

2019 NH Gleans Annual Report

NH Gleans is a network of organizations working to increase the availability of fresh and local produce that is distributed to and through NH food pantries, soup kitchens, community suppers and schools. NH Gleans harvests produce from local farms and farmers markets that would otherwise have not been harvested or sold and distributes the food to organizations that can use it. Established in 2013 with a generous gift through the New Hampshire Charitable Foundation's You Have Our Trust fund, NH Gleans employs gleaning coordinators across the state to work with farms and organizations during the growing season. Thanks to their hard work and dedication, **over 882,116 pounds of fresh produce has been gleaned and distributed over the last seven years** to the people in New Hampshire who most need it.



NH Gleans volunteers visit local farms and markets to gather food that would otherwise go to waste, and works with communities to get that food to where it's most needed.

Gleaning Region	Lead Organization	Pounds Gleaned
Belknap	Belknap County Conservation District	11,373
Cheshire	The Community Kitchen, Inc.	48,001
Hillsborough	Hillsborough County Conservation District	38,097
Merrimack	Merrimack County Conservation District	49,220
North Country	Taproot Farm & Environmental Education Center	3,089
Seacoast	Gather	51,188

food for an afterschool cooking club, and to give to children who wanted to bring fresh produce home. A gleaning garden at the Penacook Community Center was also started.

- The Community Kitchen hired a local Antioch University student to fill a Gleaning Project Assistant role. Their small two-person team collected an estimated 48,000 pounds of produce for the season - the second largest total for Cheshire county yet, even with fewer hours from volunteers. They also hired a recent Keene State College graduate to boost the organizations marketing efforts, including for the gleaning program.
- NOFA-NH's Gleaning Coordinator picked up over 300 pounds of squash from Longview Farm, which UNH Nutrition Connection's program used in a HeadStart class at the Wholesome Village Resource Center in Plymouth. Students, many of whom had never tried squash before, were able to taste and compare Blue Hubbard and Jester squash varieties.

Highlights

- In Merrimack county, NH Gleans brought food for the first time this year to the Pittsfield Youth Workshop who used the

Recipients of NH Gleans Donations

1269 Café (Manchester)
AHEPA 35 Manor (Nashua)
All Saints Community Supper (Peterborough)
Allenstown Boys & Girls Club (Allenstown)
Antrim Food Pantry (Antrim)
Antrim House (Antrim)
Avenue A Teen Centre (Antrim)
Belknap-Merrimack CAP Senior Services (Concord)
Bessie Rowell Community Center (Franklin)
Boscawen Food Pantry, (Boscawen)
Bradford Elementary School (Bradford)
Bradford Food Pantry (Bradford)
Bridge House (Plymouth)
Brookside Apartments (Berlin)
Chichester Food Pantry (Chichester)
Christ the King Church Food Pantry (Concord)
COA Chapin Senior Center (New London)
Colebrook Food Pantry (Colebrook)
Community Cupboard (Lancaster)
Community Kitchen (Keene)
Concord Area CAP (Concord)
Concord Boys & Girl Club (Concord)
Concord Headstart (Concord)
Concord YMCA (Concord)
Corban Center (Epsom)
Cornucopia Food Pantry (Durham)
Crossroads House (Portsmouth)
Danbury Food Pantry (Danbury)
End 68 Hours of Hunger (Exeter)
End 68 Hours of Hunger (Portsmouth)
Epping School District (Epping)
Epsom Food Pantry (Epsom)
Exeter School District (Exeter)
Fall Mountain Food Shelf (Langdon)
First Congregational Church (Concord)
Footprints Food Pantry (Kittery, ME)
Fracestown Families in Need (Fracestown)
Franklin Parks and Recreation Department (Franklin)
Fremont Food Pantry (Fremont)
Friendly Kitchen (Concord)
Friends of Forgotten Children (Penacook)
Gather (Portsmouth)
Gerry's Food Pantry (Rochester)
Giving Hands Food Pantry (Hooksett)
Greenfield Commons (Greenfield)
Greenfield Food Pantry (Greenfield)
Groveton Elementary School (Groveton)
Hampton School District (Hampton)
Helping Hands Food Pantry (Plymouth)
Henniker Food Pantry (Henniker)
Holderness Central School (Holderness)
Homeless Center for Strafford County (Rochester)
Hooksett Food Pantry (Hooksett)
Hopkinton Food Pantry, Hopkinton
Horseshoe Pond Place Senior Center (Concord)
House of Hope (Berwick, ME)
Ice Pond Apartments (Lancaster)
Immaculate Conception Church (Penacook)
Interfaith Food Pantry (Farmington)
Isaiah 61 Café (Laconia)
Islamic Society of Greater Nashua (Nashua)
Jaffrey Food Pantry (Jaffrey)
Joans Pantry (Chesterfield)
Kearsarge Valley CAP (Warner)
Keene School District (Keene)
Kingston School District (Kingston)
KLS Community Food Pantry (New London)
Laconia Schools Project Extra (Laconia)
Lakes Region Vineyard Pantry (Laconia)
Lancaster Catholic Church (Lancaster)
Lancaster Head Start (Lancaster)
Loudon Food Pantry (Loudon)
Low Income Public Housing (Manchester)
McKee Inn (Lancaster)
McKenna House Homeless Shelter (Concord)
Milford American Legion (Milford)
Milford VFW Post (Milford)
Monadnock Area Transitional Shelter (Peterborough)
My Friend's Place (Dover)
Nashua Soup Kitchen (Nashua)
New Hampshire Food Bank (Manchester)
New Horizons Food Pantry (Manchester)
Newmarket Community Church Food Pantry (Newmarket)
Newmarket School District (Newmarket)
Nottingham Food Pantry (Nottingham)
Nourishing the North Shore (Newburyport, MA)
Our Daily Bread (Dover)
Our Neighbor's Table (Amesbury, MA)
Oyster River School District (Durham)
Pembroke Community Action Program (Pembroke)
Penacook Community Center (Penacook)
Peterborough Food Pantry (Peterborough)
Phoenix House NH
Pine Haven School for Boys (Allenstown)
Pittsfield Food Pantry (Pittsfield)
Pittsfield Senior Center (Pittsfield)
Pittsfield Youth Center (Pittsfield)
Plymouth School District (Plymouth)
Portsmouth School District (Portsmouth)
Pratt Homes (Nashua)
Revolution Food Pantry (Rochester)
Rockingham Community Action (Seabrook)
Rollinsford Benevolent Police Association (Rollinsford)
Russell Elementary School (Rumney)
Salisbury Elementary School Backpack Program (Salisbury)
Salvation Army (Concord)
Salvation Army (Nashua)
Salvation Army (Portsmouth)
Second Start Program (Concord)
Senior Centers in Laconia, Belmont, Tilton & Alton
Seymour Osman Community Center (Dover)
SHARE (Milford)
Shiloh Food Pantry (Goffstown)
South Sutton Church (Sutton)
Southern New Hampshire Rescue Mission (Nashua)
St Vincent de Paul (Exeter)
St. Paul's Church Food Pantry (Concord)
St. Thomas Moore Food Pantry (Durham)
Suncook Senior Center (Pembroke)
Sycamore Community Garden Project (Concord)
Tilton Food Pantry (Tilton)
TRIP Senior Center (Franklin)
Twin Rivers Interfaith Food Pantry (Franklin)
UNH Extension Nutrition Connections (Plymouth)
United Church of Penacook (Penacook)
Warner Area Community Action Program (Warner)
Webster Elementary School Backpack Program (Webster)
WIC program (Keene)
Wilkinson Food Pantry (Lee)
Wilmot Food Pantry (Wilmot)

Stories

Merrimack County Conservation District

This year, the Merrimack County Conservation District brought gleans to the Salisbury Elementary School & Webster Elementary School backpack programs. This program was very popular with students and educators alike. One student told the gleaning coordinator he would cry if he didn't find apples in his backpack, and another child said the corn she received was the best corn she'd ever had. The Pittsfield Senior Center also benefited from gleaning efforts. Senior citizens residing at the center were thrilled to see fresh, local peaches, and swarmed the table as they were put out.



Volunteers stand behind boxes of gleaned crops.

The Community Kitchen

In 2018, Maple Lane Farm lost their entire apple crop to a family of four gluttonous bears. In 2019, owner Julie Barrett and her partner Kevin Postrech were determined to feed more than their local bears from their orchard of 450 trees. They left the commercial orchard business three years ago, but they still maintain a 2-acre plot behind their house for the sole purpose of supplying family, friends, and The Community Kitchen. This year, they added a three-foot electrified fence around the orchard to complement the eight-foot deer fence. This was in addition to the usual investments in careful pruning, maintaining a bee colony for fruit pollination, mowing, and the judicious use of pest controls. Their efforts paid off in a big way for The Community Kitchen. The gleaners led seven gleans at Maple Lane Farm. On most of these gleans, Julie joined volunteers, sharing her stories, insights, and expert apple

picking hands. By the end of the season, Julie and Kevin had donated 8,480 pounds of fresh, delicious apples. Sometimes donating to gleaning programs is as easy for food producers as



The Community Kitchen led seven different apple gleans at Maple Lane Farm in Keene, NH.

sending out a text and helping the gleaner load up a few bags of veggies. In this case, it took care and hard work across the year to offer a delicious gift to the community.

NOFA-NH

Lisa Ford, a UNH Extension teacher in Grafton County, used Blue Hubbard and Jester squash gleaned by NOFA-NH as a fun learning experience! She brought both squashes to the Head Start class at the Wholesome Village Resource Center in Plymouth. As a group, the preschoolers compared the sizes and colors of the two squashes. Lisa sliced the Jester squash first; it was so easy to cut through with a knife. Then, she tried cutting open the Blue Hubbard with two different knives before switching to an ax. This part was a little messy—they put on protective gear because one of the children was getting covered with squash. Lisa cooked some of each variety and it was served to the preschoolers at lunch. They got to see how both varieties were different shades of orange and tasted different. The rest of the Blue Hubbard was used for Family Fun Night, a program for local, low-income families. "I didn't know there were different types of squash or that they tasted different," said one participant, according to Lisa. Others

shared that they'd never tried it before, and that it tasted good. In a neighboring town, the Holderness Central School did a taste test with their students. Taste test programs serve as a way to introduce kids to a healthy food, and they have an even greater impact when the kids might not otherwise have access to these foods. The food service staff roasted five different varieties of squash and put them out for the kids to try, along with information about each variety. Laura Lamson, the Site Lead, said the squash was a hit!



Multiple varieties of delicious, roasted squash were served to young students at Holderness Central School.

Program Successes

Year	Number of Volunteers	Number of Farms	Number of Recipient Organizations	Total Pounds Gleaned
2013	94	58	36	28,864
2014	136	64	36	65,094
2015	169	89	59	109,685
2016	86	128	74	101,888
2017	130	120	87	163,592
2018	251	150	118	209,693
2019	339	126	130	202,920

Top 10 Crops

- Apples - 29,183 lbs
- Summer Squash - 26,274 lbs
- Cucumbers - 25,632 lbs
- Corn - 24,151 lbs
- Tomato - 10,125 lbs
- Lettuce - 9,848 lbs
- Zucchini - 8,301 lbs
- Winter squash - 7,682 lbs
- Potatoes - 4,030 lbs
- Eggs - 3,398 lbs

Top 10 Donating Farms

- Brookdale Fruit Farm (Hollis, NH) - 33,102 lbs
- Picadilly Farm (Winchester, NH) - 15,107 lbs
- Hackleboro Orchard (Canterbury, NH) - 13,824 lbs
- Pearl and Sons (Loudon, NH) - 13,405 lbs
- Kingman Farm (Madbury, NH) - 11,669 lbs
- Maple Lane Farm (Keene, NH) - 8,480 lbs
- Petes Stand (Walpole, NH) - 7,612 lbs
- Riverside Farm (Berwick, ME) - 6,778 lbs
- Green Wagon (Keene, NH) - 4,871 lbs
- Carter Hill Orchard (Concord, NH) - 4,720 lbs



A big "thank you" to all of our contributing farms, volunteers, and coordinators!

Housed at the Sustainability Institute at the University of New Hampshire, NH Farm to School is a statewide program working to connect New Hampshire farms and schools. As a nationally recognized leader, UNH draws on the Sustainability Institute to act as convener, cultivator and champion of sustainability on campus, in the state and region, and around the world. Learn more at www.nhfarmtoschool.org and www.sustainableunh.unh.edu