

WILLING HANDS

delivering donations of wholesome food
to our neighbors in need



A Few Highlights:

- *Every week all year round, Willing Hands delivers produce to 55+ organizations located between Windsor and Fairlee in VT, and between Claremont and Orford in NH. These non-profits report that our food reaches over 3,000 people in-need each week.*
- *Our delivery truck, purchased with funds raised by the Hanover Rotary Club, is still going strong, seven days a week, all year long. It rests only on the 7 major holidays of the year - that's asking a lot from one small truck!*
- *Last fall Willing Hands volunteers gleaned a record-breaking 30,000 pounds of apples, carrots, potatoes, cabbage, corn, tomatoes and spinach from the fields and orchards of local growers—literally tons of delicious, nutritious, surplus food!*

SUMMER 2014



*Season's first gleaning
at Crossroad Farm:
300+ heads of lettuce!*

ANSWERING MANY HUNGERS

"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, re-create 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!

The Numbers:

How many years has Willing Hands driver Chuck Egner been on the road for us two days each week?	6
9 tons of wholesome bread was donated to us in 2013. What % of our total pick-ups does this represent?	4
How many tons of potatoes were donated by Edgewater Farm during the winter of '13-'14?	2



"You are a wonderful service to the Sharon Food Shelf. You are reliable, considerate and offer a great variety of produce. We are cleaned out each week by our thankful clients."

C.S. Sharon Food Shelf

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 Duesterberg 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."



Kate & Will



This year Cedar Circle will test Biochar, a form of charcoal, as a soil amendment. If the experiment succeeds soil carbon retention will increase (decreasing CO2 release into the atmosphere) and soil productivity will improve.

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.



Just one of many thank you notes that Willing Hands has received lately: "In Windsor, there is a lack of public transportation. This inhibits many people being able to obtain groceries because many can't afford cars. By delivering directly to the property, people have access to produce they wouldn't otherwise have. Your donations have been a factor for preventing hunger for many seniors and disabled residents and this is healthy food!"

Olde Windsor Village



- 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.



P.O. Box 172
Lebanon, NH 03766
802-698-0265

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:

These Primary Food Donors:

Blue Ox Farm
Coop Foodstores
Crossroads Farm
Dartmouth Food Connection
Edgewater Farm
Kendal at Hanover
Killdeer Farm
King Arthur Bakery
La Panciata
Longwind Farm
McNamara Dairy
Mt Pleasant Orchard
Norwich Farmer's Market
Poverty Lane Orchard
Riverview Farm
Salvation Farms
The Prouty
Upper Valley Produce
Vermont Foodbank
Vermont Hydroponics
West Lebanon Feed & Supply
Whitman Brook Orchard
Your Farm

*"Produce
is the most
needed
item at
foodshelves,
but
it is
often
the most
difficult
to find."*

NPR Radio
5/28/14

These Recent Major Donor Organizations:

Couch Family Foundation
Dartmouth Food Connection
Dwinell Charitable Trust
Granite United Way
Hanover Lions Club
Hanover Rotary Club
Help The People Foundation
Housing Solutions
Jack & Dorothy Byrne Foundation
Jane B. Cook 1992 Trust
Ledyard National Bank
Mascoma Savings Bank
Mighty Yoga
Morgan Stanley Smith Barney
NH Charitable Foundation
Northern Trust Charitable Giving
Norwich Congregational Church
Norwich Lions Club
St. Thomas Episcopal Church
Turrell Fund
Thetford Farm Trust
Upper Valley Oral Surgery

*(plus many other private family foundations, individuals,
civic groups, churches, and businesses)*

BEHIND THE SCENES:

Board of Directors:

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



*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.

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www.willinghands.org

