to have a memorial in the U.S. Capitol.	29 1899: Edward Kennedy "Duke" Ellington, jazz musician and composer, born.	30 1952: Dr. Louis T. Wright honored by American Cancer Society for his contributions to cancer research.



The modern fruit press exists thanks to the creative juices of Madeline Turner. In 1916, she invented Turner's Fruit-Press, a device that cut and juiced fruit.⁴



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