2005
End-of-Year
Report to the Community

GRuB
To Our Esteemed Friends & Supporters,

A funny thing happened to me on the way to 2006. It was called 2005. And how would I characterize 2005? Words that immediately come to mind are Challenging and Change. The roller coaster of 2005 included saying goodbye to amazing staff members Justin Umholtz and Laura Cannon-Robinson as they moved on to new life adventures. In the midst of raising funds to save our Sister Holly Farm in west Olympia, we were presented with a change in a long-term funding source. This means that in 2006, we will be turning to our community to sponsor our Cultivating Youth program. Finally, for many of those in the GRuB “family”, including board members, staff, and volunteers, 2005 was a year of personal struggles, goodbyes, and healing.

Yet, if I take a second look at 2005 and sit with it for a moment, what words come to mind? Growth. Strength. Family. Our programs continued to impact hundreds of youth and families in deeply positive ways. We welcomed three new core staff members into the organization (Emily Dietzman, Anna Robinson, and Joellen Wilhelm) whose natural leadership abilities and new energy have us poised to further our good work for years to come. And our beloved Co-Director, Kim Gaffi, gave birth to a beautiful little girl, Rosemary.

2005 also reminded me about the depth of support and investment of the GRuB “family”. To meet the challenge of preserving our farm and youth program, countless grantors, donors, friends, and volunteers have stepped up to make sure future youth in our community have an opportunity to work for GRuB. Our supporters have served as counsel for us, have made significant monthly pledges, have thrown house parties, and have given annual gifts that make the heart feel good. No doubt we have more work to do, but our community is answering the call and bringing needed funding home. It is to you in the GRuB family that we dedicate this 2005 End-Of-Year Report. As you invest in us, you are investing in a community where youth are cared for, future leaders are born, and all families have access to good food.

Sincerely,

Blue Peetz
Growing healthy & inspired young people through work that reduces the negative impact of hunger & poverty on their lives and in our community.

GRuB employed 33 youth from around Thurston County in 2005 in partnership with Community Youth Services.

Farming Land:
- In 2005 youth worked to produce 5,000 pounds of mixed vegetables for themselves, CSA customers, and 500 pounds donated to the Thurston Food Bank.
- Through marketing efforts youth raised $9,000 selling CSA shares to 10 families and flower bouquets to 30 local businesses throughout the summer.

Farming Community:
- 4 Peer Crew Leaders attended a national youth conference in Washington, D.C. called Rooted In Community. At the conference these young leaders presented a workshop to 30 participants from across the country on how to run a flower bouquet business based on their experience with GRuB’s Flower Bouquet CSA.
- In addition to their rigorous work on the land, youth branched out into the community serving seniors at the St. Francis Senior Garden and working alongside growers with developmental disabilities at Left Foot Organics.

Farming Self:
- Youth worked alongside 15 different volunteers to prepare 30 nutritious lunches with garden grown veggies. In addition youth worked together as a team to make 8 lunches for themselves.
- Only 26% of GRuB crewmembers completing their term of service with us in 2005 entered our program on-track to graduate from high school. Today, 70% have successfully graduate and 50% are in college.
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When I walk into the garden, I feel whole and accepted. Before GRuB, I didn’t have a lot of self esteem and didn’t really feel good about being myself. But over the summer, I’ve found out who I am and my self esteem has gone up so much. Being able to do things I never thought I could do has taught me that I can do anything I set my mind to, and everyone I work with has helped me to realize it... GRuB has touched me so deeply, that I will never be the same. - Brianna

Words from the garden...

Instead of a summer spent sleeping and hanging out with friends all day, this summer was spent working, meeting new people, learning many things I never would have otherwise...I hope many youth in the future may experience GRuB as I have, and change for the better.— Charles

It’s a great youth program. Not only do they learn the importance of having a job and making their own way in life, they learn great people skills: coping with others, respect for others, self-confidence, self-esteem, and the rewarding feeling of helping others in need. The staff has made work a fun and learning experience for our youth. - Parent

The reason I love GRuB is because it lets me express myself for who I am. - Adam
In 2005, we built 110 free gardens for low-income people in Thurston and Mason Counties!

What better food distribution center than one in the backyard that grows groceries year after year? This project’s services decrease the burden of agencies that provide assistance to low-income people. The gardens offer a sustainable method for Thurston County’s low-income residents to provide for themselves, rather than relying on outside assistance programs.

Our Gardeners:
Our 110 gardens fed over 400+ low-income people (49% children)
38% of our total gardens served single mothers
21% of our total gardens served people of color
67% of our total gardens served clients who received food stamp assistance and/or frequently utilized the food bank

From our end of the season survey—
80% of recipients reported eating more fresh vegetables each week thanks to their gardens
88% reported giving food away to friends and neighbors

Free Fruit Trees!
In partnership with the City of Olympia’s Urban Forester, GRuB offered 8 Olympia garden recipients 17 free fruit trees. We also worked with the Capitol High School horticulture program to graft over 200 fruit trees for future dissemination to Olympia residents through the KGP.
Jon and Jessi shed a collective 200 lbs this last year. They contribute a part of their success to their KGP garden.

**GRuB came at a time when I was trying to make some changes in my health and lifestyle.**

I weighed over 230 pounds when I interviewed to get a garden. I was living on fast food and wanted to learn to eat healthy, but fruits and vegetables are so expensive and the only veggies that I knew that I liked were corn and potatoes.

I used the garden as an opportunity to experiment. I followed the growing guide and planted at the appropriate times. I grew tomatoes, broccoli, cucumbers, lettuce, spinach, and a variety of other vegetables.

**I learned that I actually enjoy vegetables and now I eat salad with hardly any dressing.** I really love squash! All kinds, although next year I will plant my squash farther apart.

—Jessi

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**a bounty of testimony**

"As a working single mother, I don't always have a lot of time for gardening. Having GRuB install my garden has made a big difference!"

"I spent way more time outside and thinking about what we eat. I met people who also have GRuB gardens and we swap what we've learned and share seeds." – Angela

"You would not believe the amount and quality of veggies this garden can produce. Thank you again.” -Wayne

"Thank you so much for my garden. After having my Gastric Bypass and not being able to digest food, you gave me my own big garden and now I'm able to eat vegetables that I could not eat before and I have gained weight back that I need so badly. - Colleen

"It got everyone around to eat better! It really did Work! Not only was I able to knock my husband’s socks off with FRESH homemade pumpkin pie for his favorite annual meal. I also truly encouraged a LOT of friends and their kids to eat better while it lasted. - Sara

"The garden has honestly changed my life. I woke up every morning this year and went outside to the garden first thing. It’s beyond words, I’m hooked! I hope to spend the rest of my life gardening. Thank you so much.” - Hannah

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SPRING 2005

**EDUCATION PROGRAM**—16 middle school students from Behavioral Health Resources’ YEP Program participated in 8 fieldtrips to our Sister Holly Farm. Along with being engaged in our garden-based science curriculum, these young leaders grew an abundance of fresh salad greens for the Thurston County Food Bank.

SUMMER 2005

**EAT IN, ACT OUT**—In partnership with The Food Project in Boston, we involved ourselves in the national ‘Eat In, Act Out’ week to help “increase awareness and build support for local food systems, and for youth working toward change in their communities”. As a part of this event, we organized a community party at our Sister Holly Farm which included a panel on how youth can best make a difference in their government. Panel participants included State Representative Brendan Williams, former State Senator Nita Rinehart, and Field Representative Jennifer Kelly from Congressman Brian Baird’s office.

**NEW FOOD GUIDE**—We also unveiled our **Good Food For All People Resource Guide**—a comprehensive listing of federal, state, and grassroots food programs that can help individuals and families, especially those at-risk of hunger and malnutrition, access quality food.

FALL 2005

**FARM PRESERVATION AND EXPANSION**—Since signing a purchase and sales agreement to buy our Sister Holly Farm last May for $215,000, we have quietly secured $145,000 and an additional $35,000 in pledges. This past October, we also signed a 4-year lease agreement with our neighbor Darwin Delducco which will expand our production on a full new acre.

**COMMUNITY AWARD**—GRuB also won the Thurston Council on Cultural Diversity and Human Rights’ 2005 Human Rights Award for our Unique Achievements in our community.
Board of Directors
Jeff Bean, Amy Calahan, Adrienne Drewle, Leslie Goldstein, Jim Grant, Helena Meyer-Knapp, Nasue Nishida, Carol Prevoest, Nita Rinehart, Brian Sims, Cathy Williams

Staff
Blue Peetz, Kim Gaffi, Jackson Sillars, Emily Dietzman, Anna Robinson, Joellen Wilhelm, Kelly O'Neil, Emily Hicks, Allison McCoy

Interns & Students
Carrie Stellpflug, Andy Asmus, Linda Sok, Eliza Whiteman, Llewelyn Johnson, Ryan Jackson, Tiffany Pederson, Janel Drogo, Aaron Varadi

Agency & Foundation Partners
Behavioral Health Resources, Burning Foundation, Chehalis Tribe, City of Lacey, City of Olympia, City of Tumwater, Community Youth Services, Community Foundation of South Puget Sound, Discuren Foundation, Edwards Mother Earth Foundation, Eulalie Bloedel Schneider Foundation, Freas Foundation, Irving Lassen Foundation, Kiwanis Club of Olympia, Mannix Canby Foundation, McEachern Charitable Trust, Medina Foundation, Peach Foundation, Olympia Unitarian Universalist Congregation, OneFamily Foundation, Rotary Club of Olympia, Sound Charitable, Squaxin Island Tribe, St John's Episcopal Church, Stars Foundation of Thurston County, United Way of Pierce County, United Way of Thurston County, West Olympia Rotary

Sustainers ($500 & up)

Volunteers