



bread & roses

A MINISTRY OF TRINITY EPISCOPAL CHURCH



## **2016 Annual Report**

*Submitted by Maria Niechwiadowicz, program coordinator  
with assistance from Martha Morris, former program coordinator  
and Alicia Cost, kitchen & outreach coordinator*

## **I. Introduction**

Over the past year Bread & Roses has been busy planting and tending new sprouts of community partnerships and programs. With the kitchen renovations complete, the space was used in new and creative ways. We partnered with local organizations to offer cooking classes, assembled mobile kitchen kits to use in the community, and hosted various events in the kitchen, garden, and parish hall. We also launched a new logo and website to help spread the word about our program.

Alicia Cost was brought on in May to help manage the kitchen rentals as well as use her nutrition background in outreach. During the summer, Diocesan intern, Josh Bascom, contributed much needed assistance with garden care and outreach. Upon Martha's departure this summer, Maria Niechwiadowicz was hired to take her place as program coordinator.

We look forward to strengthening community partnerships, connecting deeply with the Trinity congregation, and starting a strategic planning committee in the upcoming year.

## **II. The Year in Review**

### Gardens, Markets, and Produce

This year Trinity's gardens flourished once again, blessing us with flowers, food, and connection to the beautiful biology all around us. New plants included the odd but delicious purple yard long beans, tithonia, and multicolored butterbeans. Despite groundhog woes we had our first successful garlic harvest this spring and sweet potato harvest this fall.

Dedicated volunteers assisted with planting, weeding, watering, and harvesting throughout the year. At the end of summer, the Building Goodness Foundation, the same organization who assisted us with constructing the raised garden beds, returned with an enthusiastic crew to help tackle some large projects including remulching the vegetable gardens and relocating a boxed bed in preparation for renovating the church's back lot.

We gratefully received donations of plants from City Schoolyard Garden and purchased other locally grown seedlings from the Innisfree Herb garden.

Garden harvests went to many outlets: sales at the garden market after church to fund the gardens, donations to City of Promise and the soup kitchen at Christ Episcopal Church, and supplies for B&R cooking programs.

The gardens continue to serve as a focal point for healing and building relationships with Christ Episcopal Church. They have generously contributed to our program and we are grateful for their support. In addition to taking produce to the talented and adaptable cooks at their soup kitchen, we also came together for a shared meal and garden time this summer.

With the growing needs of the program and in anticipation for the church's renovation of the back lot, we are seeking funds to build new raised beds towards the back of the church lot. This

area will provide more sunlight for the plants and help the church move forward with its landscaping projects.

### City of Promise

B&R has continued in partnership with City of Promise, supporting their new and thriving community garden by sharing supplies, plants, and fun time working among the veggies and flowers. We are excited to see their garden progressing with the addition of a donated tool shed and a new herb garden bed. Barbara Yager continues her amazing work coordinating the COP garden and connecting the Trinity congregation with COP.

During spring break, Trinity volunteers once again gathered in the early morning hours to assemble over 100 healthy lunches in hand-decorated brown bags for COP students attending spring break camps. This event was repeated in December as B&R was asked to assemble the lunches for Winter Break Camp. This was our largest packing session on the books - 8 days for a total of 216 lunches!

### USDA Community Food Systems Grant

Bread & Roses is participating in “Plant, Grow, Harvest--Charlottesville,” a collaborative, two-year program funded by the USDA. We have pledged to contribute 25-50 hours of kitchen time annually to other groups involved in this program. In addition, we received up to \$1,000 to develop and purchase mobile equipment kits for cooking demonstrations or produce distribution. Mobile equipment will allow us to reach a greater population by appearing at food pantries, soup kitchens, and other community spaces. As of January 2017, we have created 2 mobile kitchen kits and we are working on creating a system to allow Bread and Roses and its partners the ability to use them similarly to a library book checkout system. As part of this grant, Martha, and now Maria, have been attending the meetings for the ‘Food Justice Network’ in Charlottesville. This group brings together non-profits, faith-based organizations, UVA, local government and other stakeholders to build a common framework for addressing food access and equity. Over the past year the group has established common language when it comes to food equity and have been sponsoring events in the city.

### International Rescue Commission (IRC)

We supported the new Michie Market, a farmers market put on by IRC to sell their farmers’ produce in a neighborhood with a large refugee population, by offering monthly kids gardening and nutrition activities. Popular activities included decorating butterfly and bumblebee wings and acting out pollination, pressing fresh lemonade, and tasting five different varieties of local apples. We always had a good turnout; at least ten neighborhood children participated each time. The 2016 season brought changes to the Michie Market. Based on staffing needs, the IRC moved the market day from Saturday afternoons to Thursday evenings. The market sales from socioeconomically disadvantaged families maintained the same over the summer, while outside sales were reduced. Bread and Roses staff and volunteers assisted the IRC staff at four of the summer market days. Bread and Roses provided taste testing recipes and take home recipe based activities of highlighted seasonal produce. Printed recipe cards were also shared. On a few non-

Bread and Roses market days, Alicia and her husband, Stephan provided youth activities during the market times. Coloring, reading, and pick up soccer activities were supervised while parents shopped in the market or completed IRC participant surveys. We believe this type of partner and participant support improved community comfort with Bread and Roses and our mission.

### Piedmont Master Gardeners

For the first time, the Piedmont Master Gardeners used the Parish Hall and B&R gardens for their free “Gardening Basics” events! Gardening Basics is a new program designed by the Piedmont Master Gardeners to provide accessible and hands-on classes for new gardeners. Each season Master Gardeners instructed participants about what they could be doing in their gardens and what they should think ahead about for the next season. Topics included organic vegetables, flowers, and lawn care. The events were well attended by community members as well as Trinity parishioners. Bread & Roses plans to host the Piedmont Master Gardeners for the 2017 series for an extended season! Events will be hosted January through November.

### Fresh Farmacy Bridge Program

From January to March 2016 we partnered with the Sentara Martha Jefferson Hospital Community Benefit Office on the “Fresh Farmacy Bridge Program,” funded by a Sentara Heart-to-Heart Community Health Grant. This program offered group cooking classes to approximately 26 individuals who participate in the Fresh Farmacy fresh produce prescription program through three local community clinics. Since the Fresh Farmacy Program 2016 began in April, the thought was to provide two supportive hands-on culinary and nutrition classes for each local clinic group. Each meal created highlighted seasonal and local produce while focusing on a culinary theme to enhance participant comfort with culinary techniques like roasting, sauteing, stewing and stir-frying. Local produce was purchased through The Local Food Hub and Reid Market for the class recipes as well as for take home ingredient bags for each participant. Participants who attended both class sessions received an incentive gift of a Joyce Chen Wok.

### Mobile Cooking Demonstrations

Over the summer months, three cooking and nutrition demonstration style presentations were offered to test out the concept of the mobile kitchen kits. These demonstrations were offered in partnership with the Starr Hill Clinic and the City of Promise where a majority of the participants were receiving the Fresh Farmacy bi-weekly fresh produce through a grant with the Local Food Hub and Sentara. Based on the feedback of demonstrations, we felt confident moving forward with creating useful and participant focused mobile kitchen kits.

### Kitchen Rentals

Throughout the year we worked towards filling our kitchen with paying tenants. In the spring and summer, we created rental flyers, updated our website and connected with local supporters of local food based entrepreneurs. Through these efforts interest in the community peaked as autumn arrived. The kitchen is now nearing our tenant capacity with new tenants who have signed on and who we hope will stay with us long term. Here is a list of our current tenants:

1. McCharen's Bitters: offers small batch bitters, syrups, and brandied fruits  
<https://www.facebook.com/McCharensBitters/>
2. Oommy: plans to sell breakfast pastries on the UVA campus

Additionally, our commercial kitchen was re-inspected by both the Virginia Department of Agriculture and the Virginia Health Department. Certification was renewed as a commercially certified commissary kitchen. This accomplishment continues to allow Bread & Roses to more fully address the need in Charlottesville for commercial kitchen space affordable to entrepreneurs who are expanding beyond home kitchen capacity. This supports individual and families on the pathway to self-sufficiency, while also strengthening the local food economy. Such space is extremely limited in Charlottesville, which lacks an incubator kitchen to help food businesses get started. A stronger local food economy needs spaces where entrepreneurs can develop products and grow their businesses. Thriving businesses can offer employment opportunities and income to buy healthier food.

### Church Projects

In January Martha presented about 'Plants of the Bible' to the Senior Ministry and together we reflected about how the Bread & Roses gardens fit into Trinity's story and how we might incorporate more Biblical plants into the gardens.

In March, Trinity members supported the processing of hiring a new Kitchen Coordinator by serving on the interview committee. We also got busy in the garden with Wednesday afternoon drop-in work sessions and Saturday project mornings to weed and refresh the front gardens and back flower garden.

During the spring and summer, we resumed our occasional Sunday morning harvest markets. we also had good help from the kids harvesting veggies after church. In July, we hosted a garden potluck with Christ Church members.

September brought pepper picking in the garden. Youth of the church helped to string the hot peppers on a thread and sell them the parishioners.

In October we hosted a garden gathering to pick the last produce, tidy the beds for winter, and plant fall greens. After a few hours of community labor we spent time in fellowship over homemade chili, apple cider, and cornbread.

Our rain barrels were also prepared and installed in October. The youth of Trinity had a great time painting the barrels to reflect Trinity Church. Three barrels are now installed around the church and one at the vicarage.

In November the middle youth group used the sweet potato harvest to bake sweet potato muffins to give to member of the Trinity community and their neighborhood. Later in December the older youth group baked cookies and granola bars in the kitchen to be packed in the Winter Break Camp lunches.

We ended the year with “Treats & Traditions” following Trinity’s annual “Lessons & Carols” service. Members of the church offered to cook recipes that held special meaning or had a story attached. All were invited to this story-filled time of fellowship after worship and invited to share their own holiday memories.

### **III. Learnings Harvested**

#### From Maria

Coming to Charlottesville as a newcomer in September, I have been overwhelmed by the vast amount of work to be done in the community around the idea of food justice. Bread & Roses has been a part of the Charlottesville Food Justice Network for the past year and this has been a wonderful way for me to build relationships with the broader community and understand assets and challenges in Charlottesville very quickly. That being said, with so much work being done, I have been asking, what makes Bread & Roses ministry different from all of these other organizations? Where or what is our niche of ministry? Our partnerships with other organizations are strong, we are constantly being written into grants as we provide services to build up their programming. What will we call our own? What can we invite other organizations into? There are many ways to answer these questions, so many routes to take! I am excited to move forward with a steering committee to move forward strategically and purposefully.

#### From Martha

The first part of 2016 involved many transitions. It was great to bring Alicia on board as Kitchen Coordinator after working with her on the Fresh Farmacy Bridge Program. In the garden, we learned that not weeding and mulching the perennial gardens quickly enough led to significant weed problems in the summer when the ground was too dry to intervene. Balancing the needs of the annual and perennial gardens along with other programming was challenging, but we still enjoyed some good harvests and beautiful flowers. Maria has brought new energy and ideas to the program, I was so grateful for her ability to learn and adapt, her organization and her consistency in communication and outreach. This is an important lesson from 2016 as well: getting new people involved brings good things!

### **IV. Looking forward into 2017**

#### Gardens

Grants permitting, this year we plan to build new raised garden beds further north on the property where the shed is currently located. This area will provide better sunlight for the beds and will still provide room for the same number of beds, if not more. We plan to strategically map out what will be grown in the beds for 2017 in accordance to programs and partnerships in order to be more intentional in our growing approach.

## Kitchen

The main focus of 2017 will be to rent the kitchen space at our approved health department capacity in order to maintain the revenue stream to sustain the Bread and Roses mission. Options are to find small businesses to provide kitchen spaces to make their food product and local culinary instructors to teach small cooking classes.

To increase continual rental availability of our kitchen in Charlottesville, we are in the process of becoming members of The Kitchen Network (TKN). TKN is a for profit business that provides a platform for kitchens to advertise their rental space to businesses and individuals looking for certified places to cook. Being a part of this network will promote our kitchen to the wider community and hopefully provide a consistent flow renters for years to come.

## Strategic Planning

We are in the process of pulling together a steering committee in order to strategically look forward, refine our focus, and ensure that B&R is sustainable in the future. In December we hosted a reception to invite church members and community players into this process by reviewing where B&R has been and engaging in group visioning. In early January we held our first exploratory meeting and we will be officially launching the committee in February. We are grateful for the leadership of Barbara Yager in this process and hope that by this time next year we will have a strategic plan laid out.

## 2017 Budget (Projected)

Bread & Roses Budget 2017			
INCOME	Projected	Committed	EXPENSES
<b>Grants</b>			<b>Admin/Payroll</b>
MEZ 2		12,500.00	Program Coordinator
Creation Grant/Scott	10,000.00		SECA
IRC NoVo		\$900.00	Kitchen Coordinator*
IRC RAPP		\$4,000.00	Office
CSG ALEPH		6,000.00	Bookkeeping
CACF*		\$8,699.06	Website
Mustard Seed	5,000.00		Professional development
<b>subtotal</b>	15,000.00	\$32,099.06	<b>subtotal</b>
		\$47,099.06	\$29,471.00
<b>Partner Churches</b>			<b>Garden Supplies and Programs</b>
Christ Church	5,000.00		Rainbarrel Project continuation
St. Pauls	1,000.00		Seasonal Supplies
Emmanuel Greenwood	1,500.00		New garden bed project
Region XV	300.00		
St. Pauls Ivy	1,000.00		<b>subtotal</b>
St. Lukes, Simeon	1,000.00		\$13,700.00
Additional donations	1,000.00		<b>Kitchen Supplies and Programs</b>
<b>subtotal</b>	10,800.00		Maintenance/General
			Insurance
			Programming: IRC NoVo
			Programming: IRC RAPP
			Programming: CGS ALEPH
<b>Garden Income</b>			CACF Outreach*
Garden Markets	200.00		
<b>subtotal</b>	200.00		
<b>Kitchen Income</b>			<b>subtotal</b>
Entrepreneur Rental	7,000.00		\$16,119.06
Non-profit rental			<b>TOTAL</b>
<b>subtotal</b>	7,000.00		\$59,290.06
<b>TOTAL</b>	65,099.06		*CACF began May 2016, listed is the remaining (Kitchen Coordinator salary + CACF Outreach)