

OUR MISSION:

GardenShare's mission is to solve the problem of hunger in St. Lawrence County through policy advocacy work and by strengthening the food system to benefit all county residents.

OUR VISION:

Healthy Food—The county has a vibrant, local food system where our food choices are healthy for us, for our communities, and for the environment.

Healthy Farms—Farmers are able to make a living that supports their families, contributing to a robust local economy.

Everybody Eats—Everyone in the county has access to enough nutritious and affordable food to sustain a healthy lifestyle. When food assistance is needed, whether from government or private sector programs, it is provided in dignified ways that respect both the receiver and the giver of assistance.

WE BELIEVE THAT:

Nutritious food is a basic human right, so hunger is universally unacceptable and no one should have to worry about where their next meal is coming from.

The response to people's needs should be both human and personal, always valuing both those who need help and those who help. The availability of food should not be taken for granted.

There should be an understanding and respect for the hard work and effort it takes to bring safe, nutritious, healthy food to the table.

Government, business, organizations, and individuals must work together to ensure that everyone has access to good, nutritious food.

Localized and grass-roots efforts are as highly valued as those that are more centralized.

Sustained cooperation of many individuals, organizations, and government, over time, will lead to a hunger-free community.

Learn more about how we implement our vision at gardenshare.org.

Special thanks to St. Lawrence Health Systems & Stauffer Farms for their sponsorship of this report.



YEARS OF GARDENSHARE HISTORY

1996-2016

North Country Garden School started "Project GardenShare," encouraging gardeners to donate their surplus to local food pantries. Five food pantries agreed to accept these donations.

1996



By 2000, 30 gardeners were donating to 19 food pantries

2000

GardenShare incorporated as a nonprofit organization dedicated to ending hunger.

2001



Hosted author Janet Poppendieck for a workshop called "Hunger No More"

2002

2016 Board of Directors

Carol Pynchon, President
Sarah Bentley-Garfinkel, Vice-President
Maria Corse, Secretary
Anneke Larrance, Treasurer
Jan DeWaters
April Grant
Michael Lawrence
Sanford Stauffer

Staff

Gloria McAdam, Executive Director
Carlene Doane, Associate Director
Jenelle Matthews, Outreach Coordinator
Phil Harnden, Founder

Special thanks to members of the Board of Directors who left in 2015:

Lisa Hall
David Rice

And to our Volunteer Committee members:

Mark Berninghausen
Tania Cambridge
Daisy Cox
Paul Graham
Margaret Harloe
Michael Haycook
Anna Kowanko
Xiao Li
Beth Major
Lizz Muller
Geetika Narula
Margo Nitschke
David Rice
Tamera Rizk
Jonathan Sklaroff
Teresa Stone

2015-16 Interns:

Liz Hills
Anna Hughes
Anna Kowanko
Lizz Muller
Brandon O'Connell
Taylor Owen
Dan Pollis
Evelyn Redshaw
Lanika Sanders

MESSAGE FROM THE BOARD PRESIDENT AND EXECUTIVE DIRECTOR

After a year of transition, 2015 was a time for all of us at GardenShare to re-focus on who we are and where we are going. We looked back at how GardenShare began as a way for people to help solve the problem of hunger in St. Lawrence County through individual action. We then crafted a new mission and vision statement that builds on that history and moves us toward a hunger-free future.

Re-energized by this updated mission and vision, we undertook a planning process to create action steps to move us toward that future. Meanwhile we carried out the work of the organization in the community, including SNAP at the farmers markets, CSA Bonus Bucks, the Local Food Guide, and the North Country Food Day Youth Summit.

As all of us at GardenShare re-commit ourselves to this work of solving the problem of hunger in St. Lawrence County, we hope you will be there with us as a volunteer, as a donor, and by supporting our local farmers and farmers markets. Together, we can build a stronger local food system that better serves all the residents of the County.



Carol Pynchon
President, Board of Directors



Gloria McAdam
Executive Director

Hunger 101—Experience hunger in a new way

This interactive, role-playing exercise is being offered to schools, groups, and other organizations. In a Hunger 101 session, most participants play the role of a head of household trying to get enough food for the family. After figuring out the household's budget for food, the participant can visit a grocery store, the social services office, and the food pantry in this quest for food.

The program takes about an hour and requires a minimum group size of fifteen, though it works better with larger groups, even up to fifty. It is best suited to high school students, college students, and adults, but can be adapted slightly to work for middle school students.

Hunger 101 can work well for faith-based groups as part of a program on poverty issues. It can also be brought to classrooms, work places, or other organizations.

"It's an eye-opening experience that will spark interesting discussions about finding solutions to the problem of hunger in our midst," says Board President Carol Pynchon.

If your group does not have time or capacity for Hunger 101, you can still welcome a GardenShare volunteer speaker for a short presentation about our work.

To inquire about Hunger 101 or a general GardenShare speaker for your group, contact us! ♦

Started farm to school project to get more local food into cafeterias at local schools & colleges.



First annual Growing Community Award presented to PACES for efforts to introduce local food at SUNY Potsdam

2003

First SLC Local Food Guide published



2005

GardenShare started accepting SNAP EBT at the Canton Farmers Market



2006



littleGrasse Foodworks Honored for Growing Community

Each year GardenShare recognizes an individual or organization whose efforts strengthen food security in northern New York State with the Growing Community Award.



Past recipients have included farmers, food service staff, a food bank, community groups, and others. Individuals, families, or organizations who

are making progress in solving the problem of hunger through policy and advocacy work or by building a stronger food system to better serve all North Country residents may be nominated for this recognition.

For 2015, GardenShare honored Flip Filippi and Bob Washo of littleGrasse Foodworks in Canton. Bob and Flip are a force in the local food movement in the Canton area, and in

educating people about the benefits of growing and eating locally. They own and operate littleGrasse Foodworks, a “garden project” that welcomes all people genuinely interested in gaining more knowledge of food issues, preservation techniques, and gardening skills. Their CSA encourages a meaningful connection with the foods participants consume daily, and requires member involvement in the garden during the growing season. Bob is chair of the Canton Sustainability Committee and served on the steering committee for Local Food, Local Places. He and Flip enthusiastically engage area college students, young children, and the elderly, helping them appreciate the advantages and challenges of growing and consuming locally. ♦

You can find a list of past Growing Community Award recipients at gardenshare.org.

SNAP at the Markets

GardenShare makes it possible for families who receive assistance from the Supplemental Nutrition Assistance Program (SNAP, formerly called food stamps) to shop for their fresh produce at the farmers markets in St. Lawrence County by providing the equipment and support needed. In 2015, with a bonus provided through state funding, SNAP recipients were able to receive \$7 worth of produce for every \$5 they spent. GardenShare is excited to announce that a grant from

It's a plus for everyone in the county, as the markets that accept SNAP benefits can accept debit or credit cards as well.

Excellus BlueCross BlueShield will allow us to offer double value to SNAP recipients at the 2016 Farmers Markets. This helps low-income families have healthier diets and also helps boost the sales of local farmers.

It's also a plus for everyone in the county, as the markets that accept SNAP benefits can accept debit or credit cards. SLU interns made a short video, which can be seen at gardenshare.org, that explains how to use your card—SNAP EBT, debit, or credit—at the farmers market.

GardenShare is working on expanding outreach about this program to let more people know about this option and the incentives available to purchase fresh produce at the market.

We are looking for volunteers who can help with this project by going out to local Neighborhood Centers, food pantries, free will dinners, and other locations to talk to people about the options to use these benefits at the farmers markets. If you'd like to help, get in touch through gardenshare.org. ♦



BONUS BUCKS

CSA Bonus Bucks started; a visionary plan to get CSA to lower-income families

2009

GardenShare moved out of founder Phil Harnden's home and into its current office space in Canton

Carlene Doane joined the staff



2010

Phil Harnden announced retirement and Aviva Gold joined the staff as first non-founder director.

SNAP EBT expanded to Potsdam farmers market

2011



First North Country Food Day Youth Summit

2012

North Country Food Day Youth Summit

Sixty-six students and 24 adults from 12 schools from across Northern New York joined us to share in a day of speakers, workshops, action planning and more at the third biennial North Country Food Day Youth Summit on October 22, 2015.

The keynote speaker was Dominic Frongillo, internationally recognized for his work on clean energy; he was also one of the youngest elected officials in the state. In his talk, he acted out a scene from *Lord of the Rings* while speaking specifically about the impact of climate change on agriculture and vice versa—well received by the young people in the audience. He ended with words about “the power of everyday people,” encouraging the students to “do what you can with what you have, where you are.”

Students attended workshops on food issues, careers, and leadership; learning tools that will help them make an impact in their home communities. Before leaving they completed an action plan, laying out a timeline for a project back in their school or community. ♦

My group has already made their presentation to the Superintendent, with such enthusiasm... the whole day and the message has been a wonderful experience for my group this year!

Thank you for the opportunity!
—Pamela Jerome, teacher,
Lafargeville



Community Supported Agriculture (CSA) is a partnership between the farmer and consumer. By paying for a “share” at the beginning of the season, the consumer helps the farmer know what and how much to grow and helps them purchase seed and other needs. Then all season, the consumer shares in the bounty of the harvest. The challenge for lower income families is in paying out the whole cost up front, which is where CSA Bonus Bucks comes in.

Last year 25 households took advantage of the CSA Bonus Bucks program to purchase a share in a CSA farm. Bonus Bucks subsidizes low and moderate

“We love the program, it’s the only way we could do a CSA. As long as it’s offered, we’ll stick with it.”

—Rebecca

income families to help them afford a CSA share and in the process supports local farmers. For the first time, there was funding to support winter shares, as well. For 2016, we have even more funding available and hope to support more families with both summer and winter shares. ♦

Local Food, Local Places

In 2015, GardenShare and the Village of Canton secured an award through USDA which provided technical assistance to a planning process around local food issues. Working together we convened a two-day planning workshop in June with a broad cross-section of the community represented. The work resulted in a plan to develop new and strengthen existing farms, implement a local food marketing strategy, and explore improved product aggregation and distribution models. To keep the plan moving forward, the group established a steering committee and a listserv for communication. Cornell Cooperative Extension of St. Lawrence County is taking the lead with the steering committee and GardenShare still has an active presence and voice in the group. The full Local Food, Local Places report and action plan can be found at gardenshare.org ♦



Local Food Guide

GARDENSHARE’S LOCAL FOOD GUIDE continues to be the go-to resource for information on farms, farmers markets, and other local food outlets in St. Lawrence County.

Advertisers in the Local Food Guide understand the value of supporting our local agriculture and growing our local economy. ♦

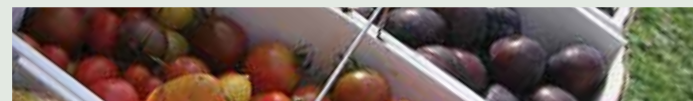


Expanded farmers market promotion and SNAP EBT expanded to all farmers markets in St. Lawrence County.

Second North Country Food Day Youth Summit



Gloria McAdam hired as new executive director



Third North Country Food Day Youth Summit

Expansion of farmers market promotion planned

and, with your support, a lot more!

2013

2014

2015

2016