I hate to see good food go to waste.

Access to healthy food should be a fundamental human right.

It just makes sense.

People have many reasons for supporting the mission of Willing Hands. Whatever your reason, you know that we do more than just provide healthy food for free. We demonstrate to our neediest neighbors that the community cares for their well-being. We encourage these individuals to reach beyond the candy jar to pick up an orange, apple, or banana for their snack. And we encourage families to reach beyond the box of instant mashed potatoes to pick up a real potato or yam, parsnip or carrot, and prepare a simple pan of roasted root crops, a stir-fry or vegetable salad.

Willing Hands literally provides the raw ingredients for people to change their lives, bring their diets into a healthier balance, recreate the kitchen as the focal point of their household and recover the pleasure of preparing a simple meal that is sustaining and delicious. It is said that cooking food at home is the single most important thing you can do for your health and the health of your family. Such nurturing creates an enduring legacy. One, that according to author M.K. Fisher, “will answer many hungers.”

Whether you donate your surplus produce, your time, or your money, your contribution to Willing Hands helps ease the hardship of others by making available healthy food and all the opportunity inherent in that simple act!
FEATURED PARTNER: CEDAR CIRCLE FARM

“We obviously went the wrong way in trying to take care of hunger when we went for calories instead of quality in food. One third of the people in the world are now obese. We have to get people thinking about good food instead of fast food,” Will Allen told us.

Will and his wife Kate Dueesterberg are managers of Cedar Circle Farm, an agricultural education center and certified organic vegetable and fruit farm in East Thetford, Vermont. Will and Kate understand that people the world over want to eat well – and education that builds community around food is one of the best ways to reach that goal. Activities at the farm such as harvest festivals and gardening classes help build such community, as does the Willing Hands farm garden.

On land made available to us by Cedar Circle, vegetables are planted, tended, and harvested entirely by volunteers. In recent years, Cedar Circle installed an irrigation system for us that was donated by the Mascoma Savings Bank, two of our interns have gone on to become farmers themselves, and tons of farm-fresh organic produce has been added to Willing Hands’ deliveries. Will says, “this is a model that a lot of farms and communities could be using, because just on this one acre look at all the food that's being produced and look at all the people out there.”

Cedar Circle Farm contributes in many ways to the quality of life here in our Upper Valley. Will sums it up modestly, “We are just lucky to be in this beautiful spot.”

WE COULDN’T DO IT WITHOUT OUR VOLUNTEERS!

Yes, we know, you’ve heard it before. But it’s true. There is absolutely no way that Willing Hands could run the full scope of our Farm Program without our volunteers. Even our Volunteer Coordinators are volunteers!

Last summer 62 hard-working, fun-loving, big-hearted volunteers seeded, weeded, and harvested a bounty of organic lettuce, carrots, potatoes, tomatoes, corn, beets, onions, beans, cukes & zukes from our Garden:

And last fall, 64 equally hard-working, fun-loving, big-hearted volunteers gleaned nearly 15 tons of apples, tomatoes, plums, beans, carrots and potatoes from the orchards and fields of local growers:
WHAT ELSE IS NEW?!

- Last year at this time, we announced a new partnership with the Vermont Foodbank. As of early June, we have helped them deliver more than 10 tons of produce. We are beginning a similar partnership with the New Hampshire Food Bank, thus helping these big state-wide organizations move more produce, more frequently to agencies in our region.

- Root Cellar or Cool Bot? That is the question. At least it is for Willing Hands as we investigate ways to store large quantities of crops that we’d like to hold onto for longer than our usual day or two. A Cool Bot is a simple, efficient system - a small, tightly insulated area cooled by an air conditioner. A Root Cellar is a time-tested, zero-energy solution for specific crops and storage needs. We’re consulting the pros and the verdict is still out…

- Hanover High School graduate Simone Serat was honored for her service to the community with an award by the Hanover Lions Club of $1,000 to Simone, and $1,000 to her non-profit of choice. Willing Hands sends our congratulations and thanks for selecting us!

- Have you heard? “Across the country…the number of hungry people has doubled in the last five years.” NPR Radio 5/28/14

- Willing Hands’ team of gleaners led by Carolyn and Milt Frye will meet every Tuesday morning beginning in June to harvest surplus from the fields and orchards of local growers. Our first gleaning was at Crossroad Farm on June 17th. Please contact us if you’d like to join us each week or just occasionally: volunteer@willinghands.org

- After 3+ years of excellent service on the Board of Directors, Amy (Miller) Eberhardt is stepping down and straight into a grand adventure teaching school in Dubai. She tells us it may be 120 degrees when she arrives this summer. Yikes! Best wishes Amy!

- 2,400 cloves of garlic were planted by volunteers last fall and are now thriving at the Willing Hands garden. Later this summer our recipients will savor farm-fresh organic garlic, many of them for the very first time.

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: ______________________
Volunteers create a beautiful display of the food delivered by Willing Hands for veterans in-need at the VA Hospital

Executive Director:
Heather Bagley

Driving Staff:
Chuck Egner: Lead Driver
Jim McCracken
Lynn Caulkins
Henry Danaher
Substitute: Iain Wallis

Operations Assistant:
Jim McCracken

We welcome Lynn & Henry as new drivers and thank John Gaeddert and Zsuzsa Mitro for all the wonderful work they’ve done for Willing Hands.

info@willinghands.org  802-698-0265  PO Box 172  Lebanon, NH  03766  volunteer@willinghands.org
www.willinghands.org