

WILLING HANDS

delivering donations of wholesome food
to our neighbors in need



FALL 2013

A Few Highlights:

- *Willing Hands delivered about 185 tons of wholesome food from October 2012 through September 2013, 95% of which was fruit and vegetables.*
- *At long last the Willing Hands Farm Garden has an irrigation system! We thank the Mascoma Savings Bank for their funding and the staff at Cedar Circle Farm for their expertise in getting the system up and running.*
- *Last fall Willing Hands volunteers gleaned about 18,650 pounds of apples, carrots, potatoes, cabbage, corn, tomatoes and spinach from the fields and orchards of local growers. We're hoping to gather as much delicious farm-fresh produce again this year.* →
- *Your support remains strong. We thank you, one and all!*



GIFTS THAT GROW

At Willing Hands we never know what to expect. It makes for interesting planning. No sooner does a trend emerge than it is replaced by another. The only thing we can expect is the unexpected. One day we receive donations of a thousand pounds of produce, the next day, half that amount. We can have weeks like the last several when we glean over 10,000 pounds. We can have weeks with no gleanings. Cash donations follow suit: sometimes many, sometimes none. This is what keeps us on our toes at Willing Hands!

We are extremely fortunate that it all nets out to tip the scales in favor of abundance. We have the entire community to thank for that. After all, it takes a whole village (really, it does) to get a tomato, for example, to the plate of one of our recipients. The seed was sown, the plant tended and harvested, the fruit set aside, then picked-up and delivered by Willing Hands to one of our recipient organizations where, ultimately, it is distributed and gratefully received by one of our neighbors in need. Think of all the good intentions along the way - the giving, that makes this possible!

Robin Wall Kimmerer in her new book [Braiding Sweetgrass](#) reminds us, "A gift that has passed from hand to hand, grows richer as it is honored in every exchange."

In this newsletter you'll find stories of extraordinary gifts of food, money, and time. All were unexpected. All come from a place of caring, and expand in richness when passed through Willing Hands.

We thank everyone of you for stepping up to help us along the way.

The Numbers:

# of pounds of produce donated by Killdeer Farm as of mid October (and more is on the way)	6600
# of gleaning events Willing Hands has had in the past few years	66
# of days that Willing Hands delivers to The Upper Valley Haven each week:	6



Board member Carolyn Frye and her husband Milt have been the heavy lifters at nearly every gleaning we've had in the past four years.

FEATURED FOOD DONOR: LONG WIND FARM

So, what's the best way to enjoy a red ripe midsummer tomato? According to Dave Chapman, "chopped into a salad." And Dave has learned a thing or two about tomatoes from growing his Long Wind Farm in Thetford into the largest source of organic greenhouse tomatoes in Vermont. This year he expects to market about a million tomatoes throughout the Northeast.



Dave Chapman donated over 7,500 pounds of his Long Wind Farm tomatoes to Willing Hands this year

Dave grew up on a dairy farm in Lancaster County, Pennsylvania with no intention of becoming a farmer. Yet by 1984 he was the owner of 2 acres of land on the site of the present farm and a yoke of oxen to work the land. He grew a mix of vegetables, fruits, and flowers.

By the 1990s, the oxen were replaced by a couple of aging tractors, and the farm had grown to about 10 acres. Around this time, he developed an enduring passion to grow a tomato that, above all else, tastes really good. As a result, the field crops are now long gone. His organic tomatoes are grown under 2 acres of state-of-the-art high-tech glass greenhouses. Dave scooped up a handful of the composted greenhouse soil and proudly pointed out the many worms and tiny rootlets thriving there in their idealized environment. "Tomatoes are hungry plants," he told us.

David and his wife Claudia have two children and also operate Long Wind Tai Chi at their studio in East Thetford. Long Wind tomatoes are available locally at most supermarkets and at the farm in E. Thetford. CSA shares will be available in 2014.

"If it were not for Willing Hands, the 1000+ individuals we serve each year would not have fresh produce."

W. Fairlee Foodshelf

LOOK WHAT'S CROPPED UP AT THE GARDEN!



The theme for the 7th year of the Willing Hands Garden was water! We had plenty of rain in May and June; when it finally stopped, we fired up our brand new overhead irrigation system.



Our volunteers have proven as steady and reliable as our water supply. We had about 30 volunteers each week plus several corporate groups and some of our recipients. They all cheerfully did any kind of work, contributing their own knowledge, enthusiasm and a whopping 785 hours of labor.

Zsuzsa Mitro, in her second year as our Cedar Circle garden coordinator, provided countless hours of work and a constant push for improving our production. She is an amazing addition to our group. Special thanks also go to Cedar Circle Farm, Johnny's Selected Seeds, West Lebanon Feed & Supply, Robie Farm, Jay Van Arman, John Mellquist, McNamara Dairy, Butterworks Farm and Connecticut River Ag Services for seed, plants, and organic soil amendments.



We are proud to have harvested nearly 5,000 lbs. of farm-fresh, organic produce for immediate delivery to our neighbors in need. And of course we thank board member Andrea Colgan for yet again leading this program to such success!



*Top Left: Yunghi Choi, Kim Holzberger, Mike Curran, Driver Chuck Egner, Skip Sturman, Nancy Limbaugh, Zsuzsa Mitro, Bob Hagen, Margot Maddock, Cindy Swart, Marc Lefebvre
Bottom Right: Sharry Baker, Susan Warner, Maddie Smith, Zsuzsa Mitro, Patti Cerra, Ashley Buck, Elsa Davis*

Willing Hands Acknowledges a Wonderful and Very Generous Bequest by Eudora Dronge.

The first in her immigrant family to graduate from college, Eudora Dronge was a retired New York fashion executive who began her career in the textile mills of Manchester NH. Wife, mother, and nature lover, she returned to New Hampshire to enjoy the beauty and rich cultural environment of the Upper Valley.

Throughout her life, Eudora gave to organizations and individuals in need. In addition to annual donations to The Salvation Army, she established scholarship funds at UMass Dartmouth and at Kendal at Hanover. She never forgot to give.

Her wish would be for all of us to contribute, whatever way possible, to the wellbeing of the community.

WHAT'S UP WITH FSMA?

The Food Safety and Modernization Act of 2013 (FSMA) is in the final stages of rulemaking. Although well intentioned as a way of ameliorating public concern regarding large-scale outbreaks of food-borne illnesses, many feel that it represents the single largest threat to our local small farms.

Over 300 farmers and stakeholders from VT and NH convened in Hanover in August to voice their concerns to representatives from the FDA. By arguing against FSMA, our local farmers are not arguing against food safety, or trivializing its importance. But the proposed regulations, detailed in a several thousand page document, outline a mind-boggling list of prohibitively costly, and often illogical, requirements.

With so much going awry in the world these days, we hope that the FDA will revise their regulations in support of one of the best things we have going— our thriving local food movement and the farmers who work so diligently to produce top quality fruits and vegetables for our community!

REDUCING WASTE: IT'S THE LAW

Last year, Vermont became the first state in the nation to ban organic materials from landfills. Act 148 will be phased in gradually over the next few years and will impact businesses, institutions and households throughout the state. The new law calls for eliminating food waste from our landfills, and it encourages the recovery of food to feed the hungry. Willing Hands looks forward to helping other communities get started with this worthwhile endeavor.



Thank You ITStuff! Willing Hands is most grateful to Bill Mlacak and his non-profit ITStuff.org for invaluable assistance to small organizations including Willing Hands with navigating the ins and outs of all things high-tech.



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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 _____

I'm interested in volunteering to help Willing Hands with:
 ___ The Farm Garden ___ Gleaning ___ Nutrition Education ___ Committee Work

Please contact me at this phone number: _____ or this email address: _____



COLLABORATIONS ARE KEY TO OUR SUCCESS

Willing Hands Extends Special Thanks To Our Recipient Organizations

(every week year 'round making sure that the food we deliver gets to the folks who need it most)

In New Hampshire:

Child & Family Services
Claremont Manor Apartments
Claremont Soup Kitchen
Cornish Food Pantry
Earl Bourdon Center
Enfield Methodist Church
Good Folks Pantry
Green Mtn Childcare
Headrest
HIV/HCV Resource Center
Lebanon Towers
Listen Community Services
Maple Manor
Mascoma Area Senior Center
Mascoma Village
Next Step
Open Hands Mission
Orford Senior Center
Roger's House
Romano Circle
Southwest Community Services
Stepping Stones
Students Fighting Hunger
United Methodist Church Enfield
Upper Valley Hostel
Upper Valley Senior Center
Wellspring Foodshelf
West Central Behavioral Health
WIC - Women's Health Resource Center



In Vermont:

Bugbee Senior Center
Fairlee Food District
Family Place
Graystone Village
Hillcrest Manor
Hollow Drive
Journey Church Foodshelf
Junction Teen Center
Northwoods
Norwich Senior Housing
Olde Windsor Village
Overlook Housing
Praise Chapel Foodshelf
Red Door Community Meal
Royalton Senior Center
Sharon Foodshelf
Thetford Foodshelf
Trinity Church Foodshelf
Turning Point Club
Turning Points Network
UU Church of Hartland Foodshelf
Upper Valley Haven
VA Medical Center
Village Apartments
West Fairlee Foodshelf
Willow Grove

Just a sampling of the harvest grown by volunteers at the Willing Hands Garden

BEHIND THE SCENES:

Board of Directors:

Jack Lyons - President
Peter Carter - Vice President
Amy Eberhardt - Secretary
Mark Lindberg - Treasurer
Andrea Colgan
Carolyn Frye
Susan Gault
Tom Ketteridge
Terry Lyons
Pooh Sprague
Jay Van Arman



Zsuzsa Mitro drives our delivery truck on Wednesdays & Sundays and she serves as our Garden Liaison with Cedar Circle Farm!

Executive Director:

Heather Bagley

Driving Staff:

Chuck Egner: Lead Driver
Jim McCracken
Zsuzsa Mitro
Ian MacArthur-McKay
Substitutes: Chico Eastridge, & Iain Wallis

We welcome Ian & Iain as new drivers and Jim in an expanded role as Operations Assistant. We wish Mark Pennell the best as he leaves for new adventures. Mark told us that his work for Willing Hands was "the most meaningful job I've ever had...."

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