



Delivering Wholesome Food to our Neighbors in Need — Fall 2016 Newsletter

Dear Friends of Willing Hands,

Wow! It has been a busy summer.

- We conducted regular weekly gleanings at Edgewater Farm, Cedar Circle Farm, Crossroad Farm, Hill Farm Blueberries, Maplewood Orchard, and Whitman Brook Orchard.
- Volunteers completed 75 gleaning events from May through October, an average of over 2.5 a week.
- The Willing Hands Garden produced over 15,000 pounds of organic vegetables.
- Our Nutrition Education volunteers worked with The Haven to create a set of recipes to share with our recipient organizations.
- 120 donors gave over \$48,000 this summer to support our purchase of a new delivery truck.
- We brought on 9 new recipient organizations including: Friends of Mascoma Valley Foundation, Community Harvest of Central Vermont, and four new stops in Claremont.
- We delivered 85,214 pounds to The Haven between 1/1/2016 and 10/17/16, a 60% increase over last year.
- We delivered over 216,000 eggs donated by Pete and Gerry's Organic Eggs.
- We held a volunteer appreciation dinner honoring Jack and Terry Lyons with over 100 people attending.
- We are on track for 2016 to be our biggest year ever, with the potential for over 500,000 pound (250 tons) of food picked up and delivered to our recipient organizations.

A tremendous amount of appreciation is due to the large Willing Hands "family" of volunteers, board members, donors, drivers, and friends who make it possible for us to bring this healthy delicious food to those who need it most. Thank you!

Sincerely,
Gabe Zoerheide
Executive Director



Willing Hands Food Donations - Tons Per Week 2013-2016



FEATURED PARTNER: KING ARTHUR FLOUR



This past month, King Arthur Flour invited Willing Hands to participate in Bake For Good month. As part of the kick off event, Executive Director Gabe Zoerheide spoke to a group of local businesses about Willing Hands' work and helped make some bread (see photo). The project invited local schools, businesses and King Arthur employees to learn how to bake and then donate the results to local food shelves, The Haven, and Willing Hands. In addition, King Arthur Flour made a donation to Feeding America for each person who participated.



Willing Hands had the privilege of picking up the baked bread from a number of local organizations including the Dothan Brook School. This is a great example of how we receive support from diverse groups. There is nothing like a fresh loaf of bread prepared as a gift to another. Thank you King Arthur Flour!



Photo courtesy King Arthur Flour

APPLES, APPLES, APPLES

We have had a glorious fall harvesting apples. Maplewood and Whitman Brook Orchards, have had plentiful harvests and were able to donate an incredible amount of fruit. This year we started regular "from the tree" gleanings at Maplewood Orchard in Woodstock, Vermont. As the picture shows, the apples



The View at Maplewood Orchard

at Maplewood are second only to the beauty of the location.

We are very grateful for our 7 year relationship with Whitman Brook Orchard. Owner, Terry Dorman, has been rejuvenating Whitman Brook Orchard for almost 20 years. Gleaners always enjoy learning about Terry's extensive heirloom varieties. Thanks to Maplewood and Whitman Brook, this year we have harvested nearly 16,000 pounds of apples.

King Arthur Flour Volunteers at Whitman Brook Orchard



More Summer Storage — Expanded Refrigerated Space

Early in the summer, we came to the conclusion that our refrigerated storage space was not large enough, nor reliable enough, for our needs. Throughout the summer, we received a pallet of eggs (900 dozen) per week from Pete and Gerry's Organic Eggs in addition to increased gleanings and garden pick ups. Things were getting stuffed.

So we decided to double the size of the cooler within our garage. With timely help, we got the cooler built and running in a few short weeks—just in time to get a shipment of eggs. Some big THANK YOUS need to go out to Davis Frame Company of Claremont, NH who once again donated the panels that insulate the cooler walls and to Richards Electric Company of Wilder, VT for coming out on very short notice to finish the wiring so we could turn the new cooler on. Thank you for the support!



Our Cooler Full of Veggies

Thank You Terry!

There are many many people who have made Willing Hands thrive over the last 12 years, and one of the stars is Terry Appleby. As Terry retires from his position as General Manager of the Coop Food Stores, after nearly 25 years, we wanted to reflect and thank him for his support. It is not hyperbole to suggest that without Terry Willing Hands would not exist.

In 2004, Terry was confronted by an employee who was distressed at the amount of good wasted produce that could be used to benefit the community, rather than going into the dumpster. Some might have brushed the enthusiasm aside and maintained the status quo. But for Terry, the Coop Food Stores is not a business in the traditional sense but a cooperative, and cooperatives at their heart serve their communities.

So in 2004, Terry and the Coop management team not only supported the idea that would become Willing Hands, by agreeing to change how unsold vegetables were handled, but he agreed to make an ongoing financial commitment to this fledgling organization.



Photo Courtesy the Coop Food Stores

Over the duration of Terry's tenure as General Manager, the relationship between the Coop Food Stores has stayed incredibly strong.

Congratulations Terry on a well earned retirement!

Thank you to everyone supporting the Co-op Food Stores' 2016 Food Partners and Community Partners through

Pennies For Change.

A LITTLE "rounding up" adds up to a BIG impact in building a stronger Upper Valley. We are grateful to you and the Co-op!



Child and Family Services of NH
 Good Neighbor Health Clinic
 Red Logan Dental Clinic
 Headrest
 League of NH Craftsmen
 Mascoma Valley Health Initiative
 Opera North
 Ottauquechee Health Foundation

Twin Pines Housing Trust
 Vermont Center for Ecostudies
 Vital Communities
 Watson Upper Valley
 Dog Park Supporters
 WISE
 DHMC Women's Health Resource Center
 Upper Valley Humane Society



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Yes, I want to help Willing Hands deliver donations of healthy food!

Enclosed is my tax deductible contribution of \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____

Home phone _____ Cell _____

I'm interested in volunteering to help Willing Hands with:

___ The Farm Garden

___ Gleaning

___ Nutrition Education

___ Committee Work

WILLING HANDS FOOD DONORS

Blue Ox Farm
Cedar Circle Farm
The Coop Food Stores
Chap Farm
Crossroad Farm
Dan and Whit's
Echo Hill Farm
Edgewater Farm
Hill Farm
Hurricane Flats
Kendal at Hanover
Killdeer Farm

King Arthur Bakery
La Panciatta Bakery
Long Wind Farm
Luna Bleu Farm
Maplewood Orchard
Marion Cross School
McNamara Dairy
Norwich Farmers Mkt
Pete & Gerry's
Organic Eggs
Poverty Lane Orchard
Riverview Farm

Root 5 Farm
Spruce Lane Farm
Sunrise Farm
Sweetland Farm
The Mountain School
Upper Valley Produce
VT Food Bank
West Lebanon
Feed and Supply
Whitman Brook Orchard
Willing Hands Garden



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