

GRUB's
2002 End-of-Year
*Report to the
Community*



Cultivating Youth Employment Program



Youth grew flowers for, artistically created, and sold over 185 bouquets to 24 local businesses, raising \$2,775.

"We are making a difference in the community, helping it improve. And while we are growing and feeding, we also educate others so that they can grow food themselves. This is very important to me and the other "grubbies", because it helps alter the image of teens to a more positive one. We will be seen as a productive and responsible group of young adults."

- youth, age 17

"The most important thing I have learned here was that REAL WORK is not easy, but thanks to GRuB I think I learned that you can do anything."

- youth, age 16



Youth worked together to grow over 2,000 pounds of vegetables at our westside garden this season for themselves, their families, and the food bank.

"I think in the long run, it (GRuB) was a very life-changing experience. I mean, I really don't know where I would be now if it wasn't for all the people at GRuB... I feel better about myself. I don't feel empty anymore."

- youth, age 18



"I am impressed by the program, because of all that we have done...growing food, helping seniors tend their gardens, and serving food for families in-need. This experience was the best time I've ever had, not only growing and serving food to people, but all of the skills I have gained will help me in the future."

-youth, age 19

Cultivating Youth School Program



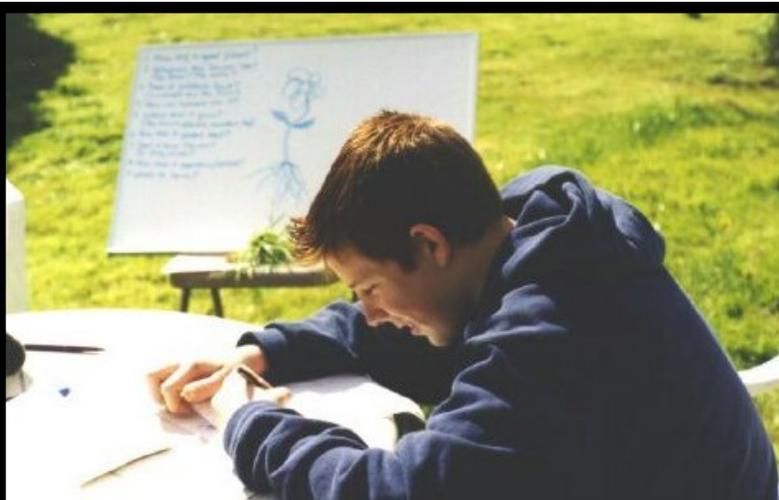
Low student to instructor ratios help build trust with youth who struggle in traditional educational settings. Many youth come to the garden on their own time showing off their accomplishments to family & friends.

"The GRuB instructors are TOP NOTCH. They were creative, so well prepared, excellent with the students (who are challenging at times!), passionate about their work, and fun. The instructors worked with my class of at-risk adolescents so incredibly well: I learned a good deal from watching them."

- Alternative Program teacher

"I think GRuB is a wonderful alternative to 'formal' school education. I wish we had a hundred programs like it."

- High School Science Teacher



"When I first heard we were going to work at a garden...I wasn't that excited. I mean what 14 year-old would want to go to a garden for their fieldtrip...but it has been great and fun and it just blew me away how much I learned about plants in such a short period of time! But most of all, I left GRuB with a new outlook on life."

- school program participant



We hosted over 50 fieldtrips for 8 groups of at-risk middle and high school students. Out of the confinements of the classroom and engaged in the caring of living things, students diagnosed with learning disabilities such as ADHD were able to focus and learn botany, soil science, and nutrition.

Kitchen Garden Project

"I can't tell you how good it felt when you said you would help us this year, or that I finally had a chance to win my battle and grow healthy happy plants. Our garden was plentiful & beautiful. I have even canned some to tuck away for later in the year. With your help we are all healthier and happier both because of the good food and because we realize there is someone out there that cares. Thank you for your generosity. Your love will nourish us for many years to come."

- Olympia recipient



Youth from our Cultivating Youth Program assisted our Americorps Volunteer, Jackson Sillars, in building 30 gardens, including one for Harmony Hill Cancer Retreat in Union, Mason County.



"I have wanted to have a garden for years, but the cost of starting one just wasn't in the budget. Now that we have our own, my four children love to eat veggies. My children are growing up to love vegetables and appreciate the good, hard work of a garden. Thank you."

- Olympia recipient

Each garden we install comes with 3 4'x10' raised beds, an assortment of vegetable, herb, and flower seeds, and a growing manual with easy-to-follow suggestions for a bountiful and chemical free garden. Families can grow as much as \$500 worth of vegetables during the season, making a significant dent in their yearly grocery bill.

"I have osteoporosis. I cannot dig so the garden was terrific with the soil ready to plant. My other neighbor had tomatoes in her GRuB box and we shared things and in the evenings we would all be out here awing at each others' produce. Great for friendships. Thank you so much for the wonderful service."

- Shelton recipient



Companion Planting Senior Program

"I would rate the importance of the garden a 10 out of 10. It is needed to keep up the morale of the tenants of the St. Francis House. Light and beauty and nature do much for elderly people."

- resident



More than 35 senior gardeners at the Providence St. Francis House found physical therapy in the day-to-day care for their individual garden beds, each growing their favorite veggies. Together, seniors, youth, and volunteers grew more than 1,000 pounds of fresh organic vegetables for themselves and neighbors.

"Last week I tripped and hurt my back while shopping. After working the last two days in the garden I feel as good as new." - resident

"I appreciate the garden because everyone needs a feeling of accomplishment." - resident

"We really enjoy the fresh-picked vegetables. So good!" - resident

Students from North Thurston's Work-based Learning Program lent energy and muscles to some of the larger tasks in the community beds, helping the seniors grow bumper crops of beans, potatoes, garlic, carrots, and other nutritious food.

