

**GROW NASHUA**  
ANNUAL REPORT

**20  
21**







GROW NASHUA

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## A MESSAGE FROM JUSTIN

Founder & Current Executive Director



If you are here, you either believe in what we are doing or are beginning to believe. Either way, we thank you and invite you to get involved! Grow Nashua is a movement as much as it is an organization. We are made up of Nashua neighbors, some with resources, some without, bringing all together.

This year we are feeling more connected than ever with our greater community. Our program participants are like family to us. By working hand-in-hand we have a built-in feedback loop that allows us to listen and adapt, serving them what they need most. Rising costs continue to squeeze low-income families that are already spending a disproportionate amount of their income on basic needs. The "food at home" category on the Consumer Price Index continues to average 11% annually making fresh food the likely first choice cut when grocery shopping due to high costs and spoilage potential.

*Fresh food is the likely first choice cut by low income families when grocery shopping due to high costs and spoilage potential.*

Fortunately, even though the last two years have had wild ups and downs, Grow Nashua has come out stronger and more efficient. We have increased our team and volunteer base, built our eighth urban gardening site, worked with a local farm to develop a space for refugees to become farmers, grown our food diversion program, and expanded the Lil' Free Farmstand, providing free vegetables directly in the neighborhoods where parents need it the most.

We've come a long way, but entering into our seventh year we feel as though **we are just getting started!**



JUSTIN MUNROE

# VISION MAONO

TO CREATE A MORE RELIABLE  
AND JUST FUTURE, ONE  
NEIGHBORHOOD AT A TIME.

*Crear un futuro más confiable  
y justo, un vecindario a la vez.*

Kuunda wakati ujao  
wakitumaini na haki  
zaidi, kwa ujirani  
wakipe kee.

# MISSION UTUME

Kuanganisha wakaaji wa  
Nashua kwa kulima, Ku kula na  
kushurulikiya vitaa vya udongo.

CONNECTING NASHUA'S  
NEIGHBORS THROUGH  
GROWING, EATING, AND CARING  
FOR EARTH'S RESOURCES.

*Conectar los vecindarios  
de Nashua a través de  
cultivar, alimentar y cuidar  
de los recursos de la tierra.*

GROW NASHUA  
AT A GLANCE

For six years straight, our outreach has doubled in the number of people we serve, and 2022 will continue that trend with an anticipated 6,000 participants served!

Last year our “Growing Spaces” hosted 272 residents who consumed 5,000 pounds of veggies. Our “Growing Education” kicked it up by hiring a new director that has 18+ years classroom teaching experience and allowed us to reach 340 students both in person and virtually with garden, nutrition, and cooking classes.

Our “Lil’ Free Farmstand” gathered 7,500 pounds of excess veggies from gardeners & farmers which were then shared with families in three different neighborhoods. By connecting with those families, we not only supplied

*"We're all building our world, right now, in real time. Let's build it better" - Lindy West*

needed food but also connected with them on a personal level so we could offer additional outreach (think financial wellness training, alignment with heating & food assistance, and even distributing 400 winter coats)!

Curbside Compost diverted 115,000 pounds of food waste from the city’s landfill, reduced methane emissions, and created three new jobs.

MORE THAN YOU THOUGHT!  
OUR PROGRAMS

GROWING EDUCATION

Imagine if our children grew up knowing the importance of caring for our soil, that knew what to do with seeds to make them sprout, and the important impact that nutrient dense food has on their bodies!

Through our Growing Education program in three low income elementary schools we are bringing them this knowledge! Grow Nashua offers fun and interactive learning experiences where children are given a platform to share their experiences, use critical thinking/questioning, and increase their own environmental and food literacy.

LIL' FREE FARMSTAND

We have food deserts in Nashua where it is difficult to easily get to stores that sell affordable, healthful foods. So we strategically place Lil' Free Farmstands there each weekend during harvest season!

The idea came to light when thinking about how many folks grow extra in their garden and just don't know what to do with it. With 20,000 households in Nashua there must be enough generous neighbors willing to share their extra fresh veggies with those that are less fortunate.

We took a guess and we were right... in our first two years giving out over 9,000 pounds of fresh veggies and looking to grow that by 150% this year.

URBAN GROWING SPACES

Let's make a shift for the next generation from just being "food consumers" to being "food producers". We have urban garden sites in eight different neighborhoods throughout Nashua so that families with children can easily walk to grow their food near their homes!

We bring everything together for our families and keep it free and easy to participate all while making social connections with their neighbors in the Growing Space. Everything is free and we provide seedlings, water, nutrients, and hands-on garden education throughout the season to help our families have a successful and abundant harvest season!

CURBSIDE COMPOST

It is easy in modern times to feel like we can't have a local impact on something as big as greenhouse gas or the fact that our landfill has only 5-7 years left before it is full because "What can one person do?"

Well, Grow Nashua provides an avenue through our local food scrap collection services that has already diverted over 360,000 pounds of food waste from our landfill to date, is creating green energy, and returning nutrients back to the soil. An easy step in the right direction to stepping into a greener!







## 2021 INNOVATE

*“Change works at the speed of trust”*

Imagine a city that was interconnected with one another in a way where resources were shared, neighbors knew each other, and people cared about one another. Grow Nashua believes this future is possible and each day is taking steps to bring our community closer to this point.

Our latest initiative, the Lil’ Free Farmstand, is shifting our community’s mindset from scarcity to abundance by making the helpful connection between backyard gardeners that have extra produce and families struggling to

put fresh food on their dinner tables. This program is unique in that it focuses on bringing “new produce” into the charitable food system. Grow Nashua aggregates veggies that exist in the community and brings them directly into the neighborhoods that do not have stores selling affordable, healthy foods aka food deserts. Improving free access to fresh food in these most economically marginalized neighborhoods is not only important to address hunger but also critical to directly combat the prominent chronic disease issues of our area, like obesity, heart disease, and diabetes.

We believe that to provide someone with nutrient dense food is to provide them with the fuel they need to take

positive steps in their lives. This coming year we will be gathering extra fruits & veggies with the addition of our Lil’ Free Veggie Truck that will allow us to pick up nutrient dense produce and get them into the hands of families within 24 hours. Most people don’t realize that nutrients leave veggies fast; one study in the Journal of Food Chemistry found that broccoli could lose up to 70% of its vitamin C and beta-carotene and 50% of its antioxidant activity in just six days.

The best part about this program is that it can work anywhere and in the coming years we hope to assist other communities in forming their own Lil’ Free Farmstands!





“Many hands make light work.”

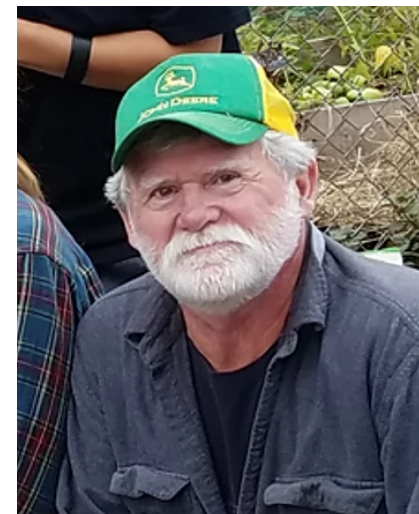
## 2021 AMPLIFY

“What if we all worked together?” It’s a fair question and powerful to think of the possibility! Grow Nashua is adept at engaging with the community and providing opportunities for community members to volunteer and gain awareness around the 10,000 people, locally, that struggle to put food on the table.

We have built schedules and systems to manage volunteers from college interns, to individuals, to corporate groups; utilizing 4,300 volunteer hours since inception in 2015. We were assisted by over 300 volunteers over 2,200 hours in 2021, helping to support, maintain, and expand our Growing Spaces program.

Our Garden Tender volunteers are a wonderful addition and example:

*“They act as a local presence in the space, someone to ask questions of, someone to notice when something breaks, someone watching out for the unusual, and someone that can keep the overall garden a positive environment throughout the season. Their success lies in the success of the gardeners to grow, connect with one another, and enjoy the space.”*



**DAVID**  
Garden Tender

### TEAM SPOTLIGHT

I first met Justin during a “What can senior citizens do for Nashua” seminar where he was speaking about Grow Nashua and I felt that I could contribute to the program. Then Justin learned that I knew my way around tools, and I’ve been with the program ever since. That was about three seasons ago and since then we’ve built a lot of raised beds and moved several tons of mulch and potting soil!

Having grown up on a medium sized dairy farm with a large garden, I thought I knew something about growing veggies. But every time I listen to Justin explain the

finer points of fall plot coverage or organic fertilizer, it becomes painfully obvious that I did not know as much as I thought I did. So, working with Grow Nashua has been a learning experience for me.

Last summer I was the Ash Street Garden tender, which I thoroughly enjoyed. It was so rewarding to watch the plants grow to harvest and see the joy that was evident on the faces of the planters as they worked their plots. My wife and I have relocated from New York, where we had small gardens off and on over the years. Demands of work drew me away from gardening and working at Ash St. brought the memories of those gardens back.



2021

# INTERCONNECT

What if we were all interconnected? On paper we already are, as we have more “friends” on social media than ever before and it is quick and easy to share our opinion and have them like it or cheer us on a moment later. Is that enough? Is that connection meaningful in the grand scheme?

Grow Nashua is working toward connecting real people in real life with our hands in the soil alongside them. Beyond the benefit of growing food near where they live and nutritious foods consumed, these programs allow our families to build community with their neighbors, which we believe to be equally as important to overall health! This type of real connection is what we mean when we say we are working to interconnect our community.

Imagine having a social fabric so strong that we are able to share resources, move information, and care enough that we make personal sacrifices for others' wellbeing? Well the good news is that we do! It is not easy, but we know that this type of impactful possibility comes with time and relationships and so have been building comprehensive programs since 2016. Many of the families that we serve often participate in several of our programs and sometimes even volunteer or get hired as part of our team! Anyway you slice it the closer we get the more opportunities we have to care for people.



“Change moves at the speed of trust.”  
- Beth Tener



## BENEFITS OF SCHOOL GARDEN EDUCATION

- Positive impact on student achievement, behavior, and academic achievement.
- Potential increase in fruit and vegetable intake resulting from taste tests and willingness to try fruits and vegetables.
- Instill appreciation and respect for our shared environment.
- Knowledge of growing and consuming their own fresh produce. A skill to be carried into adulthood with lasting health benefits.
- Improve life skills, including working with groups and self-understanding.



# OUR TEAM MAKES AN IMPACT

Our team and board all live or work in Nashua and are inclusive of people from different places, with varied language skills, and socio-economic backgrounds. These lived experiences of our team and community members enrich our programming and allow it to best match the needs of the community.

This year we were able to expand our staff to include experienced leaders for each of our outreach programs. In Growing Spaces; a leader with 10+ years of technical experience, master gardener, and permaculture certifications. In Growing Education; a certified teacher with 18 years of classroom teaching and a masters

# MISSION CIRCLES

degree in education. In Lil' Free Farmstand; a person with 40 years of living without steady financial resources and lived experience of how people find alternative resources to survive and thrive. And in Curbside Compost; a growth manager with 20 years sales experience and a passion for environmental activism.

We've also put in place a Mission Circle which utilizes a dynamic governance model called Sociocracy with consent decision making, which decentralizes the organization and gives it more balance and reduces any single points of failure.

## TONIA Community Connector

Having a gift for seeing people and hearing where they are coming from, Tonia is a blessing to our community. She always greets neighbors with a smile and some helpful information that will help them get a leg up on poverty by utilizing available resources; not just to survive, but to thrive!



## JESS Youth Education Director

After 20 years of public school classroom instruction Grow Nashua was a natural next step. Her immersive lessons are providing our Nashua 4th graders with hands-on experience in the garden that benefits the mind, body, and soul, while being rooted in academics and social emotional learning.



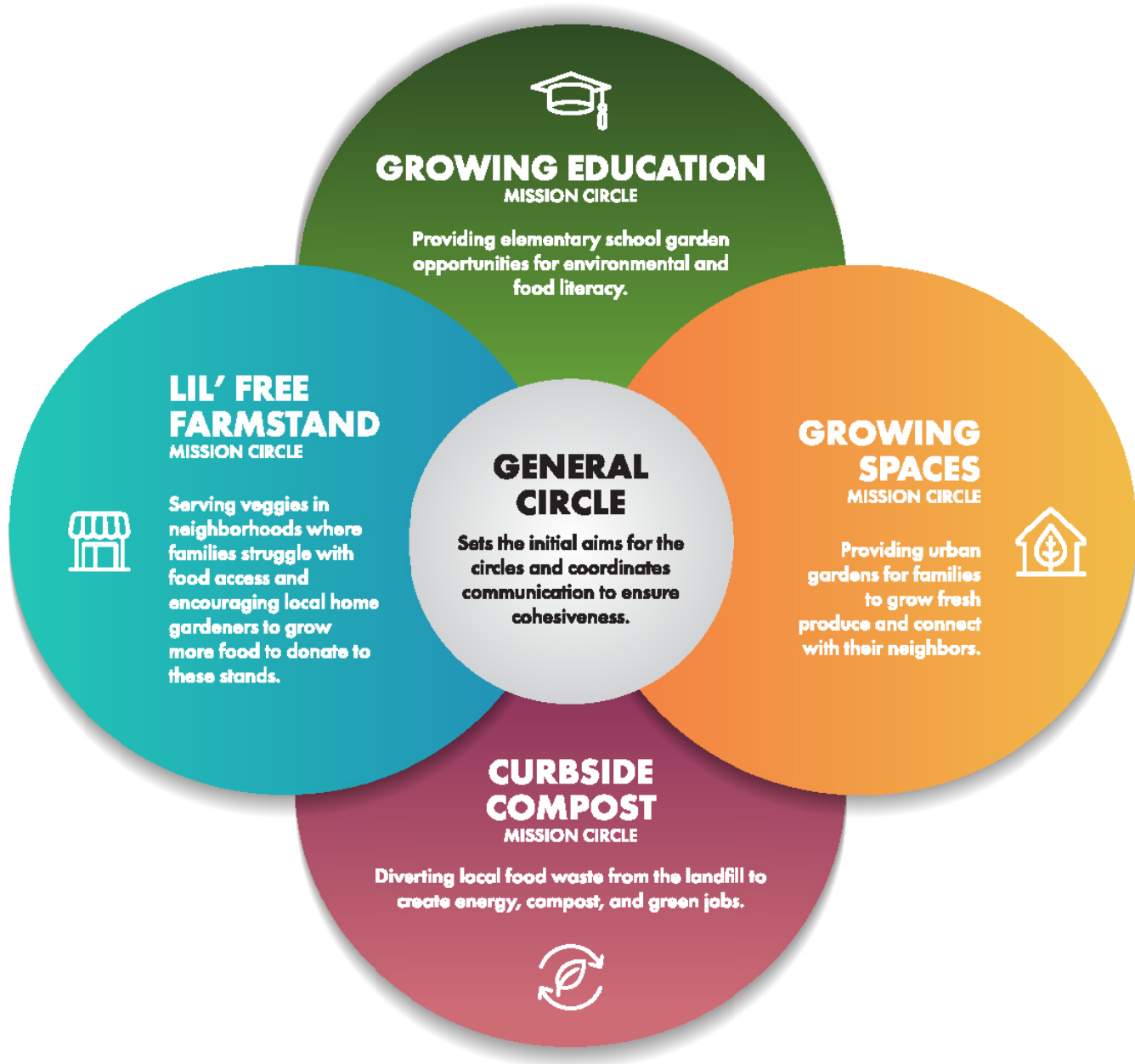
## GIBRIL Compost Courier

After seeking refuge here in Nashua, we met Gibril and have built a strong relationship through our shared love of veggies. His strong work ethic is helping us grow our food scrap diversion efforts, as well as his own production farm that he co-manages with us.



## DAVE Urban Garden Manager

We have been fortunate to have Dave's wisdom, skill, and knowledge on our team since the outset of Grow Nashua 7 years ago. His designs grace our 7 locations and his seasonal agricultural education classes keep our growers growing abundantly year after year!





2021  
CARE

Our mission extends beyond food and encompasses “total community care.”

We love the families we serve.

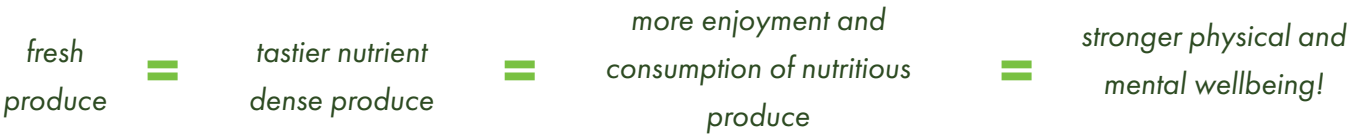
We cherish the earth under our feet.

We believe in interconnectedness.

We teach our future generation.

We believe nutrient-dense food brings sustenance and power.

We know our existing food system is fragile and are working to increase our local food shed by bringing the freshest produce available to families’ neighborhoods because:



Join us to promote health and build community around the common denominator of food and community participation, leading to a stronger, more interconnected city!



IT TAKES A VILLAGE  
HOW YOU CAN MAKE AN  
IMPACT TODAY!

Overall, our community building has been strengthened further this year through real interactions in supporting socially vulnerable neighbors and we invite you to join us, as we change not just Nashua,

but look forward to developing a blueprint for other communities to replicate.

For every family, team member, or volunteer that engages with us we consider them family and know that we are here because of them (you) and only succeed when we all work together.

- FINANCIAL GIVING OPPORTUNITIES:**
- Donate online: [www.grownashua.org/support-growth](http://www.grownashua.org/support-growth)
  - Become a sustaining donor
  - Plan an estate gift or an IRA disbursement

Have another idea but aren't sure how to make it come to life? Email us at [giving@grownashua.org](mailto:giving@grownashua.org) so we can partner together for the growth of our community.









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**GROW NASHUA**

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