



## Growing Healthy Kids. Good Food. Strong Community.

With locally-grown food at the heart of all we do, the Cornucopia Project helps to build strong, healthy communities by developing and delivering agriculture-based edible education programs to children as they grow, and by playing a lead role in forwarding local food education.

### Good for our Kids.

Studies show and experience proves that children eat what they grow. Starting kids early on healthy foods builds good eating habits for life.

### Good for our Families.

Children influence the eating habits of their families. When kids ask for and eat more fruits and veggies, this can change how families shop and ultimately, eat.

### Good for our Community.

Engaging teens in growing and selling to local businesses supports our community and our economy. It also builds a new generation of strong local leaders, entrepreneurs, and healthy food advocates.

### Good for our Planet.

Sustainable practices utilize fewer precious natural resources and help rebuild the soil for future growing. Growing and consuming local food minimizes our community's carbon footprint, too!

## 2017 YTD by the Numbers

165

New Cornucopia supporters

223

Students in the school gardens

878

Pounds of Farm to Fork organic produce sold locally

1,603

Hours worked by Farm to Fork Fellows

Turn the page and enjoy these Juicy Bites from the Cornucopia Project!

## Message from Karen



### Harvest time is the perfect time to give thanks

for the bounty we enjoy here at Cornucopia, thanks in large part to you, our community. Your support has helped us deeply root the impact of our edible education

programs, and to deliver on our mission to grow healthy kids, good food, and strong community.

**2017 was a year that brought 223 more children into the garden** to plant, tend, harvest and eat what they'd grown; and saw the successful completion of a second full year of teaching agricultural entrepreneurship in our Farm to Fork program. 2017 also provided a unique opportunity for high school students to play a key role in cutting-edge technology research, showcasing the power of teens to influence our local food future.

When I stepped into the beautiful garden that is the Cornucopia Project, I knew about its **reputation for outstanding school gardens, and its leadership in the community around healthy, local food.**

And of course, I had seen the new hoop house go up across from the ConVal HS. These sweet fruits were made possible by a combination of community support and the passionately talented staff that is the heart of Cornucopia. Many thanks to Joyce, Hannah, Heather and Jennifer for all of your good work this year.

With your help, 2018 promises to be equally exciting as **we plan to fully develop our farm site** (see page 3), and expand our impact to children in other areas by consulting with schools that want gardens of their own. We're now exploring the next phase of the Tomato Project, looking at how to more fully influence local eating and improve access to healthy food.

Thank you for providing the fertile ground that allows the Cornucopia Project to grow.

**Your continued support allows us to deepen our roots, spread our branches and reach for the sun.**

In gratitude,

**Karen Hatcher, Executive Director**

## Edible Education: Planting



Each year, more than 200 students from all eight ConVal elementary schools plant, tend, harvest and taste what they grow during 14 weeks of garden lessons at their schools, learning how seeds become plants and plants, when cared for, become tasty food to eat and share.

### Why School Gardens?

**Improving Academics:** Students who have school garden programs incorporated into their science curriculum score significantly higher on science achievement tests, take pleasure in learning, and develop curiosity.

**Improving Physical Health:** In addition to the obvious benefits of being outside in the fresh air and sunshine, gardening exposes children to healthy food, moderate exercise, and a connection to the natural world.

**Lifestyle and Nutrition:** When schools offer gardens, 44% of students eat more fruits and vegetables and demonstrate a willingness to try new foods. Sampling a variety of new foods in the garden, children develop healthy eating habits that can last a lifetime and influence family food choices.

**Social and Emotional Health:** Students participating in garden programs show increased self-understanding, interpersonal skills, and the ability to work together cooperatively. Many report feeling safe, calm, happy and relaxed in the school garden.

## Giving Tuesday November 28

Help deepen our roots and get more kids growing good food!

Make an online donation to our year-end campaign, kicking off on Giving Tuesday, November 28th at

**[givegab.com/campaigns/rooted-in-community](http://givegab.com/campaigns/rooted-in-community)**

Or mail your gift to Cornucopia at:

49 Vose Farm Road, Suite 110, Peterborough, NH 03458

# the seeds for a lifetime of healthy eating.

## Farm to Fork: The Tomato Project

Cornucopia's Farm to Fork fellows participated in a ground-breaking ag-tech project with partners Analog Devices, Inc. and ripe.io this summer, working on the question of whether we can use technology to determine the taste and quality of tomatoes. The project provided data that the tech companies believe will ultimately help farmers get the best price using infield sensors and the block-chain across the local food system. From seed to taste test, using STEM protocol, the fellows also got to tell their story at a media event last August.

The Tomato Project represents a creative partnership between private tech companies, the school system, local businesses and Cornucopia. Farm to Fork Coordinator, Hannah Bissex commented, "We're looking at these 21st century solutions for building a more robust and healthy food economy." The next steps include communicating the results of the project to the community. Many possibilities are being discussed and all of the partners are sure they'd like to continue to work together in the future.



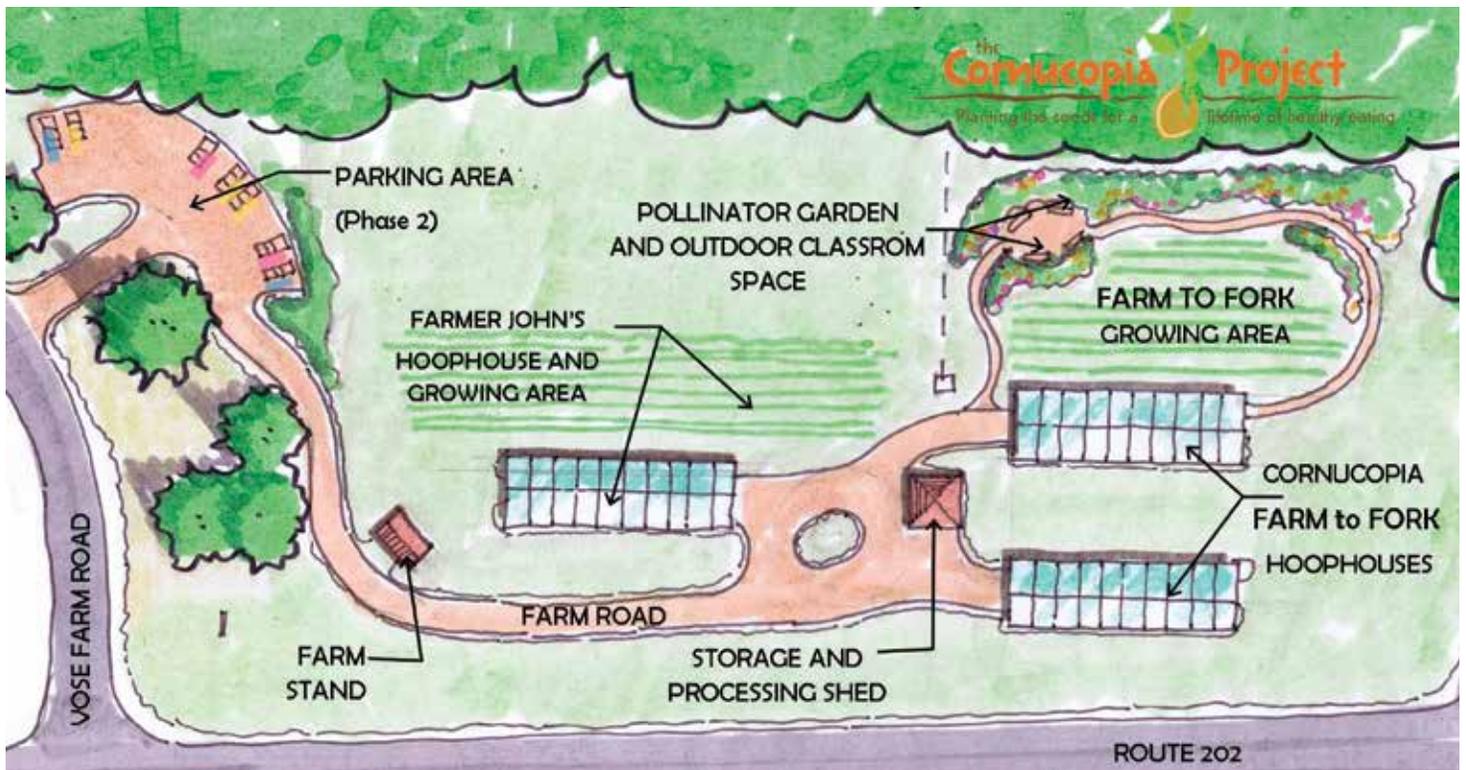
Fellow Ian Aldrich tends crops in the hoop house. The Farm to Fork Program empowers high school students through real work experience to become valuable partners in our local food economy.



## Farm to Fork Expands

2018 will be a big year for our farm site, located across from ConVal High School. At maximum program capacity with 12 students come summer, the fellows will construct a second hoop house and pollinator garden made possible by funds granted from Natural Resource Conservation Service. We've also got plans for a farm road, well, processing shed and more.

Please call Joyce at  
(603) 784-5069 to learn more  
about the Farm Site Campaign.



# Staff News

## Applause!

Joyce Carroll, our longtime Community Programs Coordinator was recently promoted to Cornucopia's Community Engagement Director. In addition to continuing to cultivate great partnership opportunities, Joyce will now also be heading up Cornucopia's volunteer program and shepherding our grant writing efforts.

## Welcome Baby Glenda Grace!

Hannah and Dan Bissex welcomed baby Glenda Grace Bissex to the world on September 14th. Glenda didn't give Hannah a chance to have a break from the Farm to Fork operation before making her appearance. Hannah will be back at the start of the new year with Glenda in tow. We're all excited to have them both back in the Cornucopia office.

## Utility Player Extraordinaire!

In a few short months, Jen Trapani, a recent graduate from Antioch University, has earned the title of most valuable utility player here at Cornucopia. Jen started as an educator in our summer Kids Connect program, then moved into the position of Interim Farm to Fork Coordinator, providing support and coverage while Hannah is out, and if that's not enough, has also been serving as a garden educator in our school gardens. Come January, we'll simplify things as she becomes the School Garden Coordinator.



Grab a shovel, organize a volunteer event, write a check. Your contribution of time, talent or treasure helps Cornucopia to continue to grow deep roots in our community.

**Thanks for your support!**

## Wish List

As our programs expand, so do the equipment needs. We would be very grateful for gently used or new equipment donations or sponsorship of the following items:

- Farm pickup truck (well-running)
- Snowblower
- Heavy duty walk-behind mower

## Thank you to the following 2017 Year-to-Date Donors

### Cultivator \$100-\$200

James Adams  
Nancy Adams  
Margaret Bacon  
Michelle Bates  
Ruth Bednarz  
Hannah Bissex  
David and Lina Blair  
Joe and Linda Caracappa  
Marguerite Chandler  
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Peggy Ueda  
Seth Ward  
Marilyn Wyzga

### Community Partners

Cheshire County Conservation District  
ConVal High School  
Farmer John's Plot  
Four Winds  
Ideal Compost  
Mad Radish CSA  
Monadnock Center for History and Culture  
Monadnock Conservancy  
Monadnock Farm & Community Coalition  
Monadnock Table  
Peterborough Town Library  
Project Shakespeare  
Town of Peterborough

### Harvester \$201-\$500

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ripe.io  
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