Bearing Fruit: 
Growing Healthy Kids, Farms, and Communities

Green Mountain 
Farm-to-School 
Annual Report 
2012-2013
A Letter from the Executive Director and Chair of the Board

Dear Friends:

Across the country, kids are in crisis. The trends of obesity and diet-related disease must be reversed, and it's time for new solutions. At Green Mountain Farm-to-School (GMFTS), we envision a world where children know what healthy food is, have seen how it grows and where it comes from, and have access to it every day.

Thanks to your support, we are gaining momentum. Over the last year, we've made extraordinary progress towards achieving our vision:

GMFTS is addressing hunger and food insecurity in areas with the greatest need. GMFTS planted school gardens, led farm field trips, provided nutrition education, and introduced children to new healthy foods in schools across northern Vermont.

GMFTS is making healthy food accessible and affordable to more Vermonters than ever before. We expanded our local food distribution to serve not only schools but also senior meal sites, colleges, restaurants, prisons, and other institutions across northern Vermont. This summer, we piloted a new mobile farmers market to bring local food to low-income communities.

GMFTS is responding to the increasing demand for our programs. We have documented and shared our program model through newly designed “toolkits” so that more schools can replicate our work and advance their Farm to School Programs.

Our work would not be possible without the generosity and efforts of our many partners in the community. To each of you, we say thank you. We hope that you enjoy our Annual Report and look forward to continuing our work with you in the coming year.

Sincerely,

Katherine Sims
Founder and Executive Director

David Stackpole
Board Chair
During the 2011-2012 academic year, Green Mountain Farm-to-School partnered with schools to tend school gardens, distribute local food to school cafeterias, and lead farm-to-school activities like field trips, in-class workshops and cooking classes.

**2011-2012 Member Schools**

1. Albany Community School
2. Barton Graded School
3. Brighton Elementary School
4. Brownington Central School
5. Cambridge Elementary School
6. Coventry Village School
7. Craftsbury Elementary School
8. Glover Community School
9. Holland Elementary School
10. Irasburg Village School
11. Jay/Westfield Elementary School
12. Lowell Graded School
13. Newport City Elementary School
14. Newport Town School
15. Orleans Elementary School
16. Troy School
17. Waterville Elementary School
18. Charleston Elementary School
19. Highgate Elementary School
20. Sheldon School
21. Swanton School
22. St. Albans City School
23. Johnson Elementary School
24. Bellows Free Academy Fairfax
25. Bellows Free Academy St. Albans
26. Burke Town School
27. Champlain Valley Union High School
28. Concord Graded/High School
29. Georgia Elementary/Middle School
30. Lyndon Institute
31. Morristown Elementary School
32. People's Academy
33. St. Johnsbury School

GMFTS’ programs reached over 10,000 children
We are grateful to the following farms and food producers who hosted a farm field trip, helped with a school garden, or provided food for an event or school cafeteria as a part of GMFTS’ programs during the 2011-2012 academic year.

1. Apple Ledge Farm, Coventry
2. Berry Creek Farm, Westfield
3. Brault’s Market and Slaughterhouse, Troy
4. Brown’s Beautiful Blueberries, Craftsbury
5. Butterworks Farm, Westfield
6. Cabot Creamery, Cabot
7. Cellars at Jasper Hill, Greensboro
8. Champlain Orchards, Shoreham
9. Chandler Pond Farm, South Wheelock
10. Chappelle’s Potatoes, Williamstown
11. Couture Family Farm, Westfield
12. Currier Sugarhouse, Glover
13. Dagesse Farm, Derby
14. Deep Root Cooperative, Johnson
15. Derby Pond Farm, Derby
16. Eden Ice Cider, West Charleston
17. Flack Family Farm, Enosburg Falls
18. Four Acre Farm, Barton
19. Fresh Start Community Farm, Newport
20. The Garden of Eurbin, Barton
21. Green Wind Farm, Fairfield
22. Heath Orchards, Stanstead, Quebec
23. Heartwood Farm, West Glover
24. High Mowing Seeds, Wolcott
25. Hope Farm, East Charleston
26. Jed’s Maple Products, Westfield
27. Jocelyn & Cinta’s Bake Shop, Newport
28. Kingdom Creamery of Vermont, East Hardwick
29. Kingdom Mountain Maple, Westfield
30. La Feuillantine de Stanstead, Stanstead Quebec
31. La Panciata Italian Bakery, Northfield
32. Lake Region Union High School, Orleans
33. Lakeside Maple, Newport Center
34. Lazy Lady Farm, Westfield
35. Manning Asparagus Farm, Lowell
36. Maple Meadow Farm, Salisbury
37. Maxwell Family Mike Roots Orchard, Brownington
38. Morningstar Meadows, Glover
39. North Derby Organic Berries, Derby
40. Northeast Kingdom Mustard, Westfield
41. Northwoods Apiaries, Westfield
42. Old Stone House Museum, Brownington
43. Peace of Earth Farm, Albany
44. Pete’s Greens, Craftsbury
45. Red Hen Bakery, Middlesex
46. Rosie’s Vermont Beef Jerky, Swanton
47. Sargent’s Bear Necessities, North Troy
48. Slow Fire Bakery, Jeffersonville
49. Snug Valley Farm, East Hardwick
50. Spring Hill Angus, Orleans
51. Strafford Organic Creamery, Strafford
52. Sunset View Farm, Derby
53. Sweet Rowen Farmstead, West Glover
54. Vaillancourt Orchard, Enosburg Falls
55. Vermont Cranberry Company, East Fairfield
56. Vermont Compost Company, East Montpelier
57. Vermont Coffee Company, Middlebury
58. Vermont Food Venture Center, Hardwick
59. Vermont Peanut Butter Co., Morrisville
60. Vermont Smoke & Cure, South Barre
61. Vermont Soy, Hardwick
62. Wellspring Farm, Marshfield
63. Workrow Farm, Barton
School Gardens: Engaging Kids in Growing Food

By actively engaging students in the food system through planting, maintaining, and harvesting a garden, we find that they are more likely to make healthy food choices.
Program Spotlight

**FarmCorps** is a 10-week job and life skills training program for at-risk youth in the Newport, Vermont area. Participants spend two days a week working on local farms. They take a tractor safety certification course, learn job readiness skills, and develop gardening skills by working in a local community garden. They also prep, cook, and can food they've helped grow and then sell it at the Newport Farmer's Market. Find out more about this year's program by reading the project's blog at [farmcorpsvt.wordpress.com](http://farmcorpsvt.wordpress.com)

In the fall of 2011, GMFTS school gardens produced 2,300 pounds of food to feed over 3,000 kids.
Farm-to-School: Changing the Way Kids Eat and Think about Food

*Through inquiry-based activities in the classroom, kitchen, garden, and farm, we can engage students in interdisciplinary learning.*

1. Students learn about rutabaga during a plant part lesson in the classroom

2. Students will visit a local farm and help harvest rutabaga

3. Students work in the kitchen to help prepare rutabaga in two different ways: raw rutabaga sticks and roasted root vegetables

4. Students conduct a rutabaga taste test in the cafeteria and survey students to get their feedback about the recipe

New Resources

Over the last year, GMFTS worked to further hone, document, and share our work through several new toolkits:

- *Farm Field Trip Guide*
- *School Garden Cookbook*
- *Guide to Starting a School Composting Program*

These toolkits are available as free downloads at GreenMountainFarmtoSchool.org
Taste Tests

Students are often reluctant to try new foods. Taste tests introduce new menu items in a way that raises awareness about healthy food choices, involves the school community in recipe development, and builds a culture of trying new foods.

Here are a few tips for conducting successful taste tests:

• **Have a regular schedule.** Commit to taste tests on a certain day each month; this aids planning and makes taste testing a predictable part of the school culture.

• **Choose appropriate recipes.** The best recipes are simple and inexpensive to make, so they can be easily added into the regular meal program.

• **Use local ingredients.** This is a great way to include more local food in your school’s meals and generate enthusiasm for local eating.

• **Involve students.** When students are involved in preparing, serving, and surveying other students during a taste test, they will be more willing to try the new foods. Work with teachers to create a schedule for classes to participate in taste tests.

• **Recruit volunteers.** Parent volunteers can also be helpful during taste tests, especially for serving or helping to prepare food. Place a note in your school newsletter asking for parents interested in helping out.

• **Advertise.** Generate excitement for your taste tests by announcing them in the school newsletter, take-home letters for parents and morning announcements.

“I love carrots and eating them straight from the ground.”

— 3rd grade student

Over the last year, GMFTS taught 259 in-class workshops and 356 after-school programs.
Farm Direct: Increasing Access to High-Quality Local Foods

By delivering local food to schools and institutions, we can make healthy food accessible and affordable for all while simultaneously supporting the local economy.

**Food Aggregation**
Farm Direct purchases food from more than 40 local farmers, ensuring a fair price.

**Community Engagement**
Farm Direct engages the community through volunteer programs, events, classes, and creative partnerships.

**Food Distribution**
Farm Direct distributes food to schools, hospitals, institutions, markets, and restaurants.

**Distribution Warehouse**

**Local Food Campaign**
Farm Direct promotes the values of buying and eating locally.

**Production Planning**
Farm Direct works with farmers and buyers to coordinate growing and match supply with demand.

**Internships**
An annual summer internship offers local high school youth an opportunity to learn farm training and job skills.

**Top Five Products Ordered Through Farm Direct:**
- Apples
- Potatoes
- Yogurt
- Ground Beef
- Eggs

Over the last year, 74 schools and institutions purchased over $100,000 worth of local food from 40 different farms and food producers.

Farm Direct customers include schools, senior meal sites, hospitals, prisons, grocers, and restaurants.
The Lunchbox Mobile Farmers Market

This year, GMFTS is launching a new project, The Lunchbox, which is a mobile farmer’s market and commercial kitchen that brings locally grown food and food-based education to food desert communities in northern Vermont. The market’s mission is to improve food access, provide a reliable outlet for new and small scale growers, and to create a gathering place for community activity. For the latest information about the progress of this project visit GreenMountainFarmtoSchool.org.

“We are happy to be helping to build schools with good, healthy food. Farm Direct has enabled us to expand what we do. Now we’re trying to keep up with the demand!”
— Tony Brault of Brault’s Slaughterhouse.
We are thankful to our community of new and long-time friends who have generously supported Green Mountain Farm-to-School between July 1, 2011 and June 30, 2012 as we seek to promote the health of Vermont's children, farms and communities.
Garden Volunteers

We want to extend a big thank you to all the wonderful people who volunteer to help tend our school gardens during the summer. Together with our staff, our volunteers help our gardens thrive and produce a bountiful harvest for the school cafeteria.

Ben Applegate
Jacob and Joshua Baker
Roy Barnett
Kayla Birk
Margo and Leilani Blanchard
Marcel Bonin
Louise Bouffard
Tara Bredice
Annie Brueck
Rosalie Brulotte
Jessica Burdick
Camille Campanile
Chloe and Leah Coleman
Jessica DiMartino
Sara Doncaster
Amanda Elie
Marc Farrow
Brian and Dianna Fecher
Stephanie Foster
Dave Gallup
Michael Ghosh
Terrance and Stacey Glodgett
Bonnie Godin
Sally Guebara
Doug James
Emily Lefay
Bonnie Johansen
Bonnie Kipp
Paul and Sonya Kittredge

In-Kind Gifts
Apple Ledge Farm
Alice’s Table at Jay Peak Resort
Barkley Creek Farm
Black Lantern Inn
Boyden Valley Winery and Farm
Butternut Mountain Farm
Butterworks Farm
Cellars at Jasper Hill
Champlain Orchards
Claire’s Restaurant and Bar
Clubhouse Grille at Jay Peak Resort
Couture’s Maple Shop/B&B
Craftsbury Outdoor Center
Lisa Daigle
Eddi Ice Cider Company
Farm & Forest Ranch
Sally Fraize
Heath Orchards
High Mowing Organic Seeds
Jay Peak Resort
Jay Village Inn
Jed’s Maple Products
Kingdom Mountain Maple
Lazy Lady Farm
Le Belvedere
Montgomery’s Café

Newport Natural Market and Café
Northeast Kingdom Mustard
Northwoods Apiaries
Parker Pie Company
Pete’s Greens, Inc.
Roberta Pheiffer
Ploughgate Creamery
Red Hen Bakery
Mark Uddo
Vermont Compost Company
Vermont Cranberry Company
Vermont Smoke & Cure
Vermont Soy
Dean and Pamelyn Vervoort

Honorary Gifts
In honor of M. Louise Marsh
Judith and Gerald Ballinger
Roland Blais
Elwood Duckless
Ruth Marsh

In honor of David Stackpole
Green River Guild

In honor of all the farmers
Dr. Robert and Mrs. Cynthia Kern

In honor of Sue Barnett
Frank and Alicia Knoll

In honor of Brad Bomengen
Roger Murphy and Julie Bomengen

In honor of Casey Kirkman
Molly Perkins and Jeff Kirkman

In honor of Tom Todd
Robert Strong

Anonymous

In honor of Anne and Bruce McKay
In honor of Katherine Sims
Barbara and Ben Phinney
In honor of Kathy Yale
Barb Whitehill

Memorial Gifts
In Memory of M. Louise Marsh
American Legion Auxiliary, Newport Unit 21
American Legion Auxiliary, Jay Peak, Unit 28

Emily Austin
Bailey/Howe & Dana Libraries, UVM
Janet and Roger Cartee
Community National Bank
George and Margaret Cofield
Theresa and Philip Drake
Mark and Marilyn Frederick
Donald and Andrea Hunt
Dr. Robert Mrs. Cynthia Kern
Marylgin Kip
Rosemary LaLime
Clara and Barbara Mayhew
Sara and Douglas McKenny
William and Bonnie Wheeler
Christopher and Patricia White
Richard and Katherine White
Sarah White
Clifford White III

In memory of Sylvia T. Ferry
Elizabeth Ferry

In memory of Helen Hayford
Allen and Kathleen Yale

In memory of Mom Shaffer
Shaffer family

In Memory of Gary Osborne
Paige Savage

In honor of Tom Todd
Robert Strong

Heidi Sims Fiske
Joann Small
Kristen and Jason Sotherden
Janet Spring
Ruth Sproull
St. Albans Cooperative Store
David Stackpole
Dr. and Mrs. Durward Starr
Robert and Anita Starr
Hannah Stauffer
Andy and Kakki Stenger
Stronghold Farm
Robert Thisey
Michelle and Daniel Tarryk
Jesse Tatum
Carl and Susan Taylor
Taylor-Moore Agency
Nancy E. Tessler
The Duckless Farm
The Hayward Farm
Sam Thurston and Marjorie Kramer
Nancy Trottier
Maggie Turner
Allison Van Akkeren
JoAnn Vana and George Vana III
Vermont Compost Company
Dean and Pamelyn Vervoort
Jacob Webster and Michelle Legault
Mary and Edward Wendell
William and Bonnie Wheeler
Christopher and Patricia White
Katie and Shub White
Richard and Katharine White
Sarah White
Clifford White III
Barbara Whitehill
Lynn and Ron Wild
Wild Branch Solutions, Inc.
Lois Wolfe
Rick and Frances Woodward
Daniel and Rebecca Ann Wright
Steve and Brooke Wright
James and Holly Wylie
Allen and Kathleen Yale
Christopher and Meredith Young

The accuracy of this listing is very important to us. Please let us know if you can’t find your name or if you are listed incorrectly so that we can correct our records. Thank you!
Invest in our children's future by becoming a supporter of Green Mountain Farm-to-School and its efforts to promote the health and well-being of Vermont's children, farms and communities. Gifts of all amounts are appreciated.

Please make checks payable to Green Mountain Farm-to-School and mail to: Green Mountain Farm-to-School 194 Main Street, Suite 301 Newport, VT 05855

or donate online at www.greenmountainfarmtoschool.org.

Vermont Farm-to-School, Inc., DBA Green Mountain Farm-to-School is a 501(c)(3) organization.

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To observe a group of eager students carefully plant seedlings they nurtured to life brings joy to our work. To see the looks on students faces when they finally taste the harvest brings a true sense of hope and possibility for the future.

— Katherine Sims, Executive Director

- **Grow-a-Row:** Through our Grow-A-Row Program, we encourage community members to plant an extra row in their home garden and donate the produce to the school meal program.

- **Harvest Festival:** During Fall Harvest Festivals, participants enjoy a local food meal prepared by students, live music, a mini farmers’ market, displays of student work, petting zoos, slideshows, and more.

- **Senior Meal Sites:** Through a partnership with the Area Agency on Aging for Northeastern Vermont, GMFTS is providing fresh, local foods to senior meal sites in Northern Vermont.

- **Farm Field Trip:** Farm Field Trips give students the opportunity to visit the places where their food is grown and to meet the people who grow it.

- **Composting:** GMFTS is working with schools to implement composting programs that divert food waste from the landfill and turn that waste into a valuable resource.
Green Mountain Farm-to-School
194 Main Street, Suite 301
Newport, VT 05855

CHANGE SERVICE REQUESTED