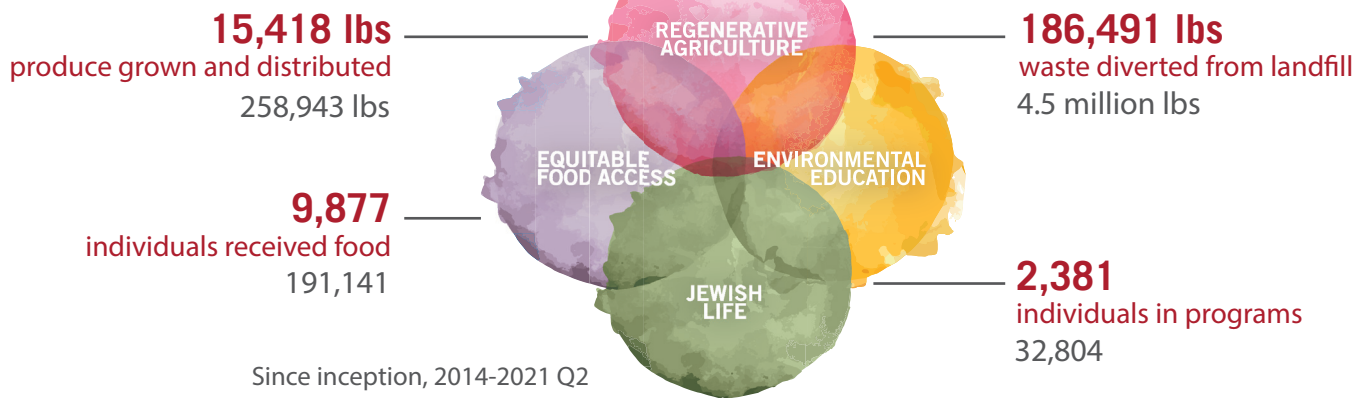




FY21 QUARTER 2 IMPACT REPORT

JANUARY - MARCH 2021

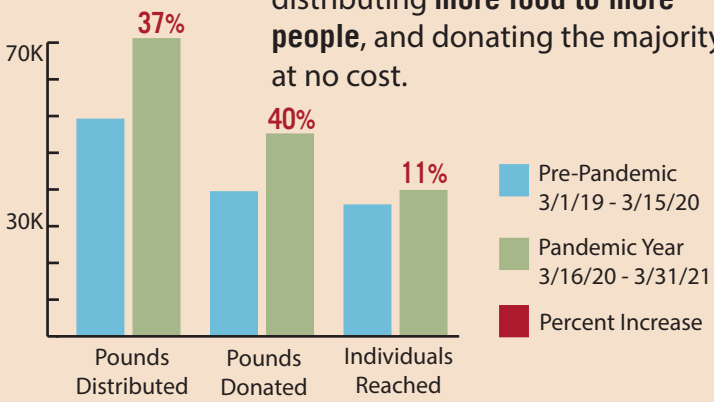
QUARTER 2 IMPACT AT A GLANCE



GROWTH WHEN IT MATTERED MOST



During COVID-19, equitable food access was more important than ever. Thanks to newly activated Food Forest silvopastures and our committed team of farmers, we met increased community need, distributing **more food to more people**, and donating the majority at no cost.



OUR CONTINUED COMMITMENT TO NATIVE FAMILIES

In Quarter 2, we were pleased to host an important virtual food systems conversation highlighting our Organic Food Distribution Program that reaches Indigenous/Native families. We offer sincere thanks to Assemblymember Boerner Horvath and Tribal Chairwoman of the Iipay Nation of Santa Ysabel, Bernice Paipa, for sharing their expertise with our Farm Team and community. We have since secured funding toward this important food distribution program and partnership.



LEARNING THROUGH PLAY

CAMPERS GALORE!

Getting youth outdoors matters, but nature-based educational opportunities are not equally available for youth from underserved communities. We offer scholarships to ensure no family or child is turned away for inability to pay. This Quarter, we were pleased to welcome **135 “Farmers-in-Training”** to After-School and Spring Farm Camp, including nearly **50% on scholarships**.



ON-SITE AND VIRTUAL PROGRAMS



In Quarter 2, we were pleased to host **three COVID-safe, in-person events** including Tu B'Shvat, Purim, and Passover on the Farm for young families. We also provided nearly **60 Virtual School and Group Visits** for classes near and far. Together, these programs reached more than **2,000**

EVOLVING EDUCATIONAL CAMPUS

Enhancements to our learning spaces throughout our educational campus have continued to take center stage as we prepare to welcome the community back for previously-postponed programs beginning in May 2021.

Our Nature Play and Environmental Learning Space now features **recycled climbing logs**, **picnic tables** with umbrellas, and **raised planter boxes**. A **mud kitchen**, low-level **tree house**, **deck**, **nets**, and **stage decks** are coming soon!

Additionally, our Farm STEM Science Lab now features a **Mobile Teaching Kitchen** funded by Sprouts and an **aquaponics system** featuring **tilapia fish** through a partnership with ECOLIFE Conservation generously funded by SDG&E. Both will be used to deepen our School and Group Visit curriculum reaching K-12 grade students.



THE STUDENTS BECOME THE TEACHERS

Our Internship Program is growing! In Quarter 2, **eight Farm Educator Interns** not only learned about organic agriculture, but also **strengthened their skills in outdoor experiential education**. After observing our team of educators leading Farm Camp activities, each had the opportunity to create and facilitate their own original lesson. One lesson focused on the Farm's approach to pest management and what it means to be a “protector,” which culminated in a **camper-designed scarecrow** which now lives in the Education Farm and Gardens! Our next Internship cohort begins this summer, with placements available in the Production and Education departments.

FOOD IS MEDICINE

NEW IN FARMING

For the first time in Coastal Roots Farm history, our team is **inoculating mushrooms** and trialing the use of **ollas, an ancient irrigation technique**. Despite challenges and variables associated with growing mushrooms outside, our team is eager to build beneficial fungal communities around tree roots using **wine cap, nameko, and agaricus varietals**. Originating thousands of years ago, ollas are **clay ceramic vessels** that irrigate crops through efficient water uptake, minimizing overwatering and water loss. Currently being piloted in the raised planter boxes adjacent to the new Nature Play area, campers are learning and troubleshooting alongside our team. Additionally, a **new flock of chickens** is expected to join our "Farmily" this summer. These gals will help us maintain the large level of egg harvests that we have enjoyed during these longer Spring days!



THANK YOU Q2 FUNDERS

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San Diego County Employees'
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(CECO)
Susanne Stanford
Viasat
Marcy and Gerry Welt
Whole Foods Market

Visit coastalrootsfarm.org/support for a complete list of Farm Founder's Circle Members, Corporate Partners, Foundation, and Government Support. For other ideas on how to join us in our work, check out our **Fundraising Toolkit!**

HARVEST RECIPE BOOK

This Quarter, thanks to generous support from San Marcos Community Foundation and two wonderful volunteers, our team was pleased to create a **Farm Harvest Recipe Book** with fresh, healthy, and culturally-relevant recipes featuring produce grown at the Farm and **offered in both English and Spanish**. This free resource will be distributed to low-income families at upcoming, no-cost food distribution at Vista Community Clinic and will help beneficiaries discover new ways to prepare healthy meals.

ARUGULA-BASIL PESTO SPAGHETTI

INGREDIENTS

- 3 garlic cloves, peeled
- 3 cups of basil
- 2 cups of arugula
- 1/2 cup parmesan cheese
- 2/3 cup olive oil
- Sea salt, to taste
- Freshly ground black pepper, to taste
- 1 16-oz packaged spaghetti

Prep time: 10 min
Cook time: 15 min



INSTRUCTIONS

1. For the pesto, add garlic, basil, and arugula in the processor and grind. Add parmesan and oil and process into a paste. Season to taste with salt.
2. Meanwhile, bring a pot of salted water to a boil (this should be as salty as seawater). Once the water is boiling, add the spaghetti and cook for approximately 12 minutes, or until the pasta is al dente.
3. Set aside 1/2 cup of the pasta water and drain the spaghetti. Transfer the cooked spaghetti to a platter and stir in the pesto. If needed, slowly stir in a little of the pasta water to adjust the consistency of the pesto sauce. Test and adjust seasoning as needed.
4. Serve with fresh grated parmesan cheese.

SPAGHETTI AL PESTO DE ARUGULA

INGREDIENTES

- 3 dientes de ajo, sin cascara
- 3 tazas de albahaca
- 2 tazas de arugula
- 1/2 taza de queso parmesano
- 2/3 taza aceite de oliva
- Sal marina, al gusto
- Pimienta negra recién molida, al gusto
- 1 paquete de 16-oz de spaghetti

Tiempo de preparación: 10 min
Cocción: 15 min



INSTRUCCIONES

1. Para el pesto, combinar ajo, albahaca y arugula en el procesador y moler. Agregar parmesano y aceite y procesar hasta formar una pasta. Sazonar al gusto con sal.
2. Mientras tanto ponga a hervir una olla de agua con mucha sal (esta debe ser tan salada como el agua de mar) Ya que el agua este hirviendo agregue el spaghetti y cocine aproximadamente 12 minutos, o hasta que la pasta este bien cocida.
3. Aparte 1/2 taza de agua en donde se coció la pasta y drene el spaghetti. Transfiera a un platón y revuelva con el pesto. Agregue un poco del agua de pasta si necesita ajustar la consistencia de la salsa de pesto.
4. Sirva con más queso parmesano fresco.

