



GRuB

(360) 753-5522 • 2016 ELLIOTT AVE NW, OLYMPIA, WA 98502 • **GOODGRUB.ORG**

2019 ANNUAL REPORT

To Our Community:

Thank you for joining us as a partner in GRuB’s mission to grow healthy food, people & community.

2019 marked a year of new beginnings as we prepared rich soil for over 1,500 people to learn and grow together on the land and in community. Together, we:

- Piloted our GroundED program, adapting GRuB School to serve youth who have left high school before graduating.
- Opened the Victory Farm at the Thurston County Food Bank’s Lacey Distribution Center.
- Completed the framework for our new Strategic Plan, aligning our intentions for deepening our impact in the coming years.
- Welcomed our new Executive Director, Deb Crockett.

We are grateful indeed for the diverse volunteers, partners, businesses, foundations, families, and more who brought their passion, creativity, and generosity to help GRuB grow! See our full list of 2019 supporters on our website.

We couldn’t have done it without you!

Deb Crockett
Deb Crockett,
Executive Director

Michelle Harvey
Michelle Harvey,
Board President

FINANCIAL REVIEW

While this annual report focuses on calendar year 2019, GRuB’s fiscal year ran from July 1, 2018 through June 30, 2019. This was a big year for investing in our infrastructure. We spent \$75,000 in restricted funds, income that we received in previous fiscal years. We made improvements to our kitchen, two of our greenhouses, and in our classroom. We installed a new well for our Farm and, as part of our Conservation Plan, we built a covered compost facility. Even with all that money spent, we increased our rainy day reserve funds by nearly \$14,000.

YEAR-END ASSETS 6/30/2019

Cash & Receivables	253,812
Farm, House, Equipment	579,202
TOTAL ASSETS	\$ 833,014
Reserve Funds	79,253
Temporarily Restricted	54,551
Unrestricted Net Assets	699,210
TOTAL EQUITY	\$833,014

2019 PROFIT & LOSS

INCOME	
Grants	404,234
Community Donations	195,435
Earned Income	83,305
School District Partnerships	70,968
Special Events	64,858
Tribal Partnerships	57,484
In-Kind Donations	51,251
Contracts	28,912
United Way	842
TOTAL INCOME	\$957,289
EXPENSES	
Youth Programs	234,426
Community Food Solutions	138,512
Program Pollination	119,917
Fundraising & Events	119,295
GRuB Farm	106,147
Tend, Gather & Grow	80,857
Administration	61,690
Cultivating Community & Leaders	57,533
Special Projects	47,484
TOTAL EXPENSES	\$965,861
NET INCOME	-\$8,572

Garden-Raised Bounty in 2019!

Growing Food

“I was extremely excited...because not only is fresh organic produce just delicious and good for my health, saving money on something as basic as food when I have zero income as a single momis just more than I could ask for.”

— CSA Recipient through the MayDay Foundation, supporting families experiencing cancer

GroundED

served 31 teens and young adults through a 144-hour program focused on the basics of sustainable agriculture and job skills, while growing food, growing themselves & growing community. Together with our partner GRAVITY, nine students earned their GEDs, and 30 tests were passed!

11 youth alumni held leadership roles on the Farm and in Youth Programs

50 families participated in Families on the Farm

13,925 pounds of food grown on the GRuB Farm

Growing Teachers

“Tend has reinvigorated me as an educator. I am inspired by the engaging and culturally relevant learning that happens through this curriculum, as well as the potential it holds to influence American agriculture and the way we think about our food system.”

— High School Teacher

3,500 hours spent by interns & volunteers on the Farm

43 backyard gardens built for households with low incomes

800 students & 125 teachers engaged with the Tend, Gather & Grow curriculum

7,600 pounds of food donated to households with low incomes

Growing Community

“I had a group of people who supported me and looked forward to seeing me succeed. I felt like I was relied upon and could rely upon others. It felt like I had a really big reason to wake up in the morning.”

— Youth Farm Assistant

35 schools and organizations using the Tend curriculum

10,000 sq ft veteran-led Victory Farm came to life in Lacey

608 children hosted on GRuB Farm Field Trips

Growing Resilience

“The experience was fantastic and the support was amazing and compassionate. I feel empowered to keep gardening and share and encourage others.”

— Backyard Gardener

~ Growing Healthy Food, People and Communities ~

Getting GRuBby Resources During the Pandemic

1. Eat Healthy Foods

- Order veggies through GRuB's Market Stand: goodgrub.org/farm-stand
- Check out the Community Farm Land Trust's direct sales Farm Map: communityfarmlandtrust.org/farm-map

2. Grow Your Own Goodness

- Visit GRuB's self-service Community Seed Shed at 2016 Elliott Ave NW, Olympia.
- Get a garden through GRuB's garden building programs.
- No garden space? Grow herbs and veggies in buckets, milk jugs, or canvas totes.

3. Get GRuBby in your home garden after the last frost May 15th near Puget Sound

- **Direct seed outside:** root crops, greens, herbs, cabbage family, corn, beans
- **Direct seed under cover:** cucumber, melon, squash
- **Transplant heat-loving seedlings:** tomatoes, peppers, basil
- **Mulch** to feed the soil & keep moisture in the ground
- **Set up trellises** for tomatoes and beans while they are still small!

4. Send a Botanical Message

Can't see your loved ones in person?
Make and send them a pressed flower card!

- Gather spring flowers.
Look for rose (love & protection), violets & pansies (soothing), calendula (healing), or daisies (new beginnings & happiness).
- Press them between clean paper in a heavy book for 1 - 2 weeks.
- Use the flowers to decorate a handmade card.



5. Gather Wild Plants at Home

- Attend an online workshop to learn more: goodgrub.org/events
- Learn to identify & prepare seasonal wild plants.
- Adapt activities from our *Tend, Gather & Grow* curriculum for homeschooling, family fun, and adult learning. Find our modules online for cleavers, dandelions, salmonberry, willow, and yarrow.



Plantain

Meet our Plant of the Month

Make a Plantain Poultice

Plantain (*Plantago* species) is a common plant that thrives in backyards, fields, and gravelly walkways. Look for its smooth leaves with parallel veins and strong white fibers. Its creamy-white flowers are arranged like a tutu.

Plantain is one of our favorite medicines on the GRuB Farm for soothing itchy bites, bee stings, cuts, and scrapes.

Chew up or mash a plantain leaf, and place it right over a wound to ease skin irritation, draw out infections, and speed the healing process! You can even wrap another leaf around the poultice like a Band-Aid. Make sure to harvest plantain in a safe place without contaminants.

Explore the *Tend* module **Plantain: The Useful Weed**. Practice scientific drawing, make plantain oil, and dig deeper with other types of herbal poultices.

For more information on how to identify, harvest, and use plantain for food and medicine see our May Plant-of-the-Month Blog.



6. Connect with Community

- Raise funds for our *Lettuce Build Gardens* campaign to gift gardens to 150 households this year!
- Join the Garden Support Team to share your love of gardening with others.
- Follow us on Facebook, Instagram, or our COVID-19 webpage to get up-to-date information, resources, and ways to contribute and connect.

Companion Planting Chart

Excerpted from GRuB's *Growing Guide* available on our website.

CROP	COMPANIONS
Beans, Bush	Carrots, Cucumber, Corn, Cabbage Family, Celery, Strawberry, Summer Savory
Beans, Pole	Corn, Summer Savory, Radish
Cabbage Family	Aromatic Herbs, Celery, Beets, Onion Family, Dill, Chamomile, Spinach, Chard
Carrots	Peas, Lettuce, Rosemary, Onion Family, Sage, Tomato
Celery	Onion & Cabbage Family, Tomato, Bush Beans, Nasturtium
Corn	Beans, Peas, Pumpkin, Cucumber, Squash
Cucumber	Beans, Corn, Peas, Sunflowers, Radish, Lettuce
Lettuce	Carrot, Radish, Strawberry, Cucumber, Onion Family
Onion Family	Beets, Carrot, Lettuce, Cabbage Family
Parsley	Tomato, Asparagus
Peas	Carrots, Radish, Turnip, Cucumber, Corn, Beans
Potatoes	Beans, Corn, Cabbage Family, Marigolds
Pumpkins	Corn, Marigold
Radish	Peas, Nasturtium, Lettuce, Cucumber
Spinach	Strawberry, Celery, Eggplant, Cauliflower
Squash	Nasturtium, Corn, Marigold, Radish, Onion Family, Beans
Tomato	Onion Family, Nasturtium, Marigold, Carrot, Parsley, Cucumber, Basil, Asparagus
Turnip	Peas

