

Gratitude Report 2017





Growing a Healthier Kingston

- Food Access
- Food Production
- Education
- Youth Development

Our mission is to educate, nourish and connect the community with our urban farm.

Educating, Nourishing & Connecting the Community with our urban farm.

In Awe of Our Community

Our work at the Kingston YMCA Farm Project spans from the soil and seeds on the farm to the forks, knives and plates of the community. We had tremendous growth in 2017! We saw our youth development program develop into year round opportunities for Kingston teens. Our farm produced over 4000 pounds of food that went directly into the community through our farm stands and education programs. Local school children and summer campers who visited the farm were able to plant, water, and tend to seeds and plants, then harvest and taste fresh vegetables. All of this was done through our staff's hard work and dedication, our youth farm crews, and through the direct support of community members like you. Thank You!

We're gearing up to make 2018 even better!

**With Gratitude,
KayCee and Susan**





Food Production & Access

After expanding our growing space in 2016, this year we grew **4,300 pounds** of (non-certified) organic produce with the assistance of our youth farm crews. The produce went directly to our community in the City of Kingston. We grew **40 varieties** of vegetables plus 2 full beds of strawberries.

All school children and summer campers who visit the farm are able to participate while with us. They practice stewardship and are able to taste the bounty of their work fresh from the farm.

15% of our transactions used SNAP to purchase our fresh, local produce.

Our free Community Harvest Party in September had well **over 150 people** in attendance. This community gathering was used to highlight and celebrate our 2017 youth farm crew participants.

Our summer youth farm crews regularly served **100 customers** a week throughout the summer growing season at our farm stands. Our farm stands are located at the YMCA, WMC Health Alliance campuses and the Kingston Library. Youth participated in staffing these markets between late June and the end of August.

Our youth ran mobile farm stands at Yosman Towers and Governor Clinton Apartments (senior housing) in July and August. We keep prices low and accept SNAP, WIC, and Senior Farmers Market Nutrition Program checks.

Our fall youth farm crew staffed the farm stand at the YMCA during their session through the end of October. Fall farm stands at the Y serve **30 customers** per week during the 2 1/2 hour timeframe.



Education

Over 600 kids from the City of Kingston visit the farm each year for hands-on learning. Participants come from George Washington Elementary School, Center for Creative Education, Camp Star-Fish, City of Kingston summer camps such as Junior Naturalists and the summer camp at Edson. We also hosted a session of Little Farmers for kids under age 5.

We hosted a lot of field trips! Many classes from George Washington Elementary School visit the farm once, if not more, during the school year for participatory learning on the farm.

KayCee visits George Washington Elementary School classes during the non-growing season. Each class in the school had multiple classroom visits. She also worked extensively with Julie Cash's class through a Teaching the Hudson Valley grant to enhance the social studies curriculum as well as practice math through weighing produce, counting pumpkin seeds, making recipes and running pop-up farm stands at the school.

Susan worked with the 2nd & 4th grades at Chambers Elementary School using the school garden as an outdoor classroom. Each class had multiple visits to the garden for hands-on learning and curriculum connections.

To deepen the connection between growing and eating fresh food, we had on-the-farm cooking with Chef's Consortium and friend of the farm and entrepreneur, Helene Richman. We prepared recipes and cooked with our youth farm crews, summer camp visitors, and students on fieldtrips. We share the importance of the nutritional, flavor, and economic benefits of using fresh ingredients harvested from the farm when working with students.

Youth farm crew members had intergenerational learning experiences from helping with summer campers (4-12 years old), to cooking with local chefs or visiting agriculture related businesses, to running farm stands at senior housing.



Youth Development

Our 2017 youth farm crew program expansion, April 1- October 28, was a huge success with **4 youth farm crews** working for a total of 22 weeks on the farm. Originally we planned on 3 crews, one each season (spring, summer and fall), but raised additional funds from the Farm to Fork fundraiser to run a second summer crew for the month of August. The **20 youth positions** in 2017 contributed **over 1300 hours** to community food production, food access, and education.

To meet program goals of employment and/or school credit, career development, and education, we partnered with local organizations such as Kingston High School, Ulster County Summer Youth Employment Program, Hudson Valley Farm Hub, Hudson Valley Harvest, and Ulster Corps' Glean Team.

Using fresh ingredients, youth participants also worked with chefs in local restaurants. This allowed for food related career development with a focus on, and direct connection to, farm fresh food.

Education is a central component of our programming. The Youth farm crews participated in film screenings about food deserts and had a Q & A with the local filmmaker. The summer youth farm crew spent a full day on a Kingston based field experience through Teaching the Hudson Valley's summer institute, Building Community with Place Based Learning, interacting with community members from O+ Festival, Hudson River Maritime Museum, Kingston Land Trust's Green Line and the City of Kingston's Mayor Noble. An expert on native pollinators, Tim Stanley of Native Beeology, visited the farm to teach the youth farm crew about the important roles of pollinators. Callie Jayne of Citizen Action presented to the Summer Youth Farm Crew on food justice issues. A nutrition expert, Dr. Eli Morales, worked with the farm

crew to highlight the nutritional benefits of the crops growing so the youth could in turn share that with the farm stand customers

Community Service: We participated in a Native American Seed Sanctuary event where we helped harvest and prepare indigenous seeds for winter food and seed saving with Hudson Valley Seed Company's not-for-profit, Seedshed, members of the Akwesasne Tribe of northern New York, and the Hudson Valley Farm Hub.

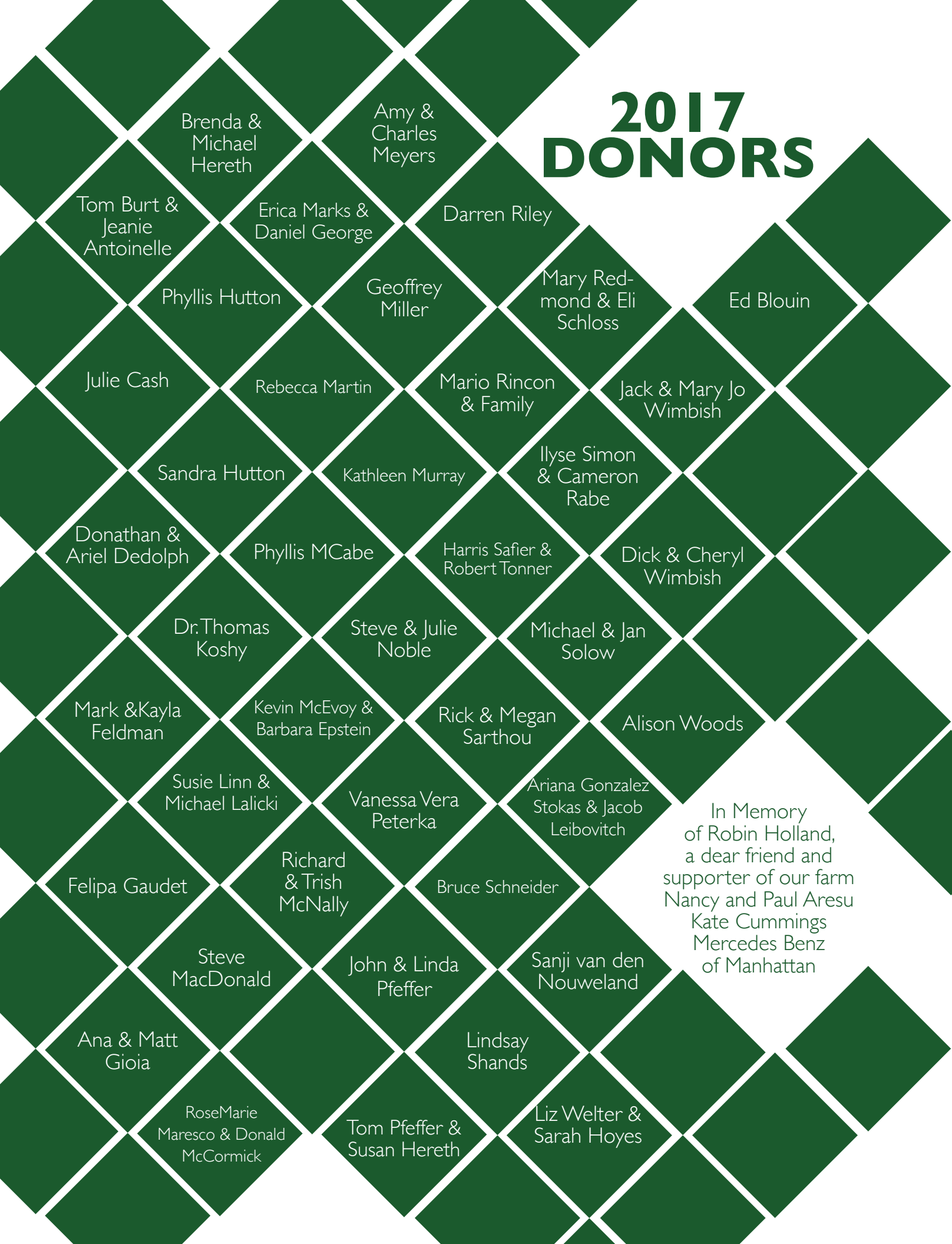
Through several community service dates with UlsterCorps, youth farm crews processed applesauce and helped prep fresh corn to be processed for food pantries.

An exciting new development: **Cooking Crew: 6 teens for 5 months!**

We started an After School Cooking Crew at the Y to further meet the need we have found for youth to connect with the preparation of fresh and/or locally sourced foods as well as meeting the youth's requests to keep farming and for "something productive to do." This program meets 2-3 times a month between November - March. Three of the participants were from our youth farm crews while the rest are within walking distance of the Y. We enjoyed cooking in the kitchens at Peace Nation, Outdated Café, and Blue Cashew Homestead. We hope to build the program with more teens and more dates in 2018.



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 Liz Welter & Sarah Hoyes

In Memory of Robin Holland, a dear friend and supporter of our farm
 Nancy and Paul Aresu
 Kate Cummings
 Mercedes Benz of Manhattan

2017 Business Support (in-kind services or donations)

- The Anchor
- Basch & Keegan
- BellaWorks
- BK Kombucha
- Bistro to Go
- Black Creek Mercantile & Trading Co.
- Black Eyed Suzie's Upstate
- Boitson's Restaurant
- Bread Alone
- The Bruderhof Community
- Chaseholm Farm
- Ester Wine and Spirits
- FarmBridge
- Farmhand Flowers
- Hearty Roots Community Farm
- Hookline Fish Co.
- Hudson River Maritime Museum
- Hudson Valley Distillery
- Hudson Valley Farm Hub
- Hudson Valley Harvest
- Jay Teske Leather Co.
- Kenco Outfitters
- Kingston Plaza Promotional Fund
- Kingston Wine Co.
- La Bella Pasta
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- Limber Tree Services
- Metal House Hard Cider
- Milne Antiques
- Mohonk Preserve
- Moonfarmer Media
- O+ Festival
- Outdated: An Antique Cafe
- Platte Creek Maple Farm
- Poughkeepsie Farm Project
- Stockade Tavern
- Talya Baharal at Women's Studio Workshop
- The Yoga House
- Victoria Gardens
- WMC HealthAlliance

Thank you to Chris Hewitt, Hudson Valley Current, and the crew of volunteers who made the 2017 Farm to Fork such a success!



Thank you to our supporters.

Grants and Foundations

- Ulster County Community Response Fund of the Community Foundations of the Hudson Valley
- Farm Fresh Food Grant of the Community Foundations of the Hudson Valley
- Anonymous of the Community Foundations of the Hudson Valley
- Lucie M. Walker Memorial Fund of the Community Foundations of the Hudson Valley
- Richard S. and Harriet K. Fein Fund of the Community Foundations of the Hudson Valley
- Livingston Street Early Childhood Community
- Department of Environmental Conservation Environmental Justice Grant
- New York State Agricultural Society
- The Conservation Fund
- Dyson Foundation
- NoVo Foundation
- Bank of Greene County
- Ulster Savings Bank
- Rondout Savings Bank

Our appreciations to the **Hudson Valley Farm Hub** for the youth crew project day and continued farm stand support.

We are grateful to all of the **individuals** and businesses who have donated to support our work, specifically the youth development program, through giving to our year end appeal, fundraisers, in-kind services, and donations. Your generosity has direct and meaningful impacts in our community. Please see our website for a complete listing of donors.

We are grateful to our **volunteers** who help us accomplish all of our best work to bring fresh, local produce to the community, educate and engage children, and enhance youth development in Kingston!

Thank you to Helene Richman, the Bruderhof Community, Jan Solow, Victoria Thomas, Tracy Baglivo, Lindsay Duvall, Vanessa Vera, Jeanie Antonelle, Tom Burt, Mary Anderson, Natalie Rider, Veronica Martinez-Cruz, Lalena Meyerson, Rose Quinn, Tad Peterka, Katelyn Semon, Tracy Lerman, Leon Vehaba, Kimberly Kae & Matt DiFrancesco, as well as all the people who come to volunteer work days!

Farm Stands

Tuesdays

3:00-4:00pm
HealthAlliance campuses
(alternates each week)
4:30-5:30pm
The Kingston Library

Wednesdays

Yosman Towers (senior living)
NEW IN 2018 Institute for Family Health supported by vegetable prescriptions funded by a grant through Farm Fresh Food Grant of the Community Foundations of the Hudson Valley

Thursdays

3:30-6:00pm
Entrance of the YMCA

For further info and to follow our work:

- www.kingstonymcafarmproject.org
- [kingstonymcafarmproject](https://www.facebook.com/kingstonymcafarmproject)
- [yfarmkingston](https://www.instagram.com/yfarmkingston)

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