



Healthy Kids, Healthy Farms, Healthy Communities



Green Mountain Farm-to-School

Annual Report
2008-2009





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Letter from Executive Director

In communities all across the country there is a clear and growing consensus: the health of our children and the health of our farms are in decline. At Green Mountain Farm-to-School (GMFTS), we draw upon the strong agricultural community in the Northeast Kingdom of Vermont to address these critical health issues with programs that connect schools and farms through food and education.



I am pleased to share the remarkable results of our first full year of programming with you. We broke ground for new school gardens at 10 schools in 2008-2009 to extend our impact to over 2,000 students at 15 schools across Northern Vermont. Not only are we teaching students how to grow food in school gardens but we are also building relationships between schools and farms with local food purchasing for cafeterias, seasonal local food recipes, farm field trips, in-class workshops and harvest festivals.

Thank you to all the students, teachers, food service staff, administrators, farmers and community members that have volunteered their time and energy to support these projects; to our superb new staff members who brought our programs to life; and to all of the donors who believe in our important work and gave time and money to make it happen.

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. Thank you for your support in making this work possible and for coming together to restore community health and local food systems in Vermont.

Sincerely,

Katherine Sims
Founder and Executive Director

Letter from Chair of the Board

The achievements of Katherine and our staff, our growth in less than 18 months and the almost universal enthusiasm with which our mission is received is quite remarkable. I am convinced that our growth potential is wisely metered by our decision to add only competent, trained staff and to select only those communities prepared to devote the ongoing, enthusiastic effort necessary for successful programs. Success requires a commitment of time and money from the school system, children and parents, those who work every day to provide quality food for the kids and the community at large.



Every child who begins to realize the importance of how their body is nourished and that growing, cooking and eating good food is fun, has the potential to make better decisions on behalf of Planet Earth and to take that message to many others. I believe this on the ground effort is the most effective use of available assets. I am gratified to be part of the effort as a member of a hard working board of directors.

Sincerely,

David Stackpole
Chair of the Board





ABOUT GMFTS

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.

In March of 2008, the founding partners of a pilot school garden program at the Jay/Westfield Elementary School established Green Mountain Farm-to-School in order to replicate the successful program in other communities and to strengthen local food systems in Vermont.

Green Mountain Farm-to-School has two programs to date:

- Sprouts After-School Program
- Green Mountain Farm-to-School Network

“From growing tasty vegetables in the school garden, to hands-on in-class workshops, to preparing local food meals in the kitchen, to visiting local farms on field trips, our students are learning about food, agriculture and our local community through our Farm-to-School Program. GMFTS has been instrumental in developing and sustaining these programs and we look forward to continuing and growing this partnership.”



— Scott Boskind, Principal, Lowell Graded School





GMFTS School and Farm Partners 2008-2009



“Our new Farm-to-School Program is having a tremendous impact on our school and cafeteria: students now grow, eat and appreciate healthy foods. GMFTS has truly enhanced our school!”

— Josee Brandstetter,
RN, North Country Union
Junior High School

2008-2009 Member Schools

1. Albany Community School
2. Barton Graded School
3. Brownington Central School
4. Cambridge Elementary School
5. Coventry Village School
6. Glover Community School
7. Holland Elementary School
8. Hyde Park Elementary School
9. Irasburg Village School
10. Jay/Westfield Elementary School
11. Lowell Graded School
12. North Country Junior High School
13. Orleans Elementary School
14. Troy School
15. Waterville Elementary School



2008-2009 Member Farms

1. *Coventry*: Maxwell Farm
2. *Craftsbury*: Pete's Greens
3. *East Charleston*: Hope Farm
4. *East Fairfield*: Vermont Cranberry Company
5. *Enosburg*: Vaillancourt Orchards
6. *Enosburg Falls*: Green Wind Farm
7. *Hardwick*: High Mowing Seeds
Highfields Institute
Vermont Milk Company
Vermont Soy Company
8. *Holland*: Nadeau Family Farm
9. *Irasburg*: Hillandale Farm
10. *Johnson*: Deep Root Organic Coop
11. *North Troy*: Blueberry Ridge
12. *Shoreham*: Champlain Orchards
13. *Stanstead, Quebec*: Heath Orchards
14. *Troy*: Brault's Meat Market
15. *Westfield*: Berry Creek Farm,
Butterworks Farm
Couture Family Farm
Jed's Maple
Kingdom Mountain Maple
Lazy Lady Farm
Northwoods Apiaries
Shuttleworth Farm





Our Work: Sowing the Seeds of Healthy Eating

Sprouts is a year-round, after-school program for grades 2-6 that promotes healthy lifestyle choices through hands-on garden and cooking activities. The program gives students the knowledge they need to make healthy lifestyle choices while producing fresh, nutritious foods for school cafeterias and complementing classroom learning.

A Spotlight on Albany Community School Garden

This spring students at 10 schools in the Northeast Kingdom of Vermont transformed patches of lawn into productive gardens. At one new site, the Albany Community School, the whole school worked together to plant the garden.

In a day-long event, each class planted a specific crop, related to their classroom curriculum, in the new garden. When the students return in the fall, they will harvest the crops for follow-up in-class activities. Those who planted dried beans

will learn how to save seed; the wheat will turn into a lesson on harvesting, threshing, winnowing and grinding grain; and the dried corn will be ground and baked into cornbread. Students will harvest the rest of the garden produce, from tomatoes to winter squash, for use in the school cafeteria.

While similar activities are happening at all fifteen of the GMFTS gardens, there is always room for adaptation at a specific school. In addition to Albany's unique school-wide involvement, there are a number of exciting initiatives at other schools: North Country Junior High has a community garden with individual plots, the Holland School is composting cafeteria food scraps on-site to supply the garden and Jay/Westfield School students prepare garden-raised food for a fall harvest festival community meal. We embrace the individual flavor that each school community brings to the project and look forward to watching the new garden programs grow and flourish through the summer and fall.





Left: Talia, 1st grade, Orleans Elementary School
 Right: Ezra, 5th grade Brownington Central School

“Students love growing and eating vegetables from our school garden and participating in the program's fun, hands-on activities. GMFTS' experienced staff teach a comprehensive curriculum and they provide all the materials and supplies needed. GMFTS makes it easy for us to have such a great program!”

— Dean Vervoort,
 Principal, Jay Westfield School

Sprouts Program Highlights

- **329** students participated in after-school classes
- **191** after-school lessons taught
- **1642** pounds of food harvested from gardens during summer 2008
- **22%** improvement between pre- and post-test scores
- Over **20** varieties of fruits and vegetables grown in the school gardens





Our Work: From Seed to Cafeteria Tray

The Green Mountain Farm-to-School Network provides Vermont schools with on-going coordination of farm-to-school activities that promote the health and wellbeing of students, farms and communities. The Network increases fresh, local food served in schools and teaches students about healthy nutrition and sustainable agriculture while supporting local farms and building strong school communities.

Fieldtrip to Butterworks Farm for Troy School's 6th Grade

If you are looking for a good cornbread recipe, ask a Troy School 6th Grader. This spring on a "cornbread scavenger hunt" at Butterworks Farm, students took an active role in sourcing all the necessary ingredients for the recipe: they milked a cow, shook cream to make butter, harvested honey from a beehive, collected eggs from the chicken coop and ground dried corn into cornmeal.

This year Green Mountain Farm to School worked with the schools in our Farm to School Network to plan, schedule and lead over 35 field trips to a variety of local farms. Students visited a sheep farm, an apple orchard, a composting facility and a number of different vegetable farms. The fieldtrips deepen the students' understanding of the farm to plate

process and allow them to meet some of the farmers who grow their food.

For the Troy School's 6th Grade, the experience didn't end at the field trip. The students have been sampling many of the Butterworks Farm products in taste tests, at the fall harvest festival community meal, and on the regular lunch menu. As an additional follow-up activity, the students used Butterworks cream to make ice cream for the whole school at the school's garden dedication ceremony. No doubt, knowing the whole process - from cow to cream to a lot of churning - made the end result that much sweeter.





Green Mountain Farm-to-School Network Highlights

In-Class Workshops complement the activities of the garden and farm field trips by teaching follow-up lessons that connect students' hands-on experiences to their classroom learning. Workshop topics include:

- Sheep to Sweater
- From Wheat to Pretzel
- Planting Flowers for Mother's Day
- Preserving the Harvest
- Seed Saving
- Wiggly Worms
- Seed to Plant
- Composting
- Hands-on Cooking Activities

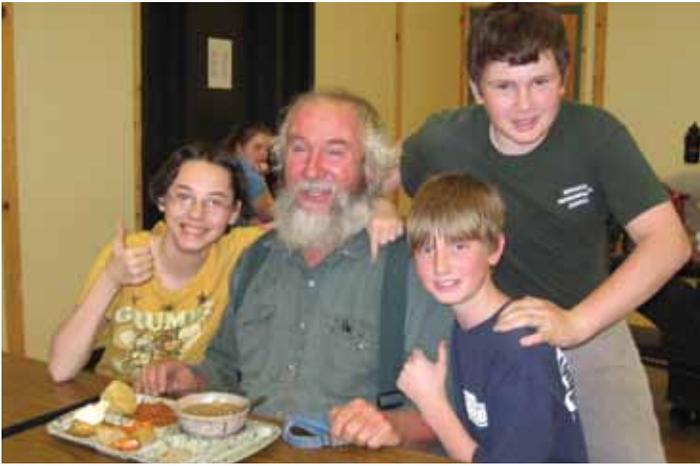
Taste Tests introduce students to new, local foods that will be served in the cafeteria. The students are encouraged to try something new and are given the opportunity to give feedback about the foods. Taste tests include:

- Confetti squash
- Asparagus and yogurt dip
- Granola parfait
- Zucchini parmesan
- Rhubarb punch
- Roasted root vegetables
- Jack O'Lantern soup
- Spring greens

“I believe strongly that the Farm-to-School Program will have a lasting impact on our students, their health, the way they value our communities long agricultural history, and their support of our local family farms. Without GMFTS' consistent, hands-on support, our program would not be so successful and have the support of the whole school community. Thank you for helping our school develop a new culture that values fresh local foods and nutrition and agriculture education at our school!”

— Joanie Austin, RN, School Nurse,
Orleans Central Supervisory Union







HEALTHY KIDS, HEALTHY FARMS, HEALTHY COMMUNITIES

GMFTS reaches children through two school-based programs: In Sprouts, we are teaching students how to grow food in school gardens, cook with farm fresh foods and make healthy food choices. Simultaneously, we are building relationships between schools and farms with local food purchasing for cafeterias, new seasonal food recipes, farm field trips, in-class workshops and community events through our Green Mountain Farm-to-School Network.





SUPPORTERS

We are thankful to the community of friends who have supported GMFTS between July 1, 2008 and June 30, 2009 as we seek to promote the health of Vermont's children, farms and communities.

Major Funders

Anonymous
Ben and Jerry's Foundation
Community National Bank
Derby Taxpayers Association
Jay Peak Resort
New England Grassroots
Environment Fund
Vermont Community
Foundation

Contributors

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Natalie Albers
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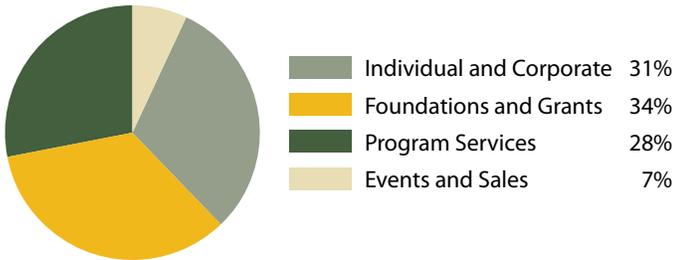
FINANCIAL REPORT

STATEMENT OF ACTIVITY

July 1, 2008 - June 30, 2009

REVENUE

Individual and Corporate	\$32,811.10
Foundations and Grants	\$35,821.30
Program Services.	\$30,237.51
Events and Sales	\$7,879.00
Total Revenue	\$106,748.91



EXPENSES

Program Services.	\$69,519.79
Management and General.	\$10,748.64
Development.	\$10,891.15
Total Expenses.	\$91,159.58



SUMMARY BALANCE SHEET

As of June 30, 2009

ASSETS

Current Assets

Checking/Savings	\$24,928.23
Accounts Receivable	\$500.00
Other Current Assets	\$3,000.00
Total Current Assets	\$28,428.23
Other Assets	\$400.00
Total Assets	\$28,828.23

LIABILITIES & EQUITY

Current Liabilities

Accounts Payable	\$(305.35)
Other Current Liabilities	\$1,269.19
Total Current Liabilities	\$963.84
Equity	\$27,864.39
Total Liabilities & Equity	\$28,828.23



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



“My students really enjoyed GMFTS’ hands-on nutrition and agriculture workshops. The staff are knowledgeable, well equipped and great with the students. This program is a great resource from any K-12 school.”

— Chris Shaffer
Teacher, Troy School

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Rosemary Croizet

Anne Lazor
Treasurer

Katherine Sims

Dean Vervoort

STAFF

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Founder and Executive Director
ksims@gmfts.org

Kristen Bowlin
AmeriCorps Education Coordinator

Susie Walsh Daloz
*AmeriCorps Outreach
and Education Associate*

Michael Rodriguez
AmeriCorps Educator





Invest in our children's future by becoming a supporter of Green Mountain Farm-to-School and its efforts to promote the health and wellbeing 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 207
Newport, VT 05855

or donate online at
www.greenmountainfarmtoschool.org.



“GMFTS not only provides students with nutritious meals, but it also educates them about how to make healthy food choices. It's an investment in our children's future.”

— Chantale Nadeau, Parent, Nutritionist, Vermont
Department of Health

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Green Mountain Farm-to-School

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GreenMountainFarmtoSchool.org

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