Painting the Town Green

As the frigid weather blows in and we bundle up for the winter, our thoughts drift back to warmer and greener times. The leaves on the trees, the grass on the ground and the...paint on the streets? That’s right, this fall our Healthy Streets team was hard at work bringing safer, more beautiful and, yes, greener streets to neighborhoods near you. Two intersections in Schenectady and one in Watervliet received “Intersection Enhancement” treatments designed to calm traffic. They are now bursting with Complete Streets elements that make neighborhoods safer, more walkable and more bike-friendly. Capital Roots partnered with the City of Schenectady, the City of Watervliet and the Capital District Transportation Committee to bring these projects to our community.

**Bump-outs:** These painted extensions of a sidewalk designate sections of the roadway for use by pedestrians and bikers and shorten the distance needed to cross the street. They offer a great opportunity to get creative so Capital Roots paired up with the Schenectady Art Society, local artist Zach Harrington, and local paint distributer Passonno Paints of Watervliet, to create designs that grab the attention of motorists, while giving the roadway some vibrant accents.

**Bollards:** These plastic delineators stand about waist high and are equipped with strips of reflective tape at the top. They are fixed into the ground around the perimeter of the bump-outs to stop drivers from entering the pedestrian-friendly zones. Bollards contribute to the traffic calming effects of the intersection enhancement by guiding drivers through wider turns, forcing them to reduce their speed. The bollards are removed during the winter to make way for snow plows and are replaced in the spring.

**Bike Lanes:** These lanes are indicated by white lines and bicycle stencils and allow bicyclists to travel safely without having to compete with vehicle or foot traffic. In Watervliet, where the city is working on redesign and traffic calming along 2nd Avenue, a bike lane stretches from 13th to 16th Street. The City hopes to extend the entire project further in the coming years, making connections to existing trails in neighboring communities. (Continued on Page 3)
We grow, educate and provide.
From the opening of its first gardens in 1975, to the dynamic and multifaceted organization of today, Capital Roots has worked to reduce the impact of poor nutrition on public health in the Capital Region. We organize community gardens, improve access to healthy food, offer nutrition and horticulture education for all ages and coordinate urban greening programs in Albany, Rensselaer, Schenectady and southern Saratoga counties.

From Our Food Hub
By Amy Klein, Chief Executive Officer

2019 promises to be a big year for Capital Roots. We have programs that are set to reach new milestones and projects that are culminating after years of work.

I’m eager for what the year ahead will bring and motivated by the many supporters who are lining up to stand with us as these efforts are kicking off.

2019 marks the 10 year anniversary of The Produce Project, our job and life skills training program for teens. This program, which began as a testing ground for Capital Roots’ future work in job readiness, is now a well-developed model for comprehensive training. Our staff has so much to be proud of for their continuous enhancement of The Produce Project, and our trainees are the proof of that success.

This year, thanks to the generosity of donors and special support from CDPHP, we will be able to put a new Veggie Mobile® on the road. This new vehicle will ensure that we have fewer breakdowns and can better serve our customers. And, we’ll have a heated box so the produce, customers, staff and volunteers don’t freeze during the cold winter days.

The Community Gardens’ team will be developing two new garden sites in the coming months for families to grow their own food. Both of these gardens are part of our urban land trust and will be preserved forever for growing food. One of these gardens, which is 1.3 acres, was made possible by a generous donation from The Massry Family, Columbia Development and Albany Medical Center.

After more than two years of research, we will be completing and publishing the Greater Capital Region Food System Assessment that Capital Roots has been spearheading along with a coalition of food system partners. This multi-sector, multi-county report will serve as a guide to policy makers and funders to increase economic resilience and equity in our region’s foodshed.

And, after 15-years of planning, we will be breaking ground on the second phase of the Urban Grow Center! With its expanded market, incubator kitchen, second economic resilience and equity in our region’s foodshed.

After more than two years of research, we will be completing and publishing the Greater Capital Region Food System Assessment that Capital Roots has been spearheading along with a coalition of food system partners. This multi-sector, multi-county report will serve as a guide to policy makers and funders to increase economic resilience and equity in our region’s foodshed.

And, after 15-years of planning, we will be breaking ground on the second phase of the Urban Grow Center! With its expanded market, incubator kitchen, second food-hub and high-tech greenhouses for an adult job and life skill training program, there is no doubt that this project is going to make its mark on the Region.

Capital Roots has big goals for 2019; that is clear. But none of this happens, none of our work is possible, without the support of ALL those who believe in fresh food access for all and the idea that food can be a powerful tool to build community.

I hope you believe.
Sharrows: This is a beautifully simple combination of the words “share” and “arrows”. When a street is too narrow to accommodate a bike lane, sharrows can be stenciled onto the road to remind drivers to watch out for bikers as both have equal rights to the road.

Signs: These are the best way to make sure everyone follows the rules of the road. Signs reminding drivers to watch for alternative transportation users and reminding all users how to safely and properly use the roads are a key component of our Intersection Enhancements.

The needs of every community are different, and so is every stretch of road and intersection. These kinds of Complete Streets improvements are low-cost, efficient ways to improve the safety and walkability of our communities in the Capital Region. As we develop a network of streets that accommodates all users, we encourage active and environmentally-friendly ways of traveling and enable people to live more active and healthy lifestyles. Looking at Capital Roots’ larger goals of increasing food access in our region, our Healthy Streets program literally puts the “access” into food access.

With so many successful and exciting projects behind us, ranging from municipal ordinances to bike rack installations, Capital Roots is looking forward to extending projects like our intersection enhancements to more communities in the Capital Region in 2019.

Questions? Contact Calvin MacDowell, Healthy Communities Coordinator, at 518-274-8685 or healthycommunities@capitalroots.org.

Not Familiar with Complete Streets?
A Complete Street is designed to accommodate users of all ages and abilities, no matter what mode of transportation they use. The Complete Streets movement has recently swept the nation and is changing the way national and local planning departments think about updating and maintaining our cities. This idea is at the core of all the work in which our Healthy Streets program engages.

A Moment of Gratitude
Our heartfelt thanks to Perry Smith and Rose Anne Fogarty for their very generous donation of a Toyota Prius. This vehicle has made a huge difference in our staff’s ability to do their work within the 4-counties Capital Roots serves. Do you have a vehicle that would make a worthwhile addition to our fleet? Please contact Jessica Trowbridge at opmanager@capitalroots.org to find out how easy it is to donate!
Hhana, a longtime community gardener, recently welcomed four Capital Roots’ staff into her home for a meal with friends. Hhana greeted all with open arms, exchanging hugs and kisses on the check, as if family. She introduced her friends Siham and Sadeh, both gardeners at the Sand Street Community Garden in Albany. In 2016 the three shared a plot due to limited space in this very popular garden. Sharing a plot gave them the opportunity to lean on each other’s strengths while nurturing both an abundant harvest and ongoing friendship.

Hhana set the table for seven and in the center were warm dishes waiting for our arrival. The women gathered around the table, helping one another before helping themselves. It was a delicious multi-course meal of lentils and spinach, followed by sautéed onions, rice, almonds and yogurt. Hhana served Mulukhiyah which was grown in her garden. The group literally broke bread together, sharing a traditional 9-layer Yemeni bread. As staff reached for their forks, Siham giggled and said “Look, you eat it like a pizza,” folding a piece to demonstrate. Once one course ended another appeared. Everyone felt at home and were humbled by the overwhelming hospitality of these three women.

As the plates passed, so did the stories. Gardening was one topic of discussion, as Siham bragged about how amazing Hhana and Sadeh’s garden was this past summer. She joked about how her husband would help Sadeh weed and harvest her garden rather than tend to their own plot. They talked about customs, the challenges that come with navigating life in a new country, and the importance of finding and holding onto good friends.

With full bellies, the women told jokes and looked at family pictures. Before saying goodbye, everyone piled onto the couch to take a series of group photos (like the one shown). The group agreed that next time they gathered they would prepare the meal TOGETHER. After an evening like this, it reminds us all why we do the work we do, helping to create a stronger, healthier community with the core belief that good food truly does bring people together.

This year, Capital Roots’ Squash Hunger program hit an all-time high record, recovering and distributing more than 88,700 pounds of fresh produce for food assistance programs throughout the Capital Region. That means thousands of families and individuals using shelters, pantries and soup kitchens received the fresh produce they needed. From participating in farm gleanings, collecting produce at local farmers markets or making deliveries throughout the year, each helping hand nourished our community. We are so grateful to all our supporters, volunteers, farmers and partners and are looking forward to what’s to come in 2019!

Not only did Squash Hunger have a record-breaking year, but we also officially launched our Produce Drive Tool Kit. The kit allows schools, businesses, clubs and civic groups the opportunity to host produce drives at times and locations that work best for them, engaging more community members in the critical work of providing those most in need with fresh and nutritious food. The year ended with our first produce drives at CommerceHub and GreyCastle Security. Produce Drives during the winter months are especially important to ensure people in need have access to fruits and vegetables as the donations from farms and gardens decrease during this time. There’s no better time to start your own drive. Download the toolkit here: bit.ly/SquashHungerToolkit
Please join us in welcoming Ryan Case of Key Bank, to the Capital Roots family! Ryan joins our board with the belief that everyone deserves access to healthy and affordable food, making him a perfect addition to our leadership team. “I have spent the majority of my career helping business owners throughout the Capital District start, grow, and eventually sell their companies,” Ryan told us, and we are looking forward to growing new relationships with him as a member of our Board of Directors.

Are you looking for a unique way to volunteer with Capital Roots, alongside our board members? Join a committee! Email Amy at amy@capitalroots.org for more information.
SPICY BRUSSEL SPROUTS

- 1 lb of Brussels Sprouts, halved
- 1 Jalapeno, minced
- 1 Tbsp of Fresh Grated Ginger
- 2 Tbsp of Honey
- 3 Tbsp of Olive Oil

1. Preheat the oven to 450 degrees and wash all produce.
2. Cut brussels sprouts in half and grate ginger.
3. Deseed and mince jalapeño.
4. Add brussels sprouts, ginger and jalapeno to a cooking sheet.
5. Bake for 15-20 minutes or until golden brown.
6. Toss with honey.

Enjoy!

Who knew?
Brussels sprouts were grown in Belgium from the 13th century which is what gave them their name.
Healthy Stores: Story of Growth

What’s new in your neighborhood? More fresh food access through our Healthy Stores program! Sponsored by our friends at MVP Health Care, Capital Roots’ Healthy Stores team was busy this fall offering new products to our partner locations and expanding our network to neighborhoods with limited access to fresh, healthy foods; especially in downtown Troy.

In the past few months, we’ve added three new corner stores in Troy to our program: Yem Yem Deli at 70 Congress Street, Uncle Sam’s Good & Natural Products at 77 4th Street and Kim’s Convenience at 88 3rd Street. With the installation of Healthy Stores refrigerators, these locations offer affordable, fresh food for all residents creating a more livable downtown. In 2018 alone, Healthy Stores brought on five new locations, bringing our total number of partner stores to 20! But the work doesn’t stop there. We are actively pursuing potential partners in Watervliet, Menands and Albany to create even more opportunities for fresh food access in our region’s neighborhoods.

This past fall, we reached other milestones for the program, including our single largest order made to a partner — totaling more than 200 pounds! And our Produce Market, located in the lobby of our office, has seen a record number of EBT/SNAP transactions for the year, letting us know that we’re not only fostering a growing opportunity for food access, but also becoming an important, trusted resource for our neighborhood.

The Healthy Stores program offers urban residents access to fresh, healthy and affordable produce right in their neighborhood. We finished up a great year for the program and are looking forward to what this new year will bring: exciting opportunities that will be made possible by partnerships with local small businesses.

Want more information? Please contact James at healthystores@capitalroots.org.

---

Plant Hope; Plant a Tree

On a warm and rainy November 1st morning, a large crowd gathered in Troy’s Beman Park for a tree planting demonstration and to kick-off a city-wide planting, the second of two plantings funded by a NYS DEC Urban and Community Forestry grant received by the City of Troy in 2015. Troy Mayor, Patrick Madden, joined the soggy crowd in the park to thank Capital Roots for planning and coordinating the planting and the volunteers for coming together to help beautify the City.

Working from applications for trees from neighborhood groups, residents and businesses, Capital Roots’ Program Manager, Sharon DiLorenzo, visited each site to assess its suitability for planting based on above and below ground utilities, parking and traffic patterns, and other sidewalk and street features. Trees were chosen based upon the height and form most suitable for each site. There were 52 trees planted throughout Troy with the help of 57 volunteers including members of Troy’s Urban Forestry Advisory Board, Capital Roots’ staff and students from Troy High School, Rensselaer County Cooperative Extension master gardeners, and a large group of employees from Regeneron Pharmaceuticals. Despite the rain, the day was a huge success with new trees enhancing the streets in the Riverside, North Central, South Troy, Downtown, North Troy and Hillside neighborhoods.

The grant funding covers the cost of the trees, allowing residents and businesses the opportunity to have a tree planted along the street near their property free of charge. They just agree to water and care for the tree to help ensure its’ survival. We look forward to seeing these newly planted trees leaf out and grow this Spring!

For more information contact Sharon at trees@capitalroots.org or 518-274-8685.
This year’s 12th Annual Autumn Evening in the Garden featured the “roots” of Capital Roots — our Community Gardens program. With the help of our supporters, we raised an astounding $90,000, all of which will benefit our food access and greening programs throughout Albany, Schenectady, Rensselaer, and southern Saratoga counties.

20 of the region’s top chefs and bakers came together with 40 local farmers to create innovative and mouthwatering dishes highlighting some of the area’s finest locally produced ingredients including fresh meat, produce and dairy. The chefs created a wide range of cuisine from various cultures that represented our diverse community, forming connections between the chefs, farmers, and guests.

The music of the Neil Brown Jazz Quartet once again created just the right mood and setting for this very special event while photographer, Liz Lajeunesse beautifully captured the spirit of community and generosity that filled the room.

This year’s live auction was held to support the creation of our 55th Community Garden, and thanks again to the talents of LeGrande Serras, and our generous donors we were able to raise an additional $26,000. We trace our roots back to community gardens, and 44 years later, we are able to continue providing green space for families in the region to grow their own food. And that’s thanks to you.

“We work with so many families, people from all walks of life, and have forged deep and meaningful relationships with them and with one another. We’ve given them the tools to be successful, but ultimately, they put in the hard work. To be able to give someone the dignity of self-sufficiency when providing for their families, and to offer them the opportunity to not just survive, but to thrive, that’s where our community gardens come in,” said Tara Quackenbush, Community Gardens Program Manager.

All of the funds raised at the event will support Capital Roots’ programs, allowing us to continue to fulfill our mission to provide access to fresh food and green spaces for all.

Thank you to our Autumn Evening Sponsors

Autumn Evening in the Garden
Contributions From Our Friends

Harvest Helpers
(monthly supporters)
Geoffrey and Kristen Abbas
Tim Bergstrom
G. John Delory and Joseph D. Leonard
Joanne Fortunato
Karen and John Graf
John and Jane Husson
Peter Jenkins
Wendell Lorang and Sherry Gold
Laurat Matturro
Nancy and Fred Preston
Leanne Salle
Patti Schachter
Eric Tobin and Roger Bearden

Community Partners
3M Foundation
Allstate
Arnold Cogswell Health Fund
Bank of America
Barry Alan Gold Memorial
Benedictine Gables Foundation
Bouche’y & Clarke Benefit
C.D. Perry, LLC
Capital District Transportation Authority
Community Resource Federal Credit Union
Crisafulli Bros. Plumbing & Heating
Dafazio’s Imports
Digital Xpress
E. Stewart Jones Hacker Murphy
First United Presbyterian Church
Greenbush Tape & Label
Guth DeConzo Consulting Engineers, PC
Hilton Garden Inn
Hodgson Russ LLP
Honest Weight Food Coop
Hoosick Valley Contractors
Joseph Mangione, Inc.
Judge Development
Keeler Motor Car Company
Longlesh Farm
Lucille A. Herold Charitable Trust
Marra’s Pharmacy
McCarthy Charities
Metroland Business Machines
Mill Road Acres
MKC Kitchen Supply
Modern Press
Monticello Real Estate
Rose & Kierman
Saratoga Casino Hotel
SEFCU
Split Rock Charitable Foundation
St. Basil Greek Orthodox Church
Stanley Paper Co.
State Farm Insurance - Mick Butler
The Selective Insurance Group Foundation
Troy Teachers Association
Trusco Bank
Van Rensselaer Garden Club
Von’s Service Station
Whitman Osterman & Hanna
Whole Cities Foundation
YWCA

Individuals ($20+ total)
Shawn Allan and Nicholas Hepler
Jason Allen
Lisa and Chris Allison
Wallace and Jane Altes
Richard Ambuske
Jeffrey Anderson and Megan Brown
Steven and Nancy Angle
Michele Bagar
Cindy and Buzz Barclay
Charles and Cheryl Barnes
Donald J. Barron
Katherine and Greg Beam
Sharon Bedford and Fred Alm
Eidin Beline
Deborah and John Bennett
Michael Bergen and Abbie Kiley
Susan Blaby
Tom and Susan Blandy
Abe and Jean Bolgaz
Jeri and Robert Bosman
William and Elsa Boyce
Barbara Bradley and Tom McGuire
Lisa and Robert Brainard
Mary and Bob Brand
Curt Breneman and Miriam Pye
Julie Brennan
Paula and Richard Brewer
Dorice Brickman
Janet Brit and John Dolkja
Neil and Rosemary Brown
Melody Bruce and David Ray
Mark Bryant and Lisa Callahan
Margaret Buckley
Carol F. Bullard and Worth Grether
Doug Burns and Michele Pigilavento
Burns
Janice Burns
Ryan and Jeanne Case
Jennifer Ceponis
Mike Chojnacki
Julie Clancy
Kevin Cleary
Jeff and Debbie Cohen
Seth Cohen and Ellen Tucker-Cohen
Tod Cohen
Edward and Susan Connolly
Alex Connolly
John and Sue Corey
Kevin Cornils
Brandon Costelloe-Kuehn
Emily and Matthew Cote
TJ Coté and Will Malcolm
Frank Crociotto and Laura Zima
Donna E. and Wilson Cron
Stephen Crouchley
Victoria and Tom Crowell
Don and Joan Csaposs
Antwoyne Cyrus
Eric Davenport
Pat and Emil DeToffol
Bob Dowd and Maribeth Krupczak
Ronald Dunn and Linda Pelosi-Town
Tom Dunton
David and JoAnn Duquette
Mary and Chris Duryea
Frederick A. Eames
Caitlyn Edmundson
Joan Edwards
Judith England and Jeff Dillenbeck
Jeffrey and Lorraine English
Amy Faccia and Fred Cawley
Morgana Fall
Barbara and Joe Fama
James and Barbara Featherstonhaugh
Anastasia and Robert Fenton
Rocco and Laurie Ferraro
Lauren Ferris & Garrett Hamlin
Karen Finner
Doris Fischer and Robert Maleardi
Bradley and Sharon Ossip Fisher
Edward and Ellen Flink
Bill and Christine Foley
Wendy and John Fox
Angelo and Liliane Frascarelli
Marc Ganz
Anthony Garner
James Gaughan and Keith Lee
Jean and Antoine Gerbini
Lewis and Barbara Gershman
Stephen and Cathy Golas
Gary David Gold and Nancy Pierson
Ben Goldberg and Joan Johnsen
Virginia C. Gregg
Margaret Gulliver
Susan and James Harker
Michael Halloran
David and Karen Hauser
Brenna, Nadine and Megan Healey
Janet Hickey
Kimberly Hickok and Mark Crabbe
Marlene Horne
Bishop Howard J. Hubbard
Margaret Inderhees
Gordon Jevons
Kathleen and Vince Jimino
E. Stewart Jones, Jr. and Kimberly
Sanger Jones
Matthew K Joyce
Herb and Linda Jurist
William Karchner
Arthur and Heather Kilmer
Tam Kistler
Patrick Klee
Amy Klein
Kim Kluzetman and Scott McDonnell
Heather Klsendorf
William and Audrey Koester
Anoush Korgorhian-Scott and Paul
Scott
Tyler Kuznia
Robert LaFleur & Mary Pierce
LaFleur
Robert Lamar
Mollie C. Lampi and Bernard C.
Melewicki
Eileen and Kevin Lang
Jessica and Douglas Lang
Hilary K. Lashley-Resenix
Bryan LaVigne and Kevin Tyle
Linda M. LeClair
Carol Levett
Melissa and James Listman
Alan and Karen Lobel
Kersten Lörcher and Sylvie Browne
Beth Manning
Gordon and Linda Mapps
Christine Martino
Thomas and Ann Marie Marusak
Jennifer Massey
Assemblman John T. McDonald III
and Renee McDonald
Nancy McEwan
Maureen McGuinness
George and Kathleen McNamee
Wendy and Rudy Meola
Russell Meredith
John and Marney Mesch
Robert Messick
Hillard and Nicholas Miller
R. Mihran and Osvana Mooradian
Joanne Moukawsher
Stephen and Mary Muller
Annette Nanes and Scott Meyer
Ellen Nash
Christine Nealon
Adam and Carolyn Neary
Cynthia Nixon
Lynette and Bernard Noonan
Kerry O’Brien
Debra M. Oliver and Richard A. Oliver
Katherine Onuffer
Chet and Karen Opalka
Geralyn O’Reilly
James and Jane Otto
Stephen and Judith Pagano
Nina Pattison
John and Jane Pattison
Richard Peck and Vincent Gallerani
Marissa Peck
Lisa and Robert Pett
Michelle Phillips
Mary Pilkington
Katherine and Joseph Pingselski
Susan Poisson-Dollar and Jerry Dollar
Lois and Don Porter
Scott Porter
Jim and Wendy Prout
Sandra Ray
Cheryl Reeves and Martha Schultz
John Rhodes
Kerry and Phil Richards
Kenneth and Joanne Riddett
Wanda Rivera
Christopher Robert
Patricia Rodriguez and Robert
Colburn
Dorcas and Kenneth Rose
Judy and Larry Rosen
Dorcas and Kenneth Rose
Nancy Scott
Laure and Florence Selin
Phillips Shapiro
Donna Simms
Katherine Skelly
Sarah and Frank Slingerland
Todd Slingerland
Janice and Stan Smith
Perry Smith and Rose Anne Fogarty
Melissa and JoAnn Smith
Susan and Eugene Sneeringer
Mike Stanton
Fred Stein
Marcia Steiner
Punkin Stephens and Lisa Tackley
Amber Stolz
Florence and Thomas Suraci
Robert and Joyce Swanick
Faith Takes
Diane Tate
Frank and Liz Therrien
Jessica and Steve Towbridge
Christine and Tim Vaughan
Joseph Visalli and Matie Flowers
Gail and Larry Volk
Andrew and Lynn Warheit
Edward and Judy Warren
Enid Watksy
Rebecca and Corrie Whalen
Barbara Wiley
Stephanie Wille
Amy Williams and Hon. Pat Maddon
Rebecca Wright & John J. and Jolene
Wilshire
Dalva Yaron
Nicole Yaron
Kristina Younger

The following donations were received between August 2018 – November 2018

PAGE 10
Meet Buzz

For the last few years, Capital Roots has had the privilege of hosting our Annual Autumn Evening in the Garden event for friends and supporters. It’s an evening of great food, phenomenal drink, and exceptional conversation while folks gather around the banquet hall and make gifts to a special program need. And for the last few years, we always hear from Buzz.

At just 12 years old, Buzz has attended our annual gala for two years now, each year making his own $100 gift to the live auction. “The first time he did it, he had money saved to donate somewhere, but decided that night that’s what he wanted to do with it,” says his mom, Cindy. “The next year though, he saved all year long for it.”

Buzz understands giving, even at a young age, a reminder to us all that philanthropy comes in all different sizes. We’d like to thank Buzz and Cindy for making Capital Roots a part of their year. For every dollar given, food security becomes more tangible for all of our neighbors.

SUPPORT CAPITAL ROOTS WITH A DONATION TODAY!

NAME: ____________________________ E-MAIL: ____________________________

PHONE: __________ ADDRESS: ____________________________

☐ In support of Capital Roots with a donation of $ __________
☐ $50 Community Gardens Friend ☐ In honor of ☐ In memory of
☐ $100 Squash Hunger Champion
☐ $175 Veggie Mobile Supporter ____________________________
☐ $250 Healthy Stores Benefactor ____________________________

I’D LIKE TO GET INVOLVED BY:
☐ Helping with the Spring Brunch
☐ Volunteering to cook with the Produce Project
☐ Joining the Operations Volunteer Team to help with admin tasks in the office
125 Local Restaurants | Silent Auction | Children’s Activities

Sunday, May 5, 2019
10:00 A.M. — 2:00 P.M.
EMPIRE STATE PLAZA, ALBANY, NY

Tickets & Info
www.capitalroots.org
events@capitalroots.org
518-247-8685