



IMPACT REPORT



2020



LETTER FROM THE EXECUTIVE DIRECTOR & THE BOARD PRESIDENT

Understanding the real connections between food, nutrition, community, and our resilience to disease, has never been more relevant and evident. What we eat, where the food comes from, and how it's prepared makes a profound difference in our health, our well-being and in reinforcing the bonds that connect us as families and friends.

During 2020 Covid challenged us to overcome a never before experienced set of difficulties, but it also brought a chance for all of us to come together and rally around a common cause: our community's health and well-being. People cooked more at home than they had in decades. The number of urban gardens grew as consumers were purchasing more seeds to grow their own food. The desire for education to cook and grow good-food increased. Families of all backgrounds and walks of life gathered around the table to share a meal.

At Nourish we were able to adapt and continue our work with schools, businesses, and fellow agencies, providing hands-on good-food education programs safely.

A 2020 USDA grant allowed us to focus on changing systems, bringing together school districts in a collaborative effort to serve more locally-sourced (vs. purchased from other states and countries) and nutrient-dense, minimally processed foods to children and youth.

The generosity of our local corporate and individual donors allowed us to grow, and we welcomed our new fully equipped commercial and educational kitchen, a shed, and a hoop house, to extend our fresh food growing season. Our recently finished half-mile Miley Trail allows local residents and visitors to enjoy the beautiful sight while taking a walk. Our gardens have grown and will provide healthy produce for use in our local school and community programs, as well as offering outdoors volunteering opportunities for decades to come.

We are thankful for your support and are committed to continue working to serve the people in Sheboygan County and in our neighboring areas.



PAUL BARTELT
BOARD PRESIDENT

Paul E. Bartelt



RYAN LASWELL
EXECUTIVE DIRECTOR

Ryan Laswell



A NEW, BEAUTIFUL COMMUNITY KITCHEN

Our new educational kitchen was completed in October of 2020 and is ready to provide good-food hands-on learning opportunities to community members of all ages. A heartfelt thank you to our donors who helped us build this beautiful space that includes a commercial and teaching kitchen.



NOURISH AWARDED USDA AND SSC GRANTS

SYSTEMS CHANGE SHEBOYGAN COUNTY

In July 2020, Nourish was awarded a \$100,000 USDA (United States Department of Agriculture) grant that gives us the opportunity to partner with school districts in Sheboygan, Sheboygan Falls, Plymouth, Random Lake, Cedar Grove-Belgium and Oostburg. Our programming goals are to improve their access to local food and to create a Food Advisory Network to oversee the preparation of fresh, tastier, and more nutrient-dense meals for students. This collaborative effort also helps reduce food waste and aids districts as they navigate funding obstacles, training requirements, supply chains, and menu specifications.

IMPARTING GOOD-FOOD SKILLS TO COMMUNITY MEMBERS

With funds donated by the SSC (Sheboygan Service Club), we began classes with the Friendship House in January 2020 to help inspire their youth to make healthier food choices. Participants learned how to plan meals, budget, grow and source, cook,

and compost. Nourish educators also provided a sustainable curriculum which allows for continued education. Our program continues into 2021 with family referrals by pediatrician Dr. Opel and pediatric dentist Dr. Igowsky.



I appreciate the work that Nourish has done and continues to do in our community to prioritize the basic concept that food is preventative medicine.

- Hon. Natasha Torry, Sheboygan Area Municipal Court



FARM-TO-SCHOOL EDUCATION



GOOD-FOOD CLUB

Nourish staff continued our Good-Food Club, serving 280 kids in 1,600 engagements at elementary schools in Plymouth, Sheboygan Falls, and Sheboygan. Students attended experiential programs that focused on growing food and cooking. They planted seeds, learned about plant anatomy and composting, and prepared easy, nutritious recipes.

Up to 30 Sheboygan Falls YMCA children engaged in a summer scavenger hunt at River Park while enjoying a healthy snack of veggies and hummus. Nourish educators discussed seed variations, showcased different plants, and explained the importance of insects to participants.



SCHOOL GARDEN EDUCATION

When schools turned to virtual learning, Nourish staff pivoted to maintain the gardens at Jefferson Elementary to make sure they would thrive when students returned. The team used six different methods of cover crop to suppress weeds, protect the soil over winter, and provide nutrients.



Visit our website to see our educational materials, including our seasonal planting guide.



EARLY CARE EDUCATION

Nourish collaborated with Above & Beyond Children's Museum to pilot a three-day Harvest of the Month snack program. Ten children ages two to five engaged with a variety of spices through playdough sensory play. Our partnership included four educational videos at the museum's garden, showing viewers how to create a nutrient-dense snack.

Nourish provided a safe learning environment during the spring semester for 80 children from Maywood's 4k programs and the Sheboygan YMCA. Children had the opportunity to sample our Harvest of the Month and engaged in fun, play-based, educational activities that allowed them to explore food through their senses.



A HAPPENING HOOP HOUSE

Donated by founder of Circle Union Farm, Greg Zahn, Nourish's 30' x 60' hoop house allows us to extend our growing season by starting seedlings that are then used in the farm-to-school and farm-to-community programs and events.



FARM-TO-COMMUNITY

GROWING GARDENS

Nourish staff started an on-site vegetable garden at Bridgeway in Sheboygan for residents to learn about growing fresh, seasonal produce.

Local Girl Scouts worked with us on our Educational Farm to build 4,000 square feet of perennial pollinator gardens, featuring a bench and little free library for visitors to enjoy.



FAMILY ACTIVITY BOXES

Nourish collaborated with the John Michael Kohler Arts Center, Above and Beyond Children's Museum, UW Extension, Mental Health America of Sheboygan County, and the Boys & Girls Club to create and distribute over 2,000 activity boxes to community members over the summer. These kits gave families the opportunity to spend quality time together by creating a chalk and cotton ball bee pollinator and jotting down notes in a garden observation journal.

CORPORATE WELLNESS AT SARTORI

Participants of Sartori's Maintain Don't Gain challenge, a corporate wellness program event that promotes healthy eating habits during the holidays, enjoyed four bi-weekly Nourish kits. Our 300 kits included new recipes, nutrition facts, and engaging activities such as: eating the colors of the rainbow for a diverse and complete diet, and a handy guide to monitor portion sizes.

GRILLING IN THE GARDEN

Luecke Roofing and Siding, Irish Roofing, and Pleasant View Realty sponsored Nourish's Grilling in the Garden events in August and October. Following safe social distancing practices, community members toured the farm's cultivated grounds and enjoyed a hearty, locally-sourced meal. Our beautiful picnic tables featuring designs by local artists added color to the experiences.



COMPOSTING, NATURE THERAPY & MORE!

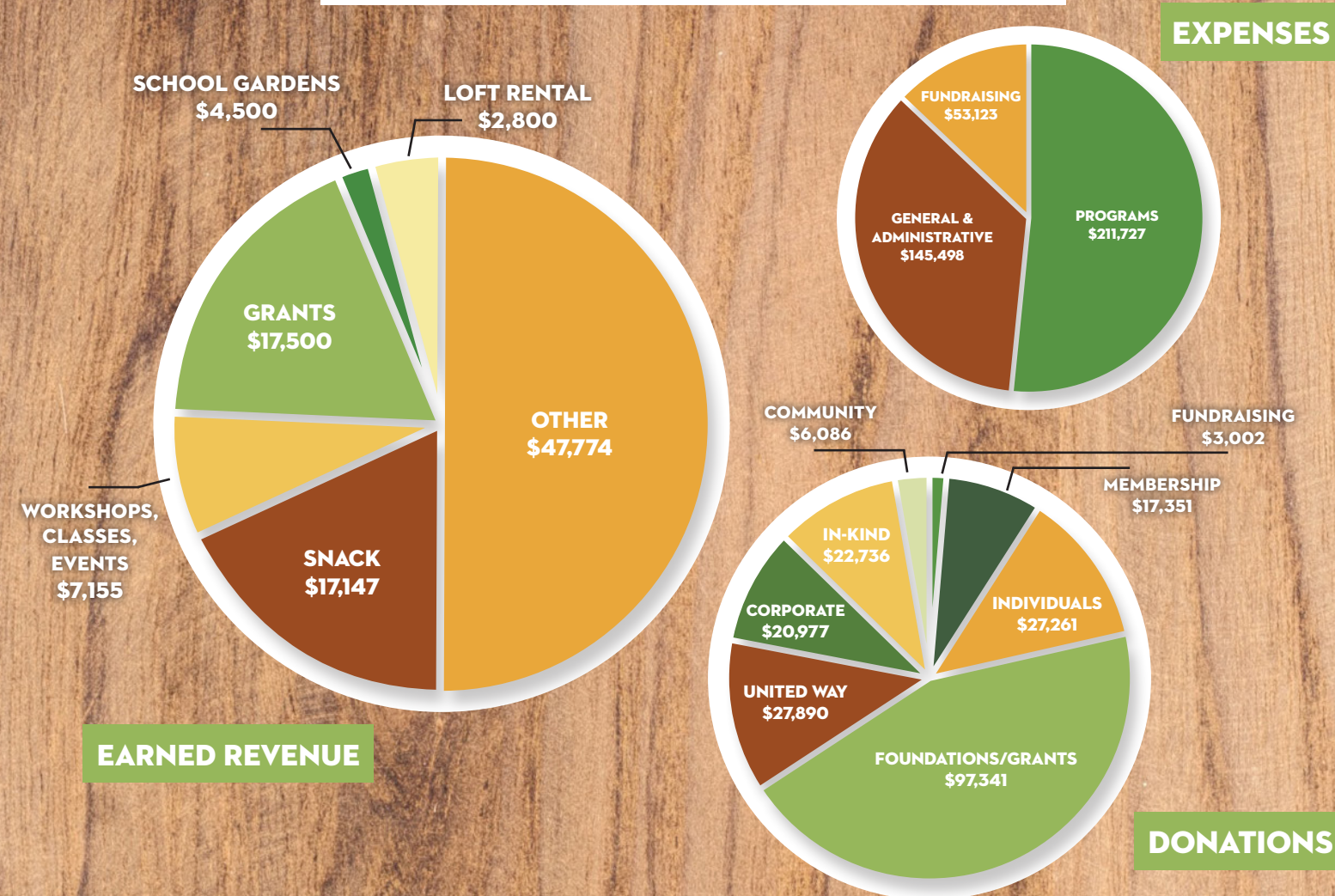
ENGAGING LOCAL BUSINESSES AND GROUPS

- Nourish showcased their composting practices to interested members of the Sheboygan County Sustainability Business Network.
- Kohler Company associates participated in an online Introduction to Nature Therapy workshop to learn how to incorporate nature therapy into their busy schedules.
- A group of 35 Family Nature Club members toured our Educational Farm and had fun coloring with chalk and running around in the sprinklers to break up the hot day.

Kohler Co. has utilized the Nourish subject matter experts for 'lunch and learn' presentations to support our dimensions of wellbeing. We are extremely fortunate to have a resource like Nourish available to us and our Kohler families.

- Erin Schad, Senior Benefits Analyst-Wellness, Kohler Company

FINANCIAL REPORT



NOURISH BOARD

PAUL BARTELT – PRESIDENT Vollrath, CEO & President
 ALEXANDRA GUEVARA – VICE PRESIDENT the idea works, Owner
 KELLY COWHIG – TREASURER Huberty, CPA
 STEPHANIE DLUGOPOLSKI – SECRETARY Johnsonville Sausage, Associate Director-Earned Media
 BRIAN SCHWALLER – EcoManity, President & Energy Auditor
 CRAIG HARMS – Restoration Gardens, Owner
 DICK BEMIS – Bemis Manufacturing
 DR. KRISTINE WAKE, M.D. – Children's Wisconsin, Pediatrician
 LAUREN ADEL KLICH – Production Designer, Art Director, Set Designer
 KURT JENSEN – 8th Street Ale Haus, Tap Master and Co-owner
 HEATHER SCHUBERT – John Michael Kohler Arts Center, Deputy Director Development
 DENNIS SCHWEIGER – Sargento Foods Inc., Director Financial Planning and Analysis

Thank you to Sharon Bruckschen for her friendship, support, and years of service on our Board.

HOW TO GET INVOLVED

BECOME A NOURISH MEMBER

Visit our website to learn about the various benefit levels for individuals, families, and corporations.

ATTEND OUR CLASSES, WORKSHOPS, & EVENTS

Follow our Facebook and Instagram pages and our website to learn about upcoming farm tours and workshops, cooking or nutrition classes, dinner events, and more. Fees may apply.

JOIN US AT OUR ANNUAL GOOD FOOD PARTY

Farm-fresh and locally prepared, the Good Food Party menu promises great food, only made better by live music, distinctive auction, and a new Good Food Champion recipient – each fall at our Good Food Education Center.

DONATE

To help us provide equitable access to good-food education through our programs that focus on growing, sourcing, harvesting, cooking, planning, and nutrition.

STAY IN TOUCH!

Subscribe to our newsletter and follow our Facebook and Instagram pages to stay in touch with the Good Food Movement in Sheboygan County.

VOLUNTEER

Volunteers are welcomed on our farm, in our office and kitchen, and in the schools and youth sites we serve. We also welcome help on any of our committees. To learn more, visit NourishFarms.org/Volunteer.

RENT OUR RENOVATED BARN LOFT

All rentals of our beautifully renovated upstairs loft space directly support our non-profit programs and impact in the community.

NOURISH STAFF

Ryan Laswell – Executive Director
Nicole Hansen – Business Operations Director
Rachel Adolph, RD – Nutrition Education Manager
Matthew Friauf – Farm and Facilities Coordinator
Megan Nasgovitz – Community Outreach Coordinator
Jake Lambrecht – Culinary Coordinator
Samantha Laswell – Operations Assistant
Kayla Theel – Operations Assistant

Thank you Rolf Johnson, Brandi Bohlman, Laura Grunwald, Marc Luecke, and Natasha Zill for your work as part of our team. We also extend our appreciation to all of our volunteers and interns, whom without our work would not be possible.



CONTACT INFO

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