**Why Connect Kids with Healthy Food From Seed to Table?**

**It’s a great way to learn**
Gardens are excellent settings for teaching math, sciences, 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.

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**From the Executive Director**

If I had a magic wand, every child in our community would have easy access to healthy, delicious food every day.

Every school would have a garden where every student was regularly engaged in studying science, nutrition, math, geography and history. There would be a designated garden teacher, whose job would be to connect the garden with classroom curricular goals.

A cooking cart would roll from classroom to classroom, and while children were learning math and literacy skills by following a recipe, they would also learn to prepare simple, healthy, affordable meals.

Schools would smell delicious. Lunch would be yummy and there would be enough time for kids to enjoy it. The cafeteria, like the garden, would be a vibrant learning space, with student created Food Art on the walls. Food maps, farmer biographies, and child-crafted odes to vegetables would help students make connections between classroom learning and the important work of nourishing our bodies.

Every child would understand composting and school communities would invest the time and care to make sure that waste got sorted appropriately.

The vegetables grown in the school garden would be served in the cafeteria, and kids would gobble up spinach and chard because it tasted good, and because they were so proud to be the ones who grew it.

We haven’t found our magic wand... yet! But 2013 was a year when Common Threads moved closer to making some of these wishes come true. We can’t wait to keep working toward these goals in 2014.

Thank you for your support!

Laura Plaut,
Executive Director
Cooked and gardened with over 3,200 children in 13 school gardens and our at Bobbibrook Farm site

Established new school gardens at Sunnyland and Carl Cozier Elementary Schools

Collaborated with Bellingham School District Food Service staff to establish policies that now allow school-garden-grown food to be served in school cafeterias

Launched pilot winter programming at four schools, so that even when it’s cold and dark, kids are cooking, starting seeds, and learning about healthy food.

Expanded our summer program offerings to include Camp Pasta

Continued partnerships with community organizations such as the Max Higbee Center and Rebound of Whatcom County to make sure that our community’s most vulnerable youth get the best food education we have to offer.
Results from a recent survey of teachers participating in Common Threads School Garden Collective showed:

- 92% of teachers agree or strongly agree that school gardens help build a sense of community within the school.
- 91% of teachers agree or strongly agree that their students show an increased interest in gardening.
- 84% of teachers agree or strongly agree that their students show a greater interest in how food is grown.
- 82% of teachers agree or strongly agree that their students express a greater interest in trying new fruits and vegetables since becoming involved in the garden.

**COMMON THREADS BY THE NUMBERS 2013**

**INCOME:**
- Grants .............. $96,000
- Programs ........... $56,545
- Donations .......... $11,321

**EXPENSES:**
- Programs ........... $84,315
- Administration ... $34,049*

*our overhead costs are high as a percentage of overall expenses largely because our programs are so substantially supported by volunteers and Americorps leadership
**INDIVIDUALS**

- Eden Alexander
- Jean Andersen
- Ted Askew
- Amy and Bryan Berreth
- Kara Black
- John Biethen
- Katherine Brigham
- Karen-Margrethe Bruun
- Laura Cabrera
- Brittny Cantrell
- Christos Christoforous
- Justin Clary
- Cactus and Laurel Cook
- Carolyn Cutler
- Rebecca Cutler
- Meagan Dawson
- April and Carlos De Montiel
- Julie DeFoer
- Kerry Dolan
- Mariah Elkes
- Juliana Evangelista
- Charlie and Donna Freeman
- Sylvia Graham
- Gillian Grambo
- Diana Gruman
- Suzannah Gusukama
- Carla Hasche
- Emily Barnett Higleyman
- Eric Jensen
- Sara Jentz
- Ronalee and Leigh Kincaid
- Alexander King
- Dale and Kelly Krause
- Jean Kroll
- Fred and Beverly Larsen
- Theresa and Jeff
- Lewis-Van der Vlugt
- Lynette Machinski
- Kirke and Jim Mahy Hestad
- Lorisa and Jim Marshall
- Scott Mauermann
- Paula McCandlis
- Chris McClanahan
- Megan McGeowin
- Brenda Miller
- Charles Nelson
- Charles Onion
- Rebecca Orloff
- Patricia Otto
- Suzanne Paola
- Beth Parker
- Frank and Linda Plaut
- Laura Plaut
- Plaut Nathan Family
- Tom and Johanna Plaut
- Steve Price
- Jeanne Reese
- Richard and Helen Scholtz
- Ted and Nancy Seifert
- Steve Senge
- Carolyn Sipes
- Susan Sloan
- Mardi Solomon and Gene Myers
- Cynthia St. Claire
- Jessica Steele
- Colleen Thumlert
- Heather and Joe Tisai Hoats
- Galen Tritt
- Elizabeth and Keith Tyne
- Bobbi Vollendorff
- Tim Wahl
- Tom Wake
- Chris Webb
- Laura Weight
- Ruth Plaut Weinreb
- Kim Weil
- Robert Weinstein
- Lindsay Wells
- Susan West
- Steve and Kathe Wilson

**BUSINESSES**

- Annie’s Homegrown
- Bellevue Acres
- Bellingham Farmers Market
- Book Fare Cafe
- Builders Alliance
- Ciao Thyme
- City of Bellingham
- Dewey Griffin
- Drizzle
- Doug Landsem Architects
- Erin Baker Breakfast Cookies
- Fourth Corner Slow Food
- good eye design
- Great Harvest Bread Company
- Home Depot
- Joe’s Garden
- Mallards Ice Cream
- Re-Store
- Scratch and Peck Feed
- Spicer Media
- Starbucks
- Sunseed Farm
- The Table
- Uprising Seeds
- Village Books
- Woods Coffee
- Zervas Law

**FOUNDATIONS**

- 3M Foundation
- Alcoa Foundation
- Ciel Foundation
- Charis Fund
- Elizabeth A. Lynn Foundation
- Fairhaven Gives Back
- General Mills Foundation
- The Glaser Foundation
- Harrington-Schiff Foundation
- Lucky Seven Foundation
- The Mary Redman Foundation
- Norcliffe Foundation
- River Styx Foundation
- Whatcom Community Foundation—Sustainable Whatcom Fund
- Whole Kids Foundation
- Rachael Morris
- Brail Murray-Kraft
- Charles Onion
- Beth Parker
- Georgia Peck
- Audrey Poliquin
- Getch Poole
- Heather Rees
- Rachel Roeder
- Lisa Samuel
- Aya Shimazaki
- Pam Sinnett
- Simone Steynberg
- Katie Storrs
- Emily Stralser
- Stephanie Sutton
- Linda Versage
- Bobbi Vollendorff
- Tim Wahl
- Phoebe Wahl
- Kate Walker
- Dana Wendt
- Jennifer Wright
- WWU Information Technology Class
- WWU Regenerative Design Class
- WWU Tennis Team

**VOLUNTEERS**

- Leta Ames
- Mursidin Amiruddin
- Kayla Andresen
- Jean Andresen
- Kristi Batham
- Sarah Bolton
- Alex Brede
- Alex Burrows
- Alasia Canares
- Bobby Canares
- Emily Carlson
- Katie Chug
- Molly Cutler
- Addie Cutler
- Michelle Dannehy
- Julie DeFoer
- Sue Duggot
- Celia Duncan
- Charlie and Donna Freeman
- Asheton Gilbertson
- Asleigh Ginder
- Jenny Godwin
- Amy Grafstron
- Kari Hardin
- Amanda Hebert
- Asia Hirsch
- Tanner Humphries
- Paul Kearsley
- Jessica King
- Dale Krause
- Alice Lazzar-Atwood
- James Leder
- Frederick Livingston
- Scott Mauermann
- Tara Mazza

**BOARD MEMBERS:**

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- **Owner, Laurel Landscaping**
- **Lisa Samuel,** Vice President
- **Partner, Nourish RDs**
- **Alex Brede,** Secretary
- **Teacher, Bellingham School District**
- **Jennifer Wright,** Treasurer
- **CPA, Metcalf Hodges**
- **Charles Onion**
- **Academic/Career Advisor, Bellingham Technical College**
- **Dale Krause**
- **Construction Project Manager, Western Washington University**
MAKE A DONATION THAT CONNECTS LOCAL KIDS WITH HEALTHY FOOD

CHOOSE YOUR LEVEL OF TAX-DEDUCTIBLE GIFT:

$10 Helps supply our garden and kitchen with tools for little hands

$25 Supports spring and fall school-based garden education for one child

$50 Supports a full year of school-based food education for one child

$125 Gives one need-based scholarship to Farm Camp where children learn to cook, garden and care for farm animals

$500 Supports a full day of cooking and gardening-based education for up to 25 needs-based youth

Donate here at CommonThreadsFarm.org

Common Threads Farm is a 501(c)3 nonprofit

THANK YOU FOR HELPING GROW GOOD FOOD & GOOD PEOPLE!
Common Threads connects kids to healthy food in the garden, in the kitchen, and at the table. We want kids to grow up making food choices that are good for their bodies, communities, and environment.

Join us!
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