

**Bearing Fruit:  
Growing Healthy Kids,  
Farms, and Communities**



**Green Mountain  
Farm-to-School**

Annual Report  
2012-2013











*Green Mountain Farm-to-School's mission is to restore and strengthen local food systems in Vermont by promoting positive economic and educational relationships between schools, farms, and communities. Our vision is to build local food systems in Vermont that promote environmental stewardship, create sustainable local economies, and nurture the health and wellbeing of our children and our communities.*

## A Letter from the Executive Director and Chair of the Board

Dear Friends:

The vibrant local food system in Vermont brings benefits to people across the state. But some Vermonters are getting left behind. In the Northeast Kingdom region alone, 17% of the population lives in poverty and one in four children are food insecure.

At Green Mountain Farm-to-School (GMFTS), we envision a state where everyone has access to healthy, affordable, sustainably produced foods. We seek to foster a food system that will:

- Produce safe food that promotes good health
- Support sustainable farming practices
- Provide livable wages for food and farm workers
- Provide affordable food for all

Thanks to your support, GMFTS has made extraordinary progress towards achieving our vision. For the past five years GMFTS has helped to rebuild Vermont's food system from the ground up. With school gardens, Farm to School Programs, a food hub, and a mobile farmers market, we're creating healthy and thriving communities through food and education. In this past year, we planted 25 school gardens, educated 5,000 kids, worked with 45 farmers, and provided food for 14,000 people.

Our work would not be possible without the generosity and efforts of our many partners and friends in the community. We are excited to share our successes in this 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*



*Katherine Sims*



*David Stackpole*

### 2012-2013 Staff

Katherine Sims, *Founder and Executive Director*  
Amy Crank, *Education Director*  
Jessie Griffen, *Farm Direct Coordinator*  
Karina French, *FarmCorps Coordinator*  
Caitlin Lorenc, *Education Coordinator*  
Kristy Scott, *Customer Sales and Office Assistant*  
Meghan Stotko, *Mobile Market Manager*  
Janice Therrin, *Vermont Associates Trainee*

Lily Anderson, *AmeriCorps Farm-to-School Coordinator*  
Maia Bernstein, *AmeriCorps Farm-to-School Coordinator*  
Maegan Brown, *AmeriCorps Farm-to-School Coordinator*  
Anya Gedrath-Smith, *AmeriCorps Farm-to-School Coordinator*  
Fran Kearfott, *AmeriCorps Farm-to-School Coordinator*  
Grace Costin, *Intern*  
Danielle Nathanson, *Intern*

### Board of Directors

Susan Barnett  
Lisa Daigle-Farney  
Robert Kern  
Anne Lazor, *Treasurer*  
Jana Lovejoy  
Julie Poulin  
Katherine Sims, *Founder and Executive Director*  
David Stackpole, *Board Chair*  
Dean Vervoort  
Steve Wright  
Holly Wyllie, *Secretary*



# GMFTS is Helping to Build Healthy Communities

*By providing healthy local food to all Vermonters we have a unique opportunity to invest in our own health, in the health of our farms, and the health of our communities.*





*At GMFTS, We seek to engage whole communities in developing solutions to create a healthy local food system. Working together we can build healthy communities through food and education.*



**GMFTS seeks to foster a food system that will:**

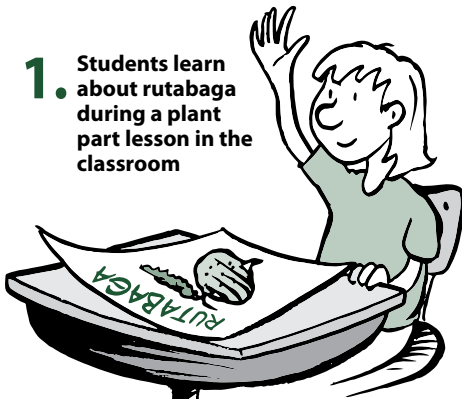
- Produce safe food that promotes good health,
- Support sustainable farming practices,
- Provide livable wages for food and farm workers,
- Provide affordable food for all.



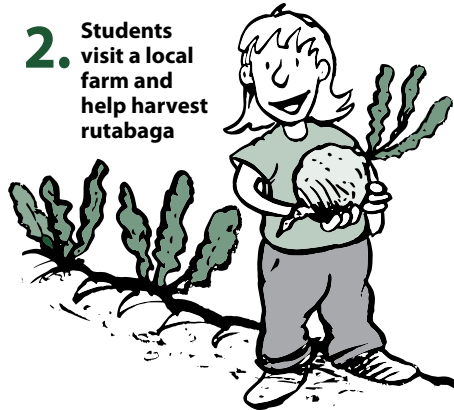
# Farm-to-School: Changing the Way Kids Eat and Think about Food

*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 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 complete a survey about the recipe



## During the 2012-2013 school year:

**29**

field trips to local farms

**519**

in-class workshops

**87**

taste tests of local food recipes

**324**

After-school Programs

**8**

schools composting

# School Gardens: Engaging Kids in Growing Food

*When students are actively engaged in planting, maintaining, and harvesting a garden, they are more likely to make healthy food choices.*



## During the 2012-2013 school year:

**25**

school gardens planted

**3,938**

Pounds of food produced for school cafeterias

**5,316**

students involved in planting gardens

In addition to working directly with students, over the past year GMFTS provided mini-grants, curriculum training, on-going support to School Garden Coordinators to implement successful garden programs at their schools.

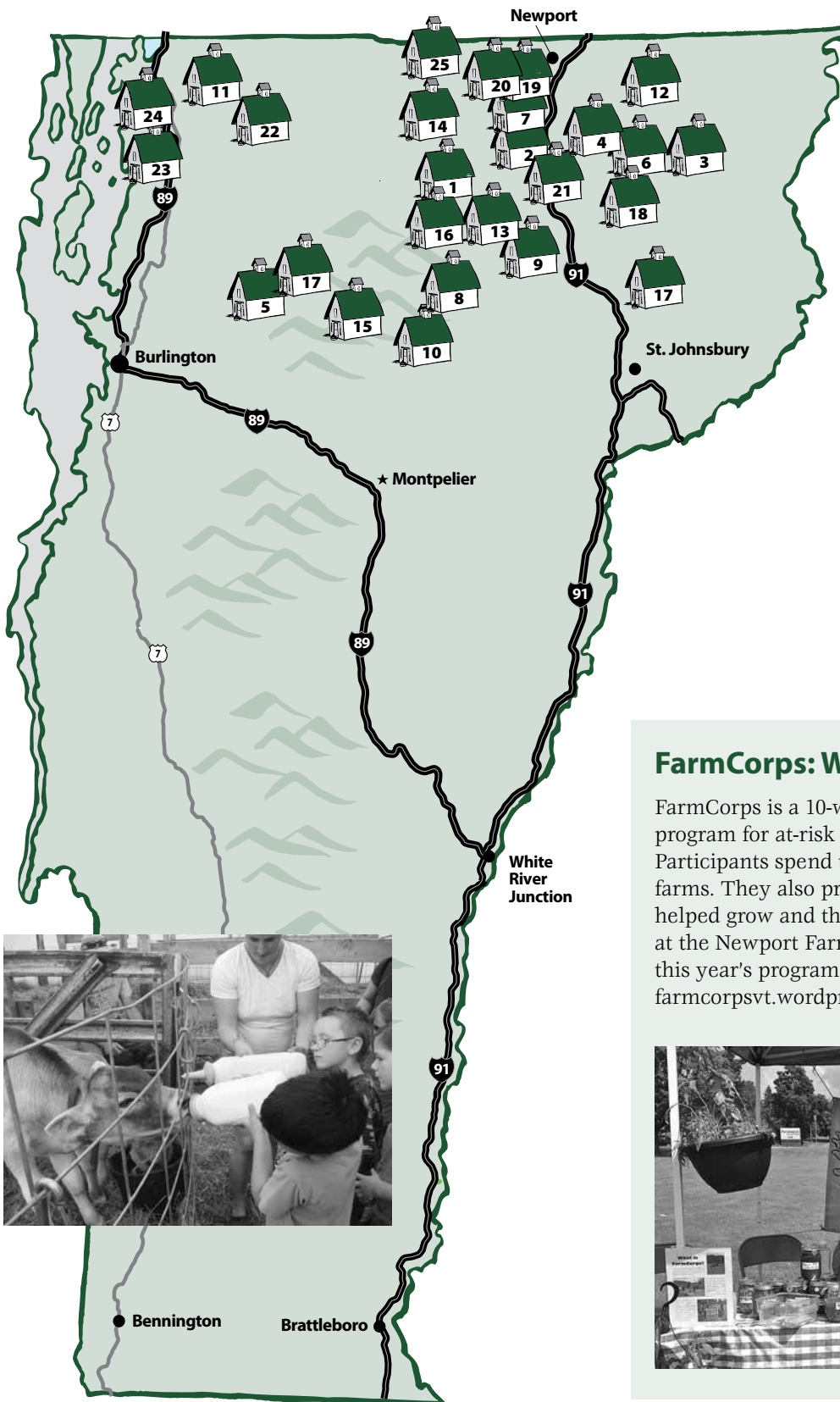




# GMFTS School Partners 2012-2013

## 2012-2013 Member Schools

1. Albany Community School
2. Barton Graded School
3. Brighton Elementary School
4. Brownington Central School
5. Cambridge Elementary School
6. Charleston Elementary School
7. Coventry Village School
8. Craftsbury Academy
9. Glover Community School
10. Hardwick Elementary School
11. Highgate Elementary School
12. Holland Elementary School
13. Irasburg Village School
14. Jay/Westfield Joint Elementary School
15. Johnson Elementary School
16. Lowell Graded School
17. Lyndon Town School
18. Newark School
19. Newport City Elementary School
20. Newport Town School
21. Orleans Elementary School
22. Sheldon School
23. St. Albans City School
24. Swanton School
25. Troy School



## FarmCorps: Work and Learn

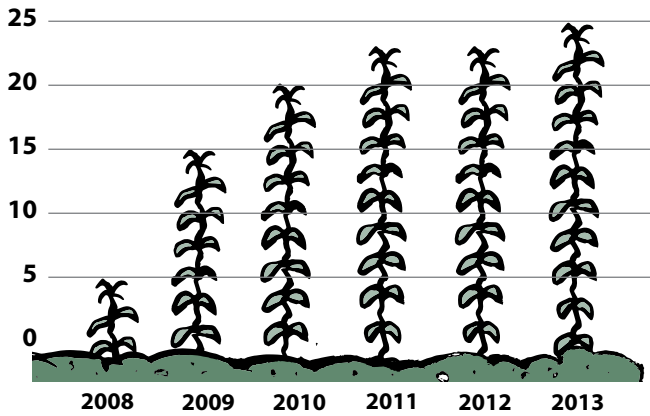
FarmCorps is a 10-week job and life skills training program for at-risk youth in the Newport, VT area. Participants spend two days a week working on local farms. They also prep, cook, and can food they've helped grow and then sell it on Wednesday mornings at the Newport Farmer's Market. Find out more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





# Celebrating Our First Five Years as a Nonprofit

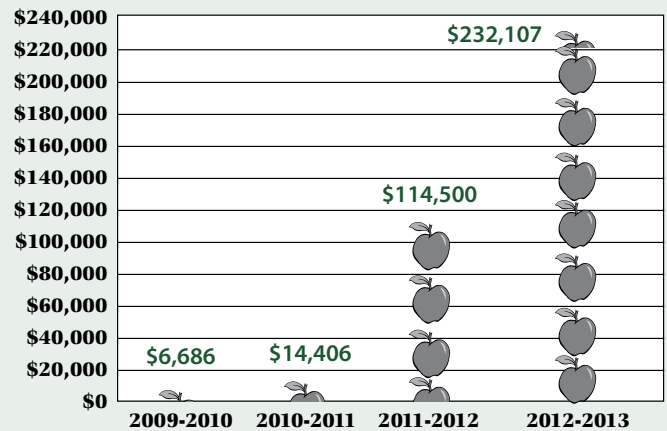
## Growing Gardens



Over the last five years, our school gardens have produced over 12,500 pounds of food for school cafeterias.



## Local Food Sales



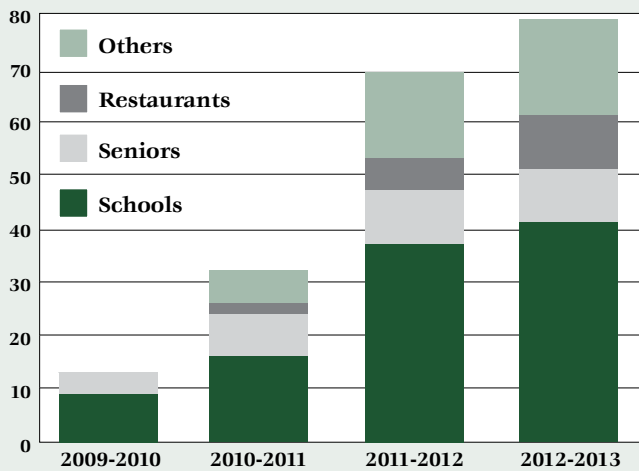
*To observe a group of eager students carefully plant seedlings they nurtured to life brings joy to our work. To see the looks on students faces when they finally taste the harvest brings a true sense of hope and possibility for the future. ”*

— Katherine Sims, Executive Director

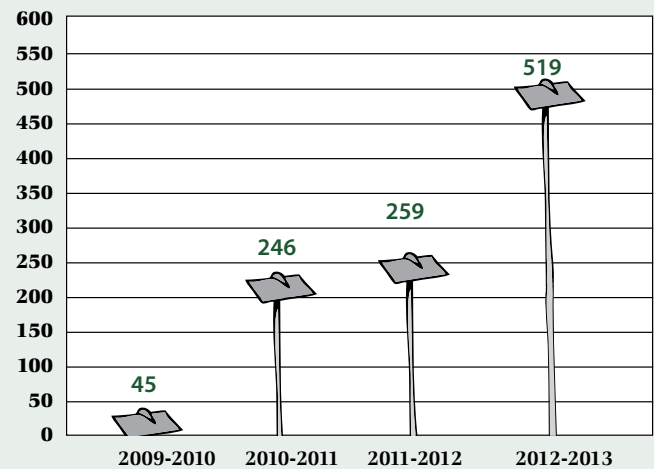




### Number of Customers Purchasing Local Food Through Farm Direct



### Farm and Food Workshops in Schools



## Training the Next Generation of Leaders

*In the five years since GMFTS was founded, we have hosted **22 AmeriCorps members** for a year of public service in school food systems. Many have gone on to forge careers in education, food and sustainable agriculture. A few examples of these include:*



#### **Maia Bernstein**

2012-2013 AmeriCorps Member

*"I [have] been able to experience firsthand the power that we all have to mutually improve and bring light to the lives of others."*



#### **Caitlin Lorenc**

2011-2012 AmeriCorps Member

*Candidate for Masters of Arts in Environmental Education at Goshen College*

*"Being at GMFTS helped me focus my professional goals. Working in school gardens, taking classes on field trips to farms, and working extensively in the local food movement has developed my passion for cultivating my relationships with communities and schools. After completing my Master's program, I plan on developing a sustainable, organic, educational farm that will work extensively with teachers at a local elementary school."*



#### **Khristopher Flack**

2010-2011 AmeriCorps Member

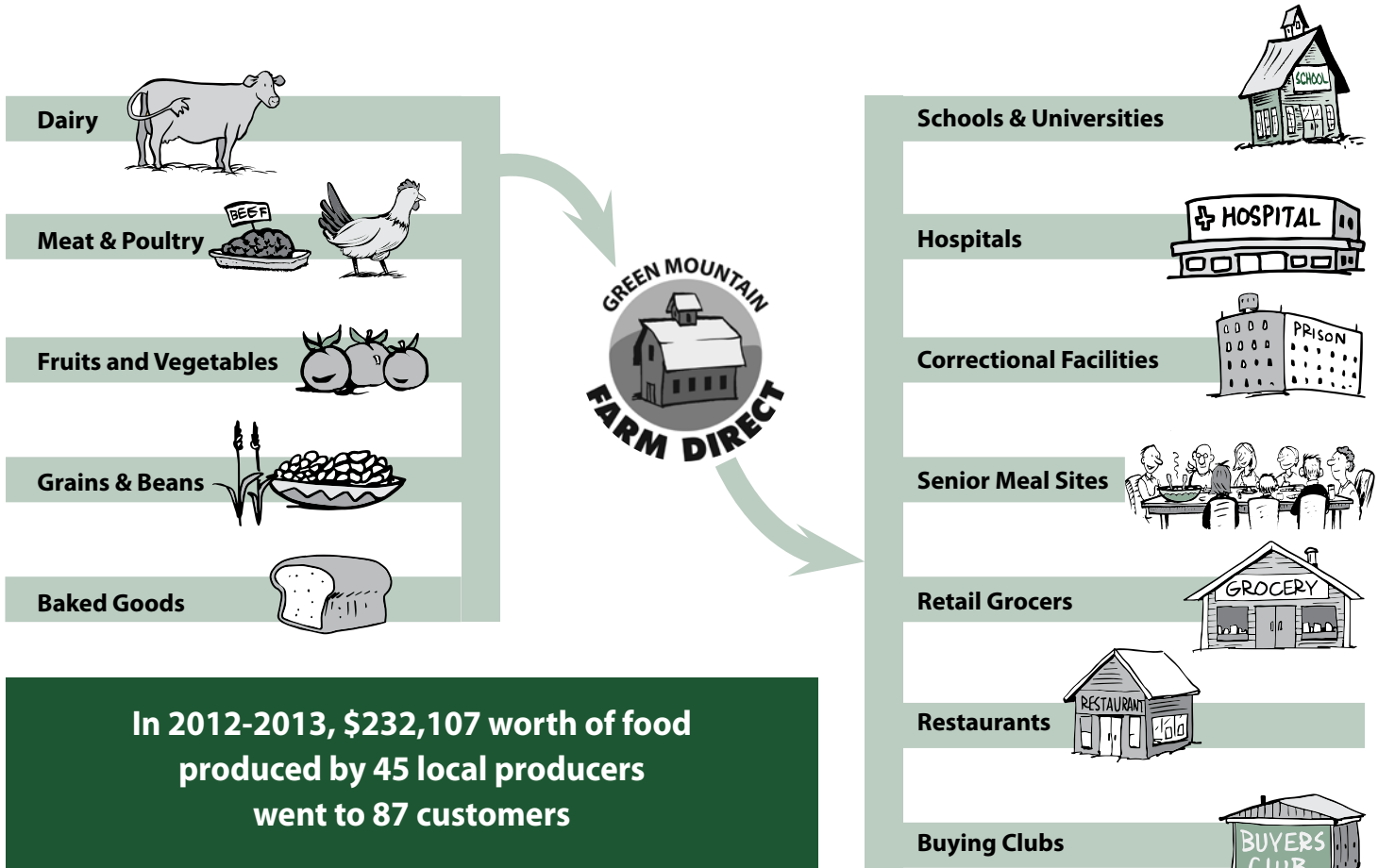
*Just finished season as co-manager of Four Acre Farm in Barton, VT*

*"Working at GMFTS was one of the most important professional experiences I've ever had. Through GMFTS I was able to gain skills in facilitation, networking, program management, and program development. Through GMFTS I was inspired to explore my own ways of affecting positive change through food. I'm looking to save for my own homestead and farm-to-table restaurant."*



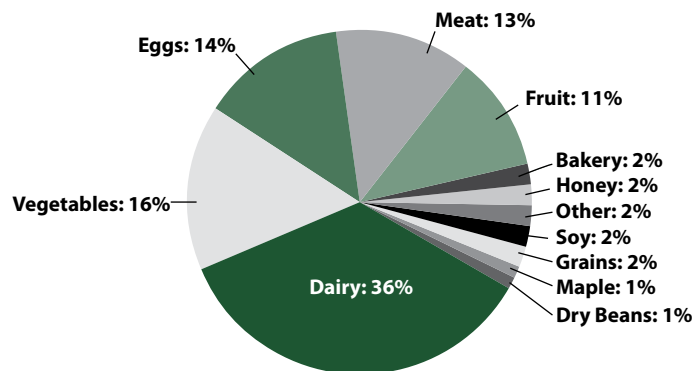
# Farm Direct: Increasing Access to High-Quality Local Foods

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



**In 2012-2013, \$232,107 worth of food produced by 45 local producers went to 87 customers**

## Products Sold by Category Through Farm Direct







## Vermont Harvest of the Month

**H**arvest of the Month is a statewide campaign that provides ready-to-go materials for the cafeteria, classroom, and community that promote the use of local, seasonal Vermont foods and Farm to School best practices. Each month, the campaign features a different local food and provides materials for educators, food service staff, parents, and retail outlets including posters, recipes, menu inserts, lesson plans, and healthy eating tips. **Find out more and join the campaign at [www.VermontHarvestoftheMonth.org](http://www.VermontHarvestoftheMonth.org).**



Harvest of the Month (HOM) is a collaboration between GMFTS and Food Connects, a nonprofit organization in Brattleboro, Vermont.

## The Lunchbox Mobile Farmers Market



The Lunchbox is a mobile farmers' market and commercial kitchen that brings locally grown food and food-based education to communities in northern Vermont. The market's mission is to improve fresh food access, provide a reliable outlet for new and small scale growers and value-added producers, and to create a gathering place for community activities and meals. Committed to making healthy food affordable for everyone, the market accepts EBT, Harvest Health Coupons, and Farm to Family Coupons. As a part of the Summer Food Programs, the market offers free meals to children under the age of 18. The 2013 market season started in June and will run through September.



# Supporters

*We are thankful to our community of new and long-time friends who have generously supported Green Mountain Farm-to-School between July 1, 2012 and June 30, 2013 as we seek to promote the health of Vermont's children, farms and communities.*

## Major Funders

The Abbey Group  
 Anonymous (1)  
 Area Agency on Aging for  
 Northeastern Vermont  
 Green Mountain Coffee Roasters,  
 Inc.  
 Green Mountain United Way  
 Harris & Frances Block  
 Foundation  
 Jay Peak Resort  
 Newport City Renaissance  
 Corporation  
 Northeast Kingdom Community  
 Action  
 Northeast Kingdom Waste  
 Management District  
 USDA Farmers Market Promotion  
 Project  
 USDA Rural Business Enterprise  
 Grant  
 Vermont Agency of Agriculture,  
 Food & Markets  
 Vermont Community Foundation  
 Vermont Housing and  
 Conservation Board

## Contributors

Kathryn Aaro  
 Affordable Self Storage  
 Kathryn D. Aiken  
 Natalie Albers  
 All About Home  
 Alpha Zeta - Green Mountain  
 Chapter, Jeffords Hall  
 Christy Anderson and Kevin  
 Gallagher  
 Anonymous (7)  
 Apple Ledge Farm  
 Nick and Jean Arcangeli  
 Audiocarve  
 Kathryn and Shawn Austin  
 B & D Builders, Inc.  
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 Gwen and John Bailey-Rowe  
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 Barnett's, Inc.  
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 Ben and Fran Batchelder  
 Thadd Beebe  
 Bella Doni Pottery  
 Christine and Don Berthiaume  
 Steve and Nanette Bonneau  
 Anne and Ben Boshier  
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 Derrick Boulay  
 Mark and Lauri Boyden  
 Boyden Farm LLC  
 Randall and Mary Brenner

Christie and Sean Brown  
 Adam Brunelle  
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 Megan Camp  
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 Chaput Family Farms  
 Christensen-Dunn Early  
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 Pauline and Jacques Couture  
 Couture's Maple Shop/B&B  
 Christine Crowe and JD Ross  
 Donald Dahlin, DDS  
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 Sandra and Louis Daigle  
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 Derby Self Storage  
 Derby Village Store  
 Terry and Barbara Difazio  
 Joanna Dillon  
 Murray and Sharon Diner  
 Peg and Micky Doheny  
 Ilene Douglas and Allan Wooley  
 Dick Dreissigacker and Judy Geer

Eden Ice Cider Company  
 David Edwards  
 Kitty and Spud Edwards  
 Michael and Susan Epstein  
 Dorothy M. Esienhour  
 Abby Evankow  
 Bobby Farlice-Rubio  
 Mike Farney and Lisa Daigle-  
 Farney  
 Donna and Bill Fellingner  
 Frank and Judy Filipkowski  
 Karen and Peter Fina  
 Heidi Sims Fiske  
 Doug and Barbara Flack  
 Jim and Barbara Flint  
 Sally Fraize  
 Ben Friedman and Carla Hall  
 Paul and Shari Gagne  
 Lorna and Michael Gaylor  
 Gene Besaw & Associates P.C.  
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 Hayward Farm  
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 Ned and Susan Houston

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 Jay Peak Resort  
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 Law Office of Gregory Howe  
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 Daniel and Nancy Lewis  
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 Jana and Ned Lovejoy  
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 Anh-Thu Luu and Lester  
 Greenberg  
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 Don Maynard







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 Mike's Electric, Inc.  
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 Roger Murphy and Julie Bomengen  
 Mywood Properties, LC  
 Tim Newcomb  
 Newport Natural Foods, LLC  
 Norman J Fisher & Doris Fisher Foundation  
 Kristan and Beth Norris  
 North Country Hospital  
 Northeast Kingdom Learning Services  
 Northpoint Chrysler Dodge Jeep Ram  
 Kathleen O'Reilly  
 Organic Valley New England  
 Origin Design + Communications, LTD.  
 Lee Ann and David Ornelas  
 Lyman Orton  
 Marion Owen  
 John and Elizabeth Paonessa  
 Passumpsic Savings Bank  
 Adrien Patenaude  
 Tim Patterson  
 Suzanne Pelletier  
 Barry Pelzner and Debby Pollack  
 Ernestine and Andrew Pepin  
 Kerry and Bill Perket  
 Molly Perkins  
 Patty Perl  
 Pete's Greens, Inc.  
 Donna and Tom Petit  
 Roberta Pheiffer  
 Joe and Linda Phelan  
 Benjamin and Barbara Phinney  
 Yvette Pollack  
 Daniel Pollack-Pelzner and Laura Rosenbaum  
 Bonnie and Dave Potter  
 Julie and Cory Poulin  
 Tracy and Jeff Poulin  
 Diana and Peter Poulin  
 Poulin Grain Inc.  
 Poulin Lumber Inc.  
 RG Gosselin, Inc.  
 Dexter Randall  
 Chris Rawlings  
 Holly and Robert Richardson  
 Amy and Chris Rickman  
 Brenda and John Rodgers  
 Rotary Club of Newport  
 Rotary Club of the Boundary  
 Sarah and Oscar Round  
 Joe Rubano  
 Tim and Loral Ruggles  
 Janet Savage  
 Paige Savage  
 Voilet and Charles Schafer  
 Sarah and Chris Shaffer  
 Dianna Simpson



Katherine Sims and Jeff Fellingner  
 Katherine and Nathaniel Sims  
 Rod and Nancy Skinner  
 Jonathan Snyder and Wendy Little  
 Jason and Kristen Sotherden  
 Janet Spring  
 Ruth Sproull  
 St. Albans Co-op Store  
 David Stackpole  
 Lorraine and Durward Starr  
 Claudette and John Starr  
 Anita and Robert Starr  
 Kakki and Andy Stenger  
 Robert Taisey  
 Taylor-Moore Agency, Inc.  
 Nancy E. Tessier  
 The Maine Potato Lady  
 The Marvin Family  
 Barbara and Laurence Thompson  
 Town of Lowell  
 Town of Glover  
 Town of Westfield  
 Town of Irasburg  
 Town of Jay  
 Pauline and Roger Vachon  
 Ann D. Van Gilder  
 JoAnn Vana and George Vana III  
 VCF Philanthropic Leadership Fund  
 Vermont Community Gardening Network  
 Pam and Dean Vervoort  
 Brian and Claire Walsh  
 Carla Watson  
 Mary Welch  
 Ted and Mary Wendell  
 Cathie and Jake Wheeler  
 Sheb and Katie White  
 Wild Branch Solutions, Inc.  
 Anne and Ethan Winter  
 Paul Wolfe  
 Holly and Jim Wyllie  
 Yankee Farm Credit  
 Julie Young

### Honorary Gifts

In honor of:  
 Abby Austin

*Dorothy M. Esienhour*  
 Claudia and John Waller  
*Dorothy M. Esienhour*  
 Julia Meagher  
*Kitty and Spud Edwards*  
 Julie Poulin  
*Pauline and Roger Vachon*  
 Katherine Sims  
 Yvette Pollack  
 Katherine Sims  
*Rod and Nancy Skinner*  
 Milah Winter Guild  
*Christine Crowe and JD Ross*  
 Nat and Kathie Sims  
*Heidi Sims Fiske*  
 The staff of the Stowe Free Library  
*Ann D. Van Gilder*

### Memorial Gifts

In memory of:  
 Agnes O'Reilly  
*Kathleen O'Reilly*  
 Chantal  
*Marty R Lumbra*  
 George Allen Nelson  
*Lorna and Michael Gaylor*  
 George Allen Nelson  
*Kerry and Bill Perket*  
 Leo and Claudette Chaput  
*Chaput Family Farms*

### In-Kind Gifts

Abbey Group  
 Adrien Patenaude  
 American Flatbread  
 Apple Ledge Farm  
 Baan Thai Cuisine  
 Roy Barnett  
 Bella Doni Pottery  
 Berry Creek Farm  
 Bonnieview Sheep Dairy  
 Koi Boynton  
 Brault's Market, LLC  
 Bread and Puppet Theatre  
 Mary Brenner  
 Brunelle Farms  
 Vern Buck  
 Burton Hill Earthworks  
 Butterworks Farm  
 Cambridge Elementary School  
 Charles Capaldi  
 Cellars at Jasper Hill  
 Center for America's First Horse  
 Champlain Orchards, Inc.  
 Ciliberto's Woodworking  
 Claire's Restaurant & Bar  
 Couture's Maple Shop/B&B  
 Cow Palace  
 Craftsbury Outdoor Center  
 Craftsbury General Store  
 Deep Mountain Maple  
 Eden Ice Cider Company  
 Kitty and Spud Edwards  
 Jeff Fellingner  
 Foote Brook Farm

Forever Green Landscaping  
 Freedom Physical Therapy  
 Paul and Ellie Gavin  
 Doug Gimler  
 High Mowing Organic Seeds  
 Hill Crest Farm  
 Hoagie's Pizza & Pasta  
 Jay Peak Resort  
 Jay Village Inn  
 Jed's Maple  
 Jocelyn & Cinta's Bake Shop  
 Johnny's Selected Seeds  
 Jon Somes Salon  
 Robert and Cindy Kern  
 Kingdom Brewing  
 Kingdom Creamery of Vermont  
 Lago Trattoria  
 Le Belvedere  
 Bert Letourneau  
 Isobel Marks  
 Maine Potato Lady  
 Morningstar Meadows  
 Neighborhood Greens  
 Newport City Renaissance Corp.  
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 Bernard Riendeau  
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 Kathie and Nathaniel Sims  
 Jason Shafer  
 Software Innovations  
 Springfield Angus  
 Bill Stevens  
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 Strafford Organic Creamery  
 Stub's Famous Pickles  
 Sumptuous Syrups  
 Andy Tetreault  
 Tractor Supply Co.  
 The Tastings Foods & Spirits  
 Vermont Compost Company  
 Vermont Highland Cattle Company  
 Vermont Pie & Pasta  
 Vermont Smoke and Cure  
 Vermont Soy  
 Dean and Pam Vervoort  
 Jessica and Ethan Ward  
 Wayside Restaurant and Bakery  
 Wild Branch Solutions, Inc.  
 Young's Springdale Farm

*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!*



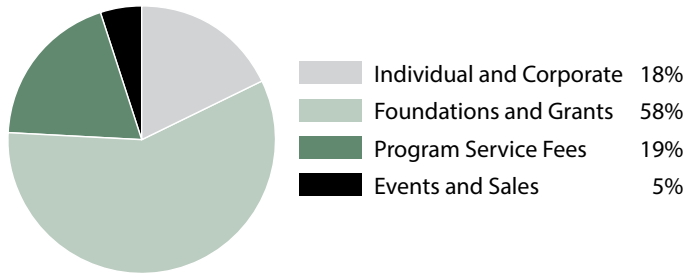
# Financial Report

## STATEMENT OF ACTIVITY

July 1, 2012 - June 30, 2013

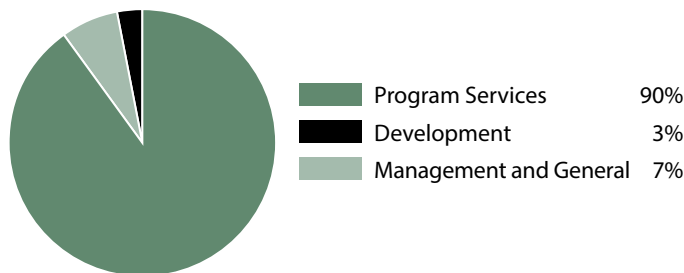
### REVENUE

Individual and Corporate . . . . .	\$57,812
Foundations and Grants . . . . .	\$189,085
Program Service Fees . . . . .	\$62,236
Events and Sales . . . . .	\$16,479
<b>Total Revenue . . . . .</b>	<b>\$325,613</b>



### EXPENSES

Program Services . . . . .	\$293,160
Management and General . . . . .	\$24,276
Development . . . . .	\$8,731
<b>Total Expenses . . . . .</b>	<b>\$326,168</b>



## SUMMARY BALANCE SHEET

As of June 30, 2013

### ASSETS

#### Current Assets

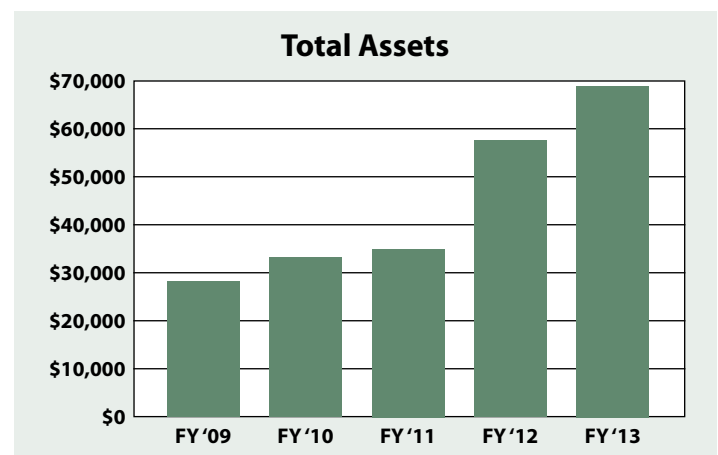
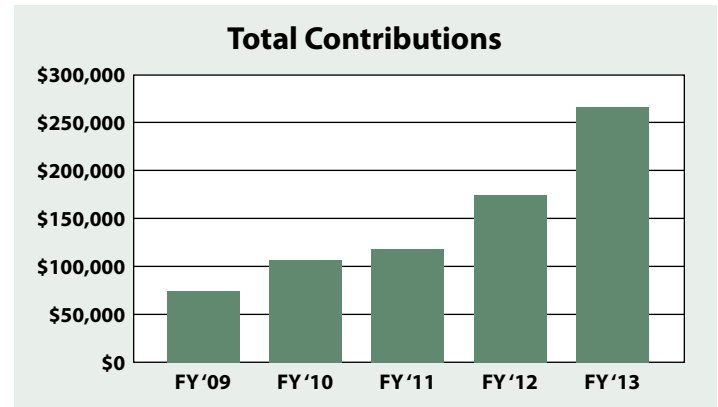
Checking/Savings . . . . .	\$11,499
Accounts Receivable . . . . .	\$1,014
Vehicle and Equipment . . . . .	\$52,882
Other Assets . . . . .	\$4,001
<b>Total Current Assets . . . . .</b>	<b>\$69,397</b>

### LIABILITIES & EQUITY

#### Current Liabilities

Accounts Payable . . . . .	\$3,588
Other Liabilities . . . . .	\$6,532
<b>Total Current Liabilities . . . . .</b>	<b>\$10,199</b>
<b>Total Net Assets . . . . .</b>	<b>\$59,277</b>

**Total Liabilities & Net Assets . . . . . \$69,397**



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

Graphic Design: Newcomb Studios Photo credits: GMFTS staff except Andrew Lanoue (back inside), Emma Pollack-Polzner (1), and Don Landwehr (1)  
 This report was printed in Vermont with soy-based inks on recycled paper containing 30% post-consumer recycled fiber.





*“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

**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.

*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](http://www.greenmountainfarmtoschool.org).







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**Green Mountain Farm-to-School**

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802-334-2044 • [GreenMountainFarmtoSchool.org](http://GreenMountainFarmtoSchool.org)

