

Robin Emmons

June 2014 Calendar

After spending 20 years in corporate America, a force inside Robin Emmons tugged at her to leave her job in the financial services industry for an unplanned journey.

One week after resigning, Ms. Emmons began the unplanned course to save the life of her homeless and mentally ill brother. In doing so, she secured for him transitional housing, counseling and support services. However, despite her best efforts, his physical health became endangered due to high consumption of canned and sugary foods provided to him by the agency responsible for his care. As a gardener, Ms. Emmons began donating produce for her brother and the 30 other residents housed at the facility where he lived. After her brother began eating the produce, she saw a dramatic improvement in his physical health.

In 2008, Ms. Emmons found her passion using food as a vehicle to promote social justice on important issues such as food access in marginalized communities. The advocate, activist, humanitarian, gardener and now, farmer, dug up her entire backyard and sowed the seeds for the nonprofit Sow Much Good. Since then, she has dedicated herself to eliminating systemic barriers in the food system that disproportionately affect the working poor and underserved populations.



Since the launch of Sow Much Good, Ms. Emmons has worked tirelessly through workshops, farm stands and speaking opportunities to raise awareness about inequities in the food system that eliminate the basic human right for a significant number of people to access clean, healthful food.

Ms. Emmons is a 2013 Top 10 CNN Hero who has been featured in local and national media for Sow Much Good's work to alleviate nutritional starvation in low-income communities through gardening and microfarming.

A native Bostonian and North Carolina transplant of 20 years, Ms. Emmons currently resides in Huntersville, North Carolina, with her husband, Willie Emmons.