



2006 Annual Report



2006 BOARD OF DIRECTORS

Lisa Brawley, *Chair*
Valerie Lusczek, *Vice-Chair*
Stanley Kardas, *Treasurer*
Karen Nichols, *Secretary*
Emily Bennison
Alan Berkowitz
Allison Morrill Chatrchyan
Angela Colclough
Julia Landau
Denise Martin
Jessica Pascual
Leslie Power
Vidhura Ralapanawe
Bena Silber

2006 STAFF

Wendy Burkhart-Spiegel, *Co-Director*
Asher Burkhart-Spiegel, *Co-Director*
Leah Smith, *Program Coordinator*
Kate Mrozicki, *Assistant Farm Manager*

MISSION

The Poughkeepsie Farm Project is a non-profit organization that works toward a just and sustainable food system in the Mid-Hudson Valley. We operate a member-supported farm in the City of Poughkeepsie, NY. We grow seven acres of vegetables, teach community members and college students about food and farming, and collaborate with area organizations to improve access to healthy locally-grown food.

The Poughkeepsie Farm Project
P.O. Box 3143
Poughkeepsie, NY 12601

Tel: (845) 473-1415

info@farmproject.org
www.farmproject.org



A Message from the Chair

In 2006, Poughkeepsie Farm Project engaged over a thousand community members in local, sustainable agriculture through involvement in youth education activities, CSA (Community Supported Agriculture), hands-on farming, farm tours and events, farmers market, and the joy of eating fresh produce.

We are very grateful to all – members, youth participants, community partners, and friends - who made 2006 an exciting and bountiful year. The Poughkeepsie Farm Project has made much progress as a non-profit organization since 2004 when our 501c3 status was granted. While the PFP has been dedicated to donating food to people in need and opening the farm to the community as an educational resource from the very beginning, 501c3 status has enabled us to build the organizational structures and support needed to pursue our mission in the long term.

Important achievements for the PFP in 2006 include:

- With the help of Heifer International and the cooperation of the Cornell Cooperative Extension Green Teen Community Gardening Program, we have developed our youth education efforts into an exciting new program, City Seeds. New youth activities this year included spring and fall after school programs, intensive summer internships, breaking ground for a youth run seed saving garden and saving 20 varieties of seed, and hosting a Community Dinner for over 100 participants this summer.
- The PFP Board and Staff are engaged in a strategic planning process that will inspire and guide us through the next six years.
- The CSA filled earlier in the season than ever before, by March, demonstrating how popular it has become.
- We developed and expanded our FoodShare program by increasing the number of sponsored shares and organizational recipients benefiting from the program, and by building community partnerships and visibility to develop the program.
- We hired our first full time staff person fully dedicated to the PFP programs: Leah Smith joined us as our Program Coordinator.
- With PFP leadership, the City of Poughkeepsie Farmers Market has shown steady growth and growing support from local individuals and organizations.

Thank you for your support, and for joining us in working towards a just and sustainable food system for all.

—Lisa Brawley

The Farm

In 2006, we harvested approximately 113,000 pounds of produce on eight acres of land. 76 percent went to CSA members, 13 percent was donated to local soup kitchens and shelters, and we sold 11 percent at our booth at the City of Poughkeepsie Farmers Market.

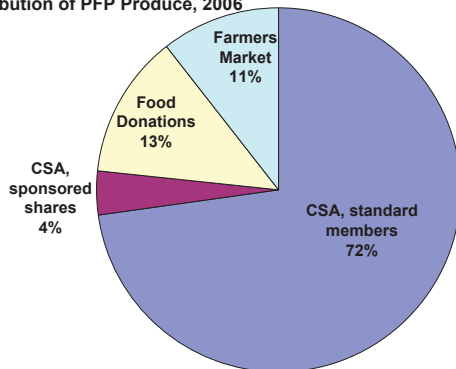
Infrastructure improvements included office improvements, a 20' x 128' unheated greenhouse, a large tent to expand our distribution area, and a simple kitchen area for cooking activities with youth.

The CSA

This year, in its eighth season, the PFP's CSA was well established and full of enthusiastic participants. All of our CSA slots were filled by March, earlier than ever before for the PFP, demonstrating the increasing popularity of the CSA. There were 226 full season shares, 12 summer shares and 35 fall shares. CSA participants received approximately 86,000 pounds of pre-harvested produce in 2006, an average of 14.4 pounds of produce per week per share. In addition, CSA members had access to several pick-your-own crops, including items such as flowers, berries, beans, and herbs. The majority of CSA members, about 90 percent, signed up for working shares, working at least 12 hours (6 hours for summer and fall shares) in the field or distribution room, delivering food donations, or taking on key positions in the organization.



Distribution of PFP Produce, 2006



FoodShare

Through FoodShare, the PFP works to improve access to fresh, healthy food for low-income people in Poughkeepsie and beyond. The Poughkeepsie Farm Project donated 14,400 pounds of produce to people in need through Dutchess Outreach, Hudson River Housing, Grace Smith House, and New Hope Community Center this year. In addition, 19 families and individuals participated in our sponsored share program, which subsidizes the cost of a CSA share for low-income participants. Sponsored shares included eight full season shares, one summer share, and ten fall shares, amounting to over 4,000 pounds of produce.



City of Poughkeepsie Farmers Market

With PFP sponsorship this small market continues to gain community support. Located in downtown Poughkeepsie, where access to fresh food is limited, this market is located within walking distance of several low-income neighborhoods as well as many office buildings.

Farmers Market Nutrition Program coupons (available to WIC clients and low-income seniors) and Food Stamps are accepted at the market. Vendors in 2006 included:

- Kessman Farms
- Athanas Farm
- Poughkeepsie Farm Project
- Elysian Foods
- Edward Barry's Flowers and Bedding Plants
- Cornell Cooperative Extension Green Teen

Musical performers added a festive atmosphere to the market many weeks. In October, PFP and the Cornell Cooperative Extension Nutrition Program put on a successful "Just Say Yes to Vegetables" event with additional vendors, activities, and elementary school visits. A "Friends of the Farmers Market" group convened in the fall to help build and support this exciting market.

In addition to sponsoring the market, the Poughkeepsie Farm Project is also a vendor. The PFP sold approximately 12,000 pounds of produce at the City of Poughkeepsie Farmers Market in 2006, one-third to participants in the Farmers Market Nutrition Program.



Dutchess County Arts Council Music for the Main Street Market 2006 Musicians

Country Man Dan
Bruce Sconzo
Moustapha Diedhiou
Helen Avakian
The Walker Family Band,
Tuesday Night Music Club
Dylan Foley and Friend
The Complications
Larry Hazzard
Mooncoin

City Seeds

City Seeds is a new project PFP launched this year in collaboration with Cornell Cooperative Extension's Green Teen Community Gardening Program. It involves youth ages 14-24 years old from the cities of Poughkeepsie and Beacon, and aims to increase awareness of, participation in, and capacity for a healthy and just food system in the Mid-Hudson Valley. The program offers young people opportunities to learn and engage in urban farming and gardening, community education, farm marketing, food policy, and seed saving.

Spring

Ten to 15 teenagers from Poughkeepsie Green Teen, Beacon Green Teen, and Riverhaven (a shelter for teens) came to the farm each week for gardening and seed saving lessons and activities.

Rachelle Haddix participated as a full season intern, beginning her season of learning through hands-on farming and seed saving, sharing her knowledge and skills with teens, and attending regional farmer training workshops.

Ten Vassar Field Work students learned through hands-on farming during their spring semester.

Summer

Community Food Fellows Megan Allen, Paul Mersfelder, and Kelly Tan joined us for an 11-week program of hands-on farming, workshops and tours, and teaching youth and visitors about food and farming.

Junior Interns Elizabeth Ochieng and Jonathan Quinones joined us for an eight-week program of workshops, hands-on farming, and youth mentoring. Elizabeth and Jonathon took a lead role in planning a City Seeds Community Meal for 100 participants in July!

Seventeen teens from Poughkeepsie and Beacon joined us one to three times a week for lessons, farm activities, seed saving, cooking straight from the field, and farmers market vending and promotion. The teens did an amazing job cooking for and serving the Community Meal.

Riverhaven youth continued to visit the farm weekly.

Fall

Ten to 15 teenagers came to the farm each week from Poughkeepsie Green Teen, Beacon Green Teen, and Riverhaven for gardening and seed saving lessons and other activities. They learned about saving and cleaning seeds and planned a World Food Day cooking demonstration at CSA distribution.

Four Vassar Field Work students learned through hands-on farming during their fall semester.



Summer workshops and tours for interns and fellows

- Botany and Plant ID Workshop
- Roxbury Farm – Systems, Procedures and Standards
- Introduction to Seed Saving Workshop
- Youth education and Straight Talk training
- Natural Roots Farm – Farming with Horses
- Soil Management Workshop
- Beekeeping Workshop
- “Future of Food” film and discussion
- Turtle Tree Seeds – seed company tour
- Medicinal Herbs Workshop
- Lightning Tree Farm – tour
- Huguenot Street Farm - tour
- Community Food Security Workshop
- Farm Planning Workshop
- NOFA Summer Conference

Summer lesson topics for teen groups at PFP

- Farmers Market training
- Scavenger hunt orientation to the farm
- Plant life cycles, plant families, and insect identification
- Soil, compost, and tool and machinery identification
- Cooking from the fields and vegetable origins
- Create a farm, sustainability activity
- Reflecting on the farm experience
- Seed Saving



In 2006, Poughkeepsie Farm Project engaged over a thousand community members in local, sustainable agriculture through involvement in youth education activities, CSA (Community Supported Agriculture), hands-on farming, farm tours and events, farmers market, and the joy of eating fresh produce.



Tours & Events

Events at PFP

PFP Spring Open House and Plant Sale.
Spring Member Meeting/Orientation
Children's Day
Beekeeping Workshop.
Future of Food film showing and discussion
Managing a Community Farm – CRAFT event
Medicinal Herb Workshop
PFP Community Day
PFP Fall Open House
Organic Seed Partnership Event
PFP End of Season Potluck
Gleaning Project for Vassar Hunger Action

Community and College Tours

Vassar College, PFP Field Work students
Dutchess Community College Environmental Studies Class
New York State Farm Bureau Board of Directors
Building With Books
Northeast Sustainable Agriculture Working Group
Vassar College, Technology, Ecology and Society class

PFP presentations in the community

Heifer Project's Overlook Farm
The Center for Lifetime Study
Vassar Hunger Action - local foods event
Barnes and Noble
NY Hunger Action Network meeting
Alternative Gift Fair
Energy Forum at UU Fellowship, Poughkeepsie

Visiting Youth Programs

Dutchess Historical Society Summer Camp
DreamYard Action Group, Bronx, NY
Noxon Elementary School Holistic Health after school program.
Sprout Creek's Project Harvest Camp
The Arlington High School "School to Work Students"



PFP Values & Vision

Adopted by the PFP Board September 12, 2006

PFP Value Statements

We are dedicated to operating our organization according to our values.

1. We value a just and healthy food system that ensures fair access for all people to safe, nutritious food, and fair treatment of farm and food workers.
2. We value locally grown, healthy, and environmentally sustainable food and farming.
3. We value personal and collective connections to the land that nourishes us.
4. We value teaching and learning about sustainable food and farming that inspires and empowers youth, community members, and future farmers.
5. We value an organization that contributes to and benefits from knowledge about healthy and environmentally sustainable farming, and about just and healthy food systems.
6. We value an open, inclusive, participatory community.
7. We value an organization that is engaged in and contributes to the broader community through partnerships and participation.
8. We value a collectively managed organization directed by its members.
9. We value an organization that promotes a culture of optimism, respect, and fairness.

PFP Vision Statement

In five years, the Poughkeepsie Farm Project will be a thriving farm-based organization that builds knowledge of, access to, and capacity for a just and sustainable food system. We will work with a diverse group of people and organizations in the greater Poughkeepsie area as part of a Mid-Hudson Valley network within a national and international movement. We will use community-based strategies to produce food, create and support venues for local food distribution, and educate youth and adults about food and farming

