Capital District Community Gardens Nourishes Healthy Communities
Executive Director’s Message

Dear Friends,

2011 has been a busy year with four notable traits defining our progress: Innovation, Momentum, Partnerships and Expertise.

**Innovation** has been the driving force behind Capital District Community Gardens’ efforts to create solutions for the negative impact that the lack of access to healthy food has on public health in our region’s inner-city food deserts. For the past five years CDCG’s Veggie Mobile has served as a national model for increasing access to fresh food in urban areas. To that end, in 2011 we launched three new programs, The Healthy Convenience Store Initiative (produce stocked in convenience stores,) The Veggie Mobile Sprout (2nd mobile market) and Veggie Rx (vegetable prescription program,) all of which are expected to inspire solutions in neighboring and distant communities.

The **momentum** with which Capital District Community Gardens grew in 2011 is unprecedented, including our expansion into southern Saratoga County with a community garden in the Turf Mobile Home Park. Our Squash Hunger Program collected and redistributed more than 11 tons of fresh produce to food pantries in our four-county service area.

**Partnerships:** CDCG joined with local food producers, The American Cancer Society and The American Diabetic Association to stage a National Food Day Celebration in our region. Participation in national awareness and educational initiatives has drawn attention to the connection between access to fresh produce and community health.

**CDCG’s expertise** continues to expand with the attraction of new staff and board members who are creative thinkers and seasoned agriculture experts, committed to combating health risks associated with food deserts, beautifying urban communities and improving nutrition. We are forever grateful to the broad-base community commitment to our mission—the contributions of our donors, volunteers and gardeners, all of whom increase our capacity to nourish healthy communities.

With gratitude,

Amy Klein
Executive Director

From the opening of its first gardens in 1975, to the dynamic and multifaceted organization of today, Capital District Community Gardens has worked to reduce the impact of poor nutrition on public health in the Capital Region. CDCG organizes community gardens, improves access to healthy food, offers nutrition and horticulture education for all ages and coordinates urban greening programs in Albany, Rensselaer, Schenectady and southern Saratoga counties.

**2011 OVERVIEW**

Capital District Community Gardens’ momentum from 2010 continued to generate significant growth in 2011. In addition to opening its first garden in southern Saratoga County, CDCG launched three new programs; The Healthy Convenience Store Initiative, The Veggie Mobile Sprout and Veggie Rx, all of which are helping to nourish even more families throughout our region. The Healthy Convenience Store Initiative offers communities access to produce seven days-a-week at convenience stores and The Veggie Mobile Sprout is CDCG’s second mobile market. Through the Veggie Rx program, CDCG partners with Whitney M. Young, Jr. Health Services, where physicians write prescriptions for fruits and vegetables that can be redeemed at CDCG’s Veggie Mobile by diabetic and hypertensive patients.

Increased support from donors and volunteers helped CDCG’s new programs to hit the ground running in only a short amount of time. With the addition of new programs and the expansion of those already in place and with a strong network of donors, volunteers and staff CDCG nourished our region with a total amount of 566 tons of organic produce in 2011.
Community Gardens
CDCG’s Community Gardening program, which helps families throughout the region to grow more than $1,500 of their own food per season, expanded into southern Saratoga County with the opening of its 46th garden in Clifton Park’s Turf Mobile Home Park. The number of new gardener inquiries from 2010 increased by eight percent in 2011, making nearly 700 of CDCG’s garden plots active.

- Opened 46th community garden and expanded into southern Saratoga County
- Offered a total of 21 gardening/culinary education classes to gardeners
- Nourished nearly 4,000 people with 441 tons or $2 million worth of harvested, organic produce

The Veggie Mobile
CDCG’s Veggie Mobile is a mobile produce aisle that delivers fresh, affordable food to our region’s inner city neighborhoods. In October, CDCG launched a second mobile market called, The Veggie Mobile Sprout, as a cost effective way to respond to increasing service requests. In December, CDCG collaborated with Whitney M. Young, Jr. Health Services to launch Veggie Rx, a program that involves physicians in writing produce prescriptions for diabetic and hypertensive patients who receive treatment at the Albany-based health center. Patients are given a weekly allowance of $7 in Veggie Mobile coupons, and staff already see them being redeemed on a daily basis.

- Launched The Veggie Mobile Sprout, increasing mobile produce distribution to 27 locations
- Launched Veggie Rx, providing direct dietary support for 50 diabetic and hypertensive patients
- Nourished nearly 4,000 people with 441 tons or $2 million worth of harvested, organic produce

The Healthy Convenience Store Initiative
CDCG’s Healthy Convenience Store Initiative offers communities access to produce seven days-a-week at convenience stores that are located in urban neighborhoods that have limited access to fresh food. The program began with one store in February and since then has established service in ten stores throughout Albany, Rensselaer and Schenectady counties.

- Established fresh food availability in 10 urban convenience stores throughout our region
- Nourished more than 13,000 inner-city residents with over 10 tons of fresh produce
- Created 100 square feet of retail space dedicated to produce in area convenience stores

The Produce Project
CDCG’s Produce Project is an urban farm, which offers stipends, school credit and a harvest share to at-risk youth from Troy High School in exchange for tending crops and selling them to local markets. The program set new sales records for three consecutive weeks at the Delmar Farmer’s Market and sold a total of $15,000 worth of produce for the year, more than doubling 2010 sales. The program also provided social support for the youth by hosting family style meals, such as The Fall Harvest Picnic and Thanksgiving dinner, and by taking more field trips to colleges and farms.

- Increased youth participation to 28 students, who dedicated nearly 3,400 work hours
- Harvested nearly 4 tons of produce, of which 5,992 pounds were sold and 1,446 pounds were donated to Squash Hunger and the students’ families
- Involved 150 volunteers who devoted almost 1,700 work hours
Squash Hunger
CDCG’s Squash Hunger program is a food donation initiative that relies on volunteers to deliver produce that gardeners, grocery store shoppers and farmers donate to local food pantries and shelters.

- Collected more than 11 tons of donated produce
- Gleaned more than 5 tons of produce from local farms
- Involved 53 volunteers

Taste Good Series
CDCG’s Taste Good Series is a six-week nutrition education program, which helps pre-K through 2nd grade children to develop healthy lifestyles. Incorporating music, games, reading and tasting into lesson plans, CDCG’s garden educator makes learning about nutrition fun and delicious.

- Reached 385 students from 14 area classrooms
- 99 percent of the students participated and 85 percent said they liked the featured produce
- Increased produce variety offered to students

Urban Greening
CDCG’s Urban Greening Program uses public landscaping and tree planting projects to improve aesthetic appeal, increase property values and reduce energy consumption in neighborhoods throughout our region. Committed community members and high school students volunteer to assist with the plantings and to care for the trees as they continue to grow in the coming years.

- Planted 40 trees in Cohoes, improving the city’s appearance
- Developed plans to plant 60 more trees next fall
- Included 50 volunteers, many of whom were students from Cohoes High School

Financial Statement (unaudited financial report for 2011)

INCOME $1,054,190

- Government Grants $489,258 (46%)
- Private Foundation Grants $162,462 (15%)
- Veggie Mobile Sales $141,794 (13%)
- Special Events $94,563 (9%)
- Individual Donations $62,511 (6%)
- Corporate Sponsorship $43,595 (4%)
- Community Gardens $37,609 (4%)
- Healthy Convenience Store Initiative Sales $15,933 (2%)
- Produce Project Sales $14,892
- Workplace Giving Campaigns $5,855
- Consulting Services $2,213
- Taste Good Series $1,590
- Investments <$18,084>

EXPENSES $1,065,724

- Veggie Mobile $276,352 (26%)
- Community Gardens $139,759 (13%)
- Healthy Places Project $135,907 (13%)
- Operations $97,726 (9%)
- Outreach / Education $80,626 (8%)
- Produce Project $80,507 (8%)
- Fundraising $69,615 (7%)
- Healthy Convenience Store Initiative $69,601 (7%)
- Grow Center Planning $34,235 (3%)
- Street Tree Planting Program $25,471 (2%)
- Office Space $24,148
- Depreciation Expense $21,449
- Professional Services $7,800
- Interest Expense on Credit Line $2,942
### ASSETS

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### LIABILITIES AND NET ASSETS

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<td><strong>TOTAL LIABILITIES AND NET ASSETS</strong></td>
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### Board of Directors

- Officers
  - Michael Whiteman, President
  - Raymond Smith, Executive Vice-President
  - Kim Hickok, Vice-President
  - Michael Bergen, Treasurer
  - Jean Gerbini, Secretary
  - Jeff Leon and Jack McGaughnea, At-Large

- Members
  - Sharon Bedford
  - Assie Bishop
  - Charles Buchanan
  - Doug Burns
  - John Carl
  - Jennifer Freeman
  - Alane Hohenberg
  - Kimberly Sanger Jones
  - William Karchner
  - Dean Leith
  - Jack McGaughnea
  - Tom McGuire
  - Cynthia Nixon
  - Hannalore Pasonno
  - Kenneth Peterson
  - Ann Pfau
  - Tracey Wardwell

- Staff Members
  - Amy Klein, Executive Director
  - Sharon DiLorenzo, Program Manager
  - Eric (EJ) Krans, Healthy Places Program Manager
  - Matthew Schueter, Grow Center Planner
  - Kerri Aman, Bookkeeper
  - Brian Bender, Farmer Educator
  - Michaela Cicero, Veggie Mobile VISTA
  - Katie Doyle, Assistant to Executive Director
  - Tolu Fashoro, Veggie Sprout Project Coordinator
  - Gavin Kelley, Assistant Veggie Mobile Coordinator
  - Will Malcolm, Garden Organizer
  - Laura Matturro, Garden Educator
  - Emily Monahan, Gardens VISTA
  - Martha Moscowitz, Veggie Mobile Project Coordinator
  - Alexandra Prince, Veggie Mobile VISTA
  - Tara Quackenbush, Garden Organizer
  - Katherine Rasmussen, PR/Marketing Coordinator
  - Hannah Savio, Produce Project VISTA
  - Matt Shopis, Development Coordinator
  - Amy Snook, Grant Writer
  - Mary Vickerman, Outreach VISTA
  - Nick Wallas, HCSI Coordinator

- Volunteer Devotees
  - Kathy Agneta
  - Shawn Allain
  - Lauren Alpert
  - Kathy Beam
  - Rosanne Beardsley
  - Theresa Bullard
  - Mary CapReduce
  - Chico Christopher
  - Mikko Cook
  - Kevin Corrals
  - Nick Courson
  - Ann Dusza

- Donors Acknowledgement
  - GE Foundation – Matching Gifts Program
  - Jean and Antoine Gerbini
  - E. Stewart Jones, Jr. and Kimberly Sanger Jones
  - William Karchner
  - Key Bank
  - Stacy Marsh and Tom O’Connor
  - Merck Family Fund
  - NYS Conservation Partnership Program
  - Presbyterian Hunger Program
  - Robinson Family Foundation
  - Saratoga Casino and Raceway
  - SEFCU
  - Times Union “Hope Fund” of the Community Foundation
  - Carl and Nancy Touhey
  - United Way of the Greater Capital Region
  - Alexandra Prince, Veggie Mobile VISTA
  - Tara Quackenbush, Garden Organizer
  - Katherine Rasmussen, PR/Marketing Coordinator
  - Hannah Savio, Produce Project VISTA
  - Matt Shopis, Development Coordinator
  - Amy Snook, Grant Writer
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  - Hannah Savio, Produce Project VISTA
  - Matt Shopis, Development Coordinator
  - Amy Snook, Grant Writer
  - Mary Vickerman, Outreach VISTA
  - Nick Wallas, HCSI Coordinator

- Investors in the Future
  - ($2,500 and above)
    - Albany Guardian Society
    - Anonymous
    - Bender Family Foundation
    - Charles and Charlotte Buchanan
    - Doug Burns and Michele Pigliavento Burns
    - Callanan Industries
    - Capital District Physicians’ Health Plan
    - Cohoes Savings Foundation
    - John and Sue Corey
    - The Equinox – Albany Community Foundation Fund
      - First Niagara Bank
      - First Niagara Mentoring Matters Program
  - ($1,000 - $2,499)
    - Kathy and Carlo Agneta
    - Robison Family Foundation
    - Presbyterian Hunger Program
    - Partnership Program
  - ($500 - $999)
    - Capital Region United Way of the Greater Capital Region
    - SEFCU
    - Capital Region Foundation for the Greater Capital Region
    - Times Union “Hope Fund” of the Community Foundation
    - Carl and Nancy Touhey
    - United Way of the Greater Capital Region
  - ($250 - $499)
    - GE Foundation – Matching Gifts Program
    - Jean and Antoine Gerbini
    - E. Stewart Jones, Jr.
    - Kimberly Sanger Jones
    - William Karchner
    - Key Bank
    - Stacy Marsh and Tom O’Connor
    - Merck Family Fund
    - NYS Conservation Partnership Program
    - Presbyterian Hunger Program
    - Roberts Family Foundation
    - Saratoga Casino and Raceway
    - SEFCU
    - Times Union “Hope Fund” of the Community Foundation
    - Carl and Nancy Touhey
    - United Way of the Greater Capital Region
    - Michael and Margery Whiteman
  - ($50 - $249)
    - Capital Region United Way of the Greater Capital Region
    - SEFCU
    - Capital Region Foundation for the Greater Capital Region
    - Times Union “Hope Fund” of the Community Foundation
    - Carl and Nancy Touhey
    - United Way of the Greater Capital Region
    - Michael and Margery Whiteman
  - ($5 - $49)
    - Capital Region United Way of the Greater Capital Region
    - SEFCU
    - Capital Region Foundation for the Greater Capital Region
    - Times Union “Hope Fund” of the Community Foundation
    - Carl and Nancy Touhey
    - United Way of the Greater Capital Region
    - Michael and Margery Whiteman
  - ($1 - $4)
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    - SEFCU
    - Capital Region Foundation for the Greater Capital Region
    - Times Union “Hope Fund” of the Community Foundation
    - Carl and Nancy Touhey
    - United Way of the Greater Capital Region
    - Michael and Margery Whiteman
  - ($0.50 - $0.99)
    - Capital Region United Way of the Greater Capital Region
    - SEFCU
    - Capital Region Foundation for the Greater Capital Region
    - Times Union “Hope Fund” of the Community Foundation
    - Carl and Nancy Touhey
    - United Way of the Greater Capital Region
    - Michael and Margery Whiteman
  - ($0.01 - $0.49)
    - Capital Region United Way of the Greater Capital Region
    - SEFCU
    - Capital Region Foundation for the Greater Capital Region
    - Times Union “Hope Fund” of the Community Foundation
    - Carl and Nancy Touhey
    - United Way of the Greater Capital Region
    - Michael and Margery Whiteman
  - ($0.00 - $0.01)
    - Capital Region United Way of the Greater Capital Region
    - SEFCU
    - Capital Region Foundation for the Greater Capital Region
    - Times Union “Hope Fund” of the Community Foundation
    - Carl and Nancy Touhey
    - United Way of the Greater Capital Region
    - Michael and Margery Whiteman

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Financial Statement (unaudited financial report for 2011)
For more information, please visit www.cdcg.org or call (518)274-8685

Capital District Community Gardens
40 River Street Troy, NY 12180