

# Planting the Seeds for a Local Food Economy for All

### Letter from CISA's Executive Director and Board Chair

Every year, our farmers in the Pioneer Valley work hard to make a living. From year to year, the vagaries of the weather or local markets may impact the specific obstacles they face, but the underlying challenge remains: how to succeed in a global economy which rewards industrial-scale production and hides the true costs of producing good food?

At CISA, we help over 250 Local Hero member farms and 150 member food businesses overcome their challenges. We provide technical assistance to help our farmers gain the business skills they need to be successful and to navigate a changing climate and a global economy. We work to promote farms and farm businesses so Valley residents will step up to buy local, invest local, and advocate for their local farmers.

As we implement our Strategic Plan, we are focused on taking on some big problems. A recent UMass study confirmed that we still have work to do, finding that most of the CSA farms interviewed struggled with important economic viability issues.

- A majority of the farmers interviewed found it hard to make a living for themselves and the people who worked for them.
- The farmers could not raise prices for farm shares because the supply of farm shares appears to have met the current demand.
- Despite farmers' efforts to make shares available to low-income residents, some residents are unable to afford them.

These issues are not limited to farms selling CSA shares, and our activities are designed to address these challenges. For example, in 2015, we:

- Expanded our presence in Hampden County: Farmers in Hampden County make less money than those in Franklin and Hampshire Counties. We know our technical assistance and marketing helps farms be more successful and we are very pleased that there are now 40 farms in Hampden County who are Local Hero members, up 60% from two years ago.
- Worked to keep our dairy farms strong: Dairy farms have faced huge challenges because the price of milk is set nationally and does not reflect the costs of producing milk locally. We have been educating the public, elected officials, and wholesale buyers about the challenges.
- Raised the profile of local farms: We believe that our farmers' stories can educate all. Last year we produced weekly radio segments, monthly television segments, and frequent print coverage of issues important to local agriculture. We reached tens of thousands of residents through these media outlets
- Positioned local agriculture for the future: Local farms can only succeed if people are willing and able to pay the price for fresh, healthy food. For those with more wealth, we let them know the positive impact of their daily purchases. For those with less, we launched SNAP & Save to increase their purchasing power by matching their SNAP purchases at farmers' markets, and expanded our Senior FarmShare program. We hope these small steps are the first of many to expand access to locally grown food.

Our vision is for a local food economy that supplies 25% of our food, supports the families of farmers and farmworkers, fosters a healthy environment, and provides locally grown food to all residents. That's an economy that can feed and work for us all.

Our success depends on you. Please join us in the field, restaurant, or at our kitchen tables!

Sincerely,

Philip Korman Executive Director

Chair of the Board

# CISA Highlights 2015

# This has been an important year for local agriculture.

On the state level, the first comprehensive food plan was released in over 25 years. Its focus was on local food and its scope was extensive, ranging from farming to fishing, land to living wages. CISA was a partner in the process and we helped bring the voices of our farmers to the conversation.

Closer to home, we completed the first year of our strategic plan. Our work helps ensure that farming is a sustainable business and we live in a community with accessible local food for everyone. We are growing healthy farms, healthy communities, and a healthy organization!

# **Growing Healthy Farms**

CISA offers extensive training and educational offerings to help local farms and food businesses thrive. We work to identify and create opportunities to strengthen the local food economy through investment and policy.

"CISA's workshop series was incredible for me, it's helped reshape our farm, and it continues to frame a lot of our planning."

-ANGELA ROELL, YARD BIRDS FARM

- In 2015, we held dozens of workshops, networking events, and consultations with farmers, food business owners, and buyers representing retailers, hospitals, schools, colleges, specialty foods producers, and more. Over 450 farmers and business owners participated in these events (some of them more than once!). Over 75% of participants said they would try something new on their farm as a result—from writing a press release or improving the layout of their market stand to evaluating income stream.
- We helped local food reach grocery stores, restaurants, schools, colleges, and hospitals, as well as reaching consumers through farmers' markets and CSAs. We connected growers to buyers and supported them in navigating pricing, distribution, and communication. In 2015, CISA began a research initiative to identify and address bottlenecks in our region's distribution system for local foods.
- We partnered with the new Pioneer Valley Grows Investment Fund, which provides financing to food and farm businesses and offers an opportunity to invest in the local food economy through the Fund.
- We were also excited to partner with the Grinspoon Foundation, which provided awards to 33 farms in western Massachusetts for physical improvements to their farms.

"Our [Local Hero] membership has certainly paid for itself through both the CISA advertising and your efforts to connect producers with buyers."

-BOBBIE KAMEN, MOUNT WARNER VINEYARDS



# **CISA** Highlights 2015



Amherst Farmers' Market Jason Threlfall photo

# **Growing Healthy Communities**

Our local farms can play an important role in growing healthy communities. CISA's promotional work elevates the visibility and importance of local farms and food businesses. When our farms are vibrant and successful, they can provide fresh, healthy food for everyone in our community.

CISA's programs and partnerships raise awareness about local agriculture to foster a supportive climate for farmers and we help expand access to locally grown food by addressing affordability and convenience.

- Our promotional efforts help make farm and food businesses a regular presence in social media, print, radio, and TV across the Pioneer Valley. We co-hosted 46 radio interviews on WRSI with farmers and businesses, appeared in nine Mass Appeal segments to talk about everything from incorporating local into kids' lunches to winter markets, and coordinated seven WGBY Connecting Point segments with tours of a dairy farm, maple sugaring, and mixed vegetable growers.
- We showcased the important role of dairy farmers through a tour for buyers and the press, and we dove into the intersection of pricing, affordability, and farm viability in a series of opinion pieces in the press.
- We launched SNAP & Save to match up to \$5 of SNAP (food stamps) benefits at participating farmers' markets. This helped make local food available to more people, increased the customer base at farmers' markets, and supported farms. SNAP & Save builds on the efforts of individual markets to support SNAP purchases, and relies on community support from individuals, markets, and partners like Healthy Hampshire/Mass in Motion and the Kendall Foundation.
- Eleven farms supplied fourteen Senior FarmShare sites funded by CISA—ensuring 400 low-income seniors had access to fresh local vegetables for 10 weeks over the summer.

"CISA nearly singlehandedly took enthusiasm for local food in this area and channeled that energy into viable markets and commercial opportunities for local farms. There are an awful lot of farms that would have gone out of business if it were not for their efforts."

-AMY KLIPPENSTEIN, SIDEHILL FARM

# **Healthy Organization**

CISA's fiscal picture has become more secure. We have received consistent government and foundation funding and strong support from individuals and businesses which has resulted in a positive bottom line for every year since 2009. This success has allowed us to re-invest in the mission and organization by increasing staff benefits, adding staff, and paying off the mortgage on the CISA building. CISA is also committed to strengthening our organizational capacity to work in multicultural communities and continues to invest in this important endeavor.

Looking forward to the remainder of 2016—CISA began raising funds for "Local Food for All" which will expand SNAP & Save to match SNAP (food stamp) purchases at farmers' markets, and Senior FarmShare to reach 450 low-income elders. We also launched "CISA Cultivators" to invite donors to give monthly to create a more predictable stream of income for CISA (see p. 7).

Philip Korman

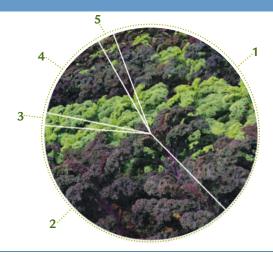
Executive Director

Mike Wissemann

Treasurer

# 2015 Financial Summary

Revenue and Support	2015*	2014
1. Grants and Government Contracts	\$453,660	\$530,910
2. Donations	\$402,788	\$363,919
3. In-Kind Donations	\$21,503	\$20,802
4. Program Support	\$142,863	\$137,020
5. Other Income	\$24,021	\$21,816
Total Revenue and Support	\$1,044,835	\$1,074,467



Expenses		
1. Program & Community Education	\$765,502	\$774,579
2. Fundraising	\$154,594	\$138,356
3. Administration	\$91,677	\$78,261
Total Expenses	\$1,011,773	\$991,196
Net Assets, Beginning of Year Net Assets, End of Year	\$1,234,335 \$1,267,396	\$1,151,066 \$1,234,335
Restricted and Designated Assets		
Building Fund	\$28,773	\$77,660
Reserve Fund	\$406,085	\$402,762
Emergency Farm Fund	\$142,927	\$147,913
Grants and Donations	\$246,975	\$259,476
Total Restricted and Designated Assets	\$824,760	\$887,811
Net Property and Equipment	\$308,674	\$61,612
Unrestricted and Undesignated Net Assets	\$133,962	\$284,912

<sup>2</sup> 

Pie chart photos: (top) Old Friends Farm, Amherst Old Friends Farm photo, (bottom) Intervale Farm, Westhampton CISA photo

<sup>\*</sup> Unaudited figures (audit not completed at time of publication)

## Intervale Farm

# Local Hero farm profile

When Rick Tracy's grandfather bought Intervale Farm in 1936 it didn't bear much resemblance to what it is today, despite being on much of the same land. It was a wholesale dairy farm which is how it stayed through two generations of Tracy farmers. In 1981, Rick came home from Penn State to join the family business with his wife and business partner Maureen Dempsey. The dairy herd had been sold and Rick and Maureen decided to refocus the farm as a mixed vegetable operation.

Rick made money during college by growing and selling vegetables from the family garden at the Northampton Saturday Farmers' Market. Maureen grew up mostly in the suburbs and had little experience with farming. The couple continued with farmers' markets and in the mid '80s branched out into the wholesale business with the Pioneer Valley Growers' Association. By the early '90s, they felt that they would not be able to grow vegetables on the scale that would make wholesale farming profitable, so they switched to selling directly to the consumer. Today, Intervale sells through farmers' markets in Florence and Northampton, their farm stand, a 50-member CSA program, and 30 mini-CSA shares distributed to low-income seniors in Huntington and Chesterfield through CISA's Senior FarmShare program.

"People's tastes have changed a lot since we started farming. They're more interested in food and in having access to a variety of kinds of food ..."

Maureen and Rick have played an important role in building farmers' markets in Northampton. Intervale Farm was an early vendor at the Northampton Saturday Market, which recently celebrated its 40th year, and Rick serves as president of the volunteer steering committee. Maureen was instrumental in helping the market accept SNAP benefits and serves as an advisor to CISA's SNAP & Save program, which matches SNAP spending at farmers' markets.

"People's tastes have changed a lot since we started farming. They're more interested in food and in having access to a variety of kinds of food," Maureen



comments. She and Rick have expanded their offerings to keep pace, adding specialty greens like arugula and broccoli rabe, eggs, and lamb, as well as nursery plants and cut flowers.

Rick and Maureen grow their vegetables without chemical herbicides or pesticides, despite it meaning quite a bit of extra labor for them. They've chosen to communicate directly with their customers about their growing practices rather than to go through the organic certification process.

Rick and Maureen first heard about CISA through UMass Extension. They started coming to CISA's workshops and joined the Local Hero program in 2004. After a CISA workshop on web marketing and websites, CISA offered one-on-one consulting, which Intervale used to build a new website. "CISA's efforts to market locally grown farm products on behalf of the farmers that grow them has been an enormous help," Maureen says. "They've been wonderful as a marketing agency and a way of getting people interested in buying local," she says. "That's such a big thing now, and CISA had a big hand in having that happen."

With none of their three children planning to work in farming, Intervale's long-term future is uncertain, but for now, Maureen says, "We're at a good point. Rick's been going to the Saturday Market for over 35 years, and I've been going to Florence for 25, so we've got a really good customer base. Many of them have been with us since the beginning."

# **Local Hero Members**

**FARMERS** Abundance Farm Amethyst Farm Amherst Farm Winery Amherst Nurseries Andrew's Greenhouse Apex Orchards The Apple Place Art's Berry Farm Astarte Farm The Atherton Farm Atkins Farms Atlas Farm Austin Brothers Valley Farm Australis Aquaculture Balky Farm Barberic Farm Bare Roots Farm The Bars Farm Barstow's Longview Farm Bascom Hollow Farm Bashista Orchards Bear Meadow Farm Bear Path Farm Bear Swamp Orchard The Benson Place Bergeron Sugar House Birdhaven Blueberry Farm The Bitty Red Barn **Blossoming Acres** Blue Heaven Blueberry and Raspberry Farm Book and Plow Farm Borawski Farm Bostrom Farm Boyden Brothers Maple Bree-Z-Knoll Farm Bridgmont Farm Brookfield Farm Brook's Bend Farm Bug Hill Farm Burnt Hill Farm, LLC Calabrese Farm Carl Popielarz Pig Farm Carr's Ciderhouse Chase Hill Farm Chestnut Mountain Tree Farm Chicoine Family Farm Ciesluk Farm Stand Clark Brothers Orchards Clarkdale Fruit Farms, Inc. Common Wealth CSA Cook Farm & Flayvors of Cook Farm Cook's Farm Orchard Copperhead Farm Couch Brook Farm Coward Farm Coyote Hill Farm Crabapple Farm Cranston's Tree Farm

Cream of the Crop Farm

Crimson and Clover Farm

D & R Farms Dancing Bear Farm Dan's Veggies Dave's Natural Garden Deepening Roots Farm Devine Farms DewGreen Farm Dickinson Farm Diemand Farm Dufresne's Sugar House E & | Scott Orchard E. Cecchi Farm Fast View Farm Echo Hill Orchards & Winery Echodale Farm Eden Pond Farm EIEIO Farm Enterprise Farm Falls Brook Farm Farmacy Gardens Flourish Farm Flynn Farm Forty Acres Farm Four Rex Farm Four Star Farms, Inc. Foxbard Farm Frances K. Pekala Horticulturalist Freeman Farm Frizzell Hill Farm Fungi Ally Gardening the Community The Gill Greenery Goat Nook Farm Godard's Red Hen Farm & Mineral Hills Winery Golonka Farm Good Bunch Farm Gooseberry Farms Grace Hill Farm Gran Val Farm/Scoop Granny's Place Graves-Glen Farms Gray Dog's Farm Greens Treat Hardwick Vineyard & Winery Hartman's Herb Farm Harvest Farm of Whately Headwater Cider Hettie Belle Farm High Lawn Farm Hilltown Grazers Holly Wescott's Farm Hosta Hill Farm Intervale Farm Invisible Cities Apiary J & J Farms

Joe Czajkowski Farm

Johnson Hill Farm

Johnson's Farm

Johnson Brook Farms, LLC

loe's Farm

Just Roots/Greenfield Community Farm Justamere Tree Farm K & L Organic Growers Kenburn Orchards King Creek/Queen's Greens Kinne Brook Farm The Kitchen Garden Kleeberg's Sugar House Kosinski Farm La Finca, Nuestras Raíces Farm Lakeside PYO Strawberries LaSalle Florists Laurenitis Farm Lazy Acres Farm Left Field Farm Leyden Glen Lamb Little Brook Farm Long Plain Farm Lukasik Family Farm Lyonsville Farm Malinowski Farms Manda Farm Many Hands Farm Corps Maple Corner Farm Mapleline Farm Martin's Farm Compost and Mulch Mayval Farm McCray's Farm and Country Creamery McKinstry's Market Garden, Chicopee McKinstry's Market Garden, Granby Meadow View Farms, LLC Meadowbrook Farm Merrick Farm Mockingbird Farm Moss Hill Farm Mount Warner Vineyards, LLC Mountain Orchard, LLC Mountain Pasture Farm Mountain View Farm Mycoterra Farm Natural Roots New England Apiaries New England Wild Edibles New Lands Farm New Salem Preserves, Inc. Next Barn Over Farm North Hadley Sugar Shack Northfield Mount Hermon Farm Northwoods Forest Products, LLC Nourse Farms Old Depot Gardens Old Friends Farm Open View Farm **Educational Center** Outlook Farm Park Hill Orchard

Paul Bunyan's Farm

& Nursery, Inc.

Paul's Sugar House Pieropan Christmas Tree Farm Pine Hill Orchards Pioneer Valley NE Growers Coop Pioneer Valley Popcorn Plainville Farm Plante Farm Pomeroy's Vegetable Farm Popeye Hill Farm Pop's Farm Quonquont Farm Rainbow Harvest Farms Randall's Farm Raspberry Patch Farm Ravenwold Greenhouses Ray's Family Farm The Raymond Farm Red Barn Honey Company Red Fire Farm Red Gate Farm Education Center River Maple Farm River Rock Farm Riverland Farm Roaming Farm Rock Ridge Farm Roundhill Orchards Sage Farm Sapowsky Farms Sawmill Farm Sawyer Farm Seeds of Solidarity Farm Sentinel Farm Shattuck's Sugarhouse Shinglebrook Farm

Sidehill Farm Simple Gifts Farm Sixteen Acres Garden Center, Inc. Small Ones Farm Smiarowski Farm Stand and Creamery Songline Emu Farm South Wind Farm Steady Lane Farm Stillman Quality Meats, LLC Stockbridge Farm Stone Soup Farm Stonegate Farm Stony Creek Farm Summit Farm Sunrise Farms Sunset Farm Sweet Morning Farm Sweethaven Farm Sweetwater Farm Szawlowski Potato Farms Tanstaafl Farm Teddy C. Smiarowski Farm Thomas Farm Trillium Farm Twenty Acre Farm Twin Maples Farm Twin Oaks Farm Upinngil Valley View Farm Vollinger Farm W & W Farms Walnut Hill Farm Wandering Brook Farm

Shoestring Farm



Warm Colors Apiary Warner Farm West Granville Blueberries Wheel-View Farm White House Farm Whitney Acres Farm Wild Rose Farm Wilder Brook Farm Wilder Hill Gardens Winter Moon Roots Winterberry Farm Yang Farm Yellow Stonehouse Farm

#### INSTITUTIONS

Amherst College

The Arbors at Greenfield **Baystate Dining Services** Baystate Franklin Medical Center Baystate Mary Lane Baystate Wing Hospital The Bement School Chicopee Public Schools Cooley Dickinson Hospital Deerfield Academy Eaglebrook School Greenfield Community College Hampshire College Lathrop Retirement Communities Loomis Communities -Applewood Northampton Survival Center Northfield Mount Hermon Prospect Meadow Farm (ServiceNet Inc.) Rockridge Retirement Community Smith College Dining Services

# **LANDSCAPERS**

UMass Amherst

Broadfork Permaculture: Edible Landscapes and Ecological Design Hadley Garden Center Megan's Valley Garden & Landscape Supply New England Wild Flower Society at Nasami Farm

#### **RESTAURANTS**

30Boltwood/ The Lord Jeffery Inn A Touch of Garlic Alice's Kitchen Alina's Ristorante The Alvah Stone Auntie Cathie's Kitchen Beets & Barley Bistro Les Gras Black Sheep Deli Blue Heron Restaurant & Catering Bottega Cucina Bridgeside Grille

Bueno Y Sano **Buon Appetito Ristorante** Center Square Grill Champney's Restaurant & Tavern at the Deerfield Inn Chandler's Restaurant Chez Albert Coco & The Cellar Bar Cup & Top Café The Dirty Truth Dobra Tea Eastside Grill Esselon Café The Farm Table at Kringle Candle Felix's Family Ristorante Fitzwilly's Five Eyed Fox Gill Tavern GoBerry, Amherst & Northampton Great Wall Restaurant Hearty Eats Henion Bakery High Horse Brewing Hillside Pizza, Bernardston, Hadley, & South Deerfield Hofbrauhaus Hope & Olive Hungry Ghost Bread The Hush and Proper Jake's Johnny's Tavern Lattitude Restaurant The Laughing Tomato Wood Fired Pizza Local Lone Wolf Magpie Market Place Bistro Max's Tavern Mi Tierra Restaurant MRKT Farm to Table My Main Squeeze Juice Bar Northampton Brewery Paul & Elizabeth's The Passionate Pear Catering Co. Roadhouse Café Roberto's Restaurant Sam's Pizzeria and Café Small Oven Bakery Spoleto Group Sylvester's Restaurant

Bub's BBQ

# Woodstar Café **RETAILERS**

West End Pub

The Whately Inn

AC's Main Street Market All Things Local Coop Market Armata's Market

Taylor's Tavern & Restaurant

Wagon Wheel Restaurant

Wheelhouse Farm Truck

Atkins Farms Country Market Barstow's Dairy Store and Bakery at Longview Farm Big E's Super Market Big Y World Class Markets, Amherst, Greenfield, Northampton, & Southampton Cooper's Corner Cornucopia Foods Elmer's Store Foster's Supermarket Inc. Fresh Acres Market Green Fields Market Greenfield Farmers Cooperative Exchange Hager's Farm Market Keystone Market Leverett Village Coop Maple Farm Foods Mapleline Farm Home Delivery Service/Rao's Coffee Roasting Co. McCusker's Market Millstone Farm Market New England Felting Supply North Hadley Market Old Creamery Cooperative **Provisions** Quabbin Harvest Randall's Farm & Greenhouse Rice Fruit Farm River Valley Coop Serio's Market Squash, Inc. State Street Fruit Store Sutter Meats This Week's Box/Bay State Fish Share Valley Green Feast Collective Whole Foods Market Williamsburg Market

#### **SPECIALTY PRODUCERS**

Appalachian Naturals Artifact Cider Artisan Beverage Cooperative Black Birch Vineyard Blake Orchard Juicery Forest Products Associates I Can With, LLC Lashway Lumber Maple Valley Ice Cream Mi Tierra Tortillas Mother's, Inc Pioneer Valley Vinegar Works Ponders Hollow Custom Wood Flooring & Millwork Real Pickles Cooperative Relish the Harvest Richardson's Candy Kitchen Stoneman Brewery Tornado Firestarters, LLC



quality vegetables."

-FARMERS' MARKET CUSTOMER

# Supporters we've done our best to include everyone—if we missed you please let us know

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# Become a CISA Cultivator by joining our monthly giving program!

# It's the easiest way to give and ensure that CISA receives your ongoing support.

Your recurring monthly donation will increase our capacity to support farmers and to scale up the local food system to provide more local food to more residents in our region.

Your monthly donation creates a predictable source of income we can count on! We offer monthly, quarterly, and annual reoccurring gift options starting at just \$10 a month!

Sign up online at: buylocalfood.org/donate

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# Lisa Baskin

# Donor profile

Lisa Baskin has made the Valley her home since the 1960s and the community is a better place because of her activism, philanthropy, and commitment to supporting local. "I'm fortunate enough to be able to contribute financially. It's my responsibility to do this because I can."

Lisa has supported CISA for well over a decade. We're grateful for her contributions to our Annual Fund and her participation in our Legacy Circle (planned giving). More importantly, Lisa is an active advocate for local agriculture, working to build community connections and catalyze actions that benefit farmers, local business owners, and community residents. She also feels strongly that something as important as healthy food must be available to everyone—it can't be limited to people with certain socio-economic backgrounds. Because of this belief, she is supporting "Local Food for All," CISA's new campaign that

will increase SNAP matching at markets across the Valley and the number of low cost farm shares available for seniors.

"What knocks me out about CISA is that they don't just support farmers' markets in Northampton where it's 'easy' to run a successful market but they support them in Holyoke and Springfield too—underserved communities that need increased access to local healthy food."

Lisa has even played a role in recruiting a CISA Local Hero member, the Great Wall Chinese Restaurant in Florence. Lisa was an early fan of the restaurant and

encouraged the owners to serve non-Americanized Chinese food and to use locally grown ingredients. They now source most of their vegetables locally in season and are even freezing some for winter use. Great Wall has become a part of the fabric of the Florence community. "I introduced them to CISA—and I'm pretty sure they're the only Chinese restaurant that's a Local Hero member!" Like many Pioneer Valley residents, Great Wall chef Ken Cheung has become a fan of sweet corn from Golonka Farm



in Whately. "I love reading cook books," Lisa says. "I saw an amazing recipe for sweet corn, pork, and chilies and I shared it with Ken. He said that sweet corn wasn't used traditionally in his region of China but he'd try it. The recipe is now on the summer menu and the restaurant freezes Golonka's sweet

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but they support

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corn to make corn cakes throughout the year."

Lisa is extremely well versed in the richness of our local agrarian history as it relates to social justice. "There's such a long history here of agriculture and activism going all the way back to the 1840s when abolitionists Lydia Maria Child and David Lee Child attempted to create a sugar beet industry to avoid having to buy slave-made sugar from the South. There are so many threads of social justice and change that are ingrained in agriculture in the Valley."

Lisa is thrilled that "this is such an exciting time—more and more

people are becoming aware of the food they eat and realizing that access to fresh, healthy, and local food isn't just for the 1%." She sees CISA's work as the long game that it is, commenting, "[CISA's] mission of supporting agriculture is only a kernel of what they do. So much of the work is educating people to understand that our community can make a small change that will ultimately have a profound impact other communities."



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