WHY CONNECT KIDS WITH HEALTHY FOOD FROM SEED TO TABLE?

IT’S A GREAT WAY TO LEARN…gardens are a great context for teaching math, science, social studies, nutrition, fitness, language arts, and more!

IT’S IMPORTANT…in a time of obesity, diabetes, food insecurity, and climate change, raising kids who think carefully about their daily food choices really matters!

IT’S FUN…we haven’t yet met a child who isn’t delighted to pull a beet out of the ground, eat the delicious soup she helped cook, or gently cradle a newborn turkey in her hands.

GARDENS GROW GOOD PEOPLE…patience, teamwork, care for living things, and community…these are among the most important things growing in our gardens!
Six years ago, when kids first started putting seeds in the ground and veggies in their mouths at Common Threads Farm, Michelle Obama hadn’t yet broken ground on the White House garden. Michael Pollan hadn’t yet begun urging us to “Eat Food. Not Too Much. Mostly Plants.” The Farm to School movement, though very much alive in some parts of the country, was only a glimmer in the eyes of a few in Whatcom County.

The landscape is deliciously different now. Let us raise a toast to school gardens, farm field trips, Harvest of the Month, seed exchanges, and community and backyard gardens. Let us dance in gratitude for the authors, gardeners, chefs, teachers, artists, and activists working to shape a FoodScape that’s good enough to eat.

And then let us take a big stretch toward the warm sun, pick up our tools, and get back to work lovingly shaping the way that our next generation will think and act about food.

Thank you for joining us in this important work!

Warmly,

Laura Plaut, Executive Director

Because gardens grow good people!

The kids at schools with gardens make better choices in the lunchroom. I see this so consistently.
—Beth Schramer, WSU FoodSense Nutrition Educator
Results from a recent survey of teachers participating in Common Threads School Garden Collective showed:

- 86.6% of teachers agree or strongly agree that garden-based learning supports understanding of nutrition.
- 91% agree or strongly agree that their garden is helping to build a sense of community within the school.
- 78.6% agree or strongly agree that the garden had increased their students’ ability to work as part of a team.

**camp pizza, youth grown**

- More than 2000 students studied math, social studies, language arts, and life science in our school gardens.
- 151 Farm Camp and Camp Pizza participants collected eggs, planted spinach, ground grain, and ate rainbow salads.
- 114 low-income youth living in high-risk environments grew an abundant crop of pride, team-spirit, and self-confidence while gardening, cooking, and eating healthy foods in our Youth Grown programs.
- Volunteers donated over 1500 hours of time because, as they tell us again and again, connecting kids with healthy food just feels so good!
thank you donors

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Joe Bennett
John Blethen
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Alex Brede
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Whatcom Community Foundation
(Sustainable Whatcom Fund)
Whole Kids Foundation

Your support grows our vegetables, feeds our animals, stocks our kitchen and art supplies, buys us the books we love to read with children, and supports the wonderful staff who are helping to grow happy, healthy kids.

BUSINESSES
Bellingham Community Food Coop
Book Fare Café
Boundary Bay Brewery
Brandywine Kitchen
Ethosoe
Fred Meyer
Great Harvest Bread
Homestead Habitats
Joe’s Garden
Joy of Pilates
La Vie en Rose
Old World Deli
Pretty Little Feet
Quel Fromage
Rabbit Fields Farm
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Silver Springs Creamery
Starbucks Coffee Company
Terra Verde Farm
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Trader Joe’s
Uprising Seeds
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thank you partners

A great big thank you to our 2012 community partners including Northwest Youth Services, Rebound of Whatcom County, the Max Higbee Center, and all of our partner schools.

Our partnerships with you mean that a lot more kids are getting their hands in the dirt, good food in their tummies, and big smiles on their faces.

A special thanks to Bobbi Vollendorff, and to Charlie and Donna Freeman. Words cannot express our gratitude for your generosity in sharing your Bobbibrook home space with us.

thank you volunteers

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Jimmy Austin
Ryan Bainbridge
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Chantelle Benecki
Molly Benjamin
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Katie Storrs
Linda Versage
Bobbi Vollendorff
Nolan Winger
Olivia Yates
Noah Young
Raechel Youngberg

Without volunteers, our coops would need cleaning, our birds would be hungry, our kids wouldn’t get the quality of care that they, their parents, and their teachers have come to expect in our programs.

Thank you for the 1500+ hours of service you contributed in 2012.
COMMON THREADS FARM BY THE NUMBERS

INFLOW

INDIVIDUAL DONATIONS
$21,040.80

PROGRAM REVENUE
$59,870.97

GRANTS
$70,500.00

41%
39%
14%
47%

OUTFLOW

SCHOOL GARDENS
$52,243.76

BOBBIBROOK FARM
$26,458.04

ADMINISTRATION
$35,481.14*

YOUTH GROWN
$13,537.32

41%
21%
28%
10%

*High as a percentage of the total because our programs have tremendous volunteer support!

www.commonthreadsfarm.org

Because gardens grow good people!