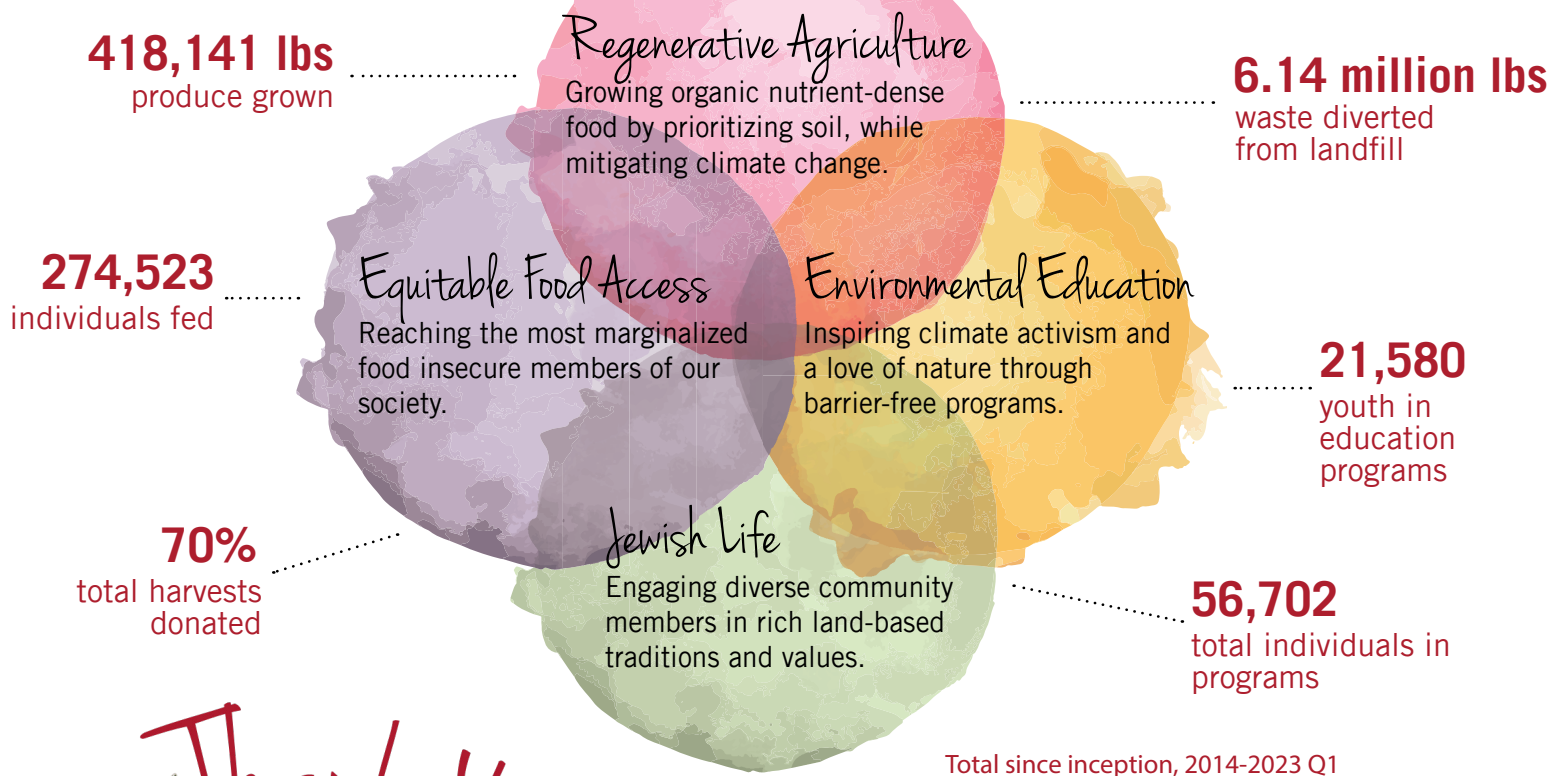


COASTAL ROOTS FARM

FY23 QUARTER 1 IMPACT REPORT

IMPACT AT A GLANCE



Thank You



NOURISHING COMMUNITY 2022

Hunger and climate change are two of the most pervasive issues of today. **1 in 4 San Diegans face food insecurity**, and our **changing climate poses real risks** to the life we currently know.

At Coastal Roots Farm, we envision a regenerative and nourishing food system that cares for all people and our precious planet.

Thanks to the generosity of nearly 150 supporters, we raised nearly **\$245,000** during our **largest-ever 2022 Year-End Appeal**. Thank you for joining us as we feed and nurture our land, soil, and neighbors.

FARMING AND FEEDING

OCTOBER-DECEMBER 2022

From scarcity to abundance: Production was met with especially high pest pressure and severe weather early this quarter. Despite reduced yields in late fall, our team remained committed to providing a variety of seasonal crops to those that rely on our bounty. **Trials and tribulations are a farmer's way of life.** Now big harvests are ahead!

QUARTER 1 IMPACT



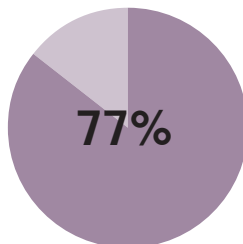
17,324 lbs

of organic food grown using [regenerative techniques](#) that restore soil health, sequester carbon, and conserve water.



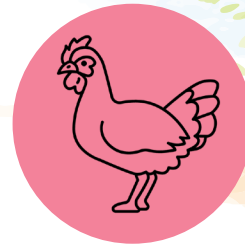
9,910 people

including low income seniors and families, Holocaust survivors, active-duty military and veteran families, Latinx families, and Indigenous/Native families.



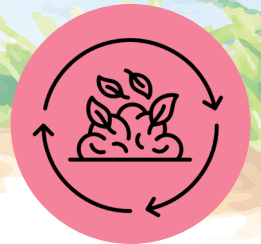
donated

through our pay-what-you-can Farm Stand and during no-cost off-site distributions in partnership with other social service and food system organizations.



5,964 eggs

produced by two flocks of chickens that aerate and fertilize the soil and support with pest management.



111,459 lbs

of waste diverted from the landfill and turned into rich, biodiverse soil.

Knock knock! 31 senior doors

For the last few quarters and based on need, we have continually increased our allocation of farm-grown food to low-income seniors living at Mercy Housing Cantebria. Now, 2-4 times per month, **our distribution team knocks on 31 doors to deliver a colorful bag of produce, recipe ideas, and storage tips, and have developed rapport with these grateful neighbors, sometimes returning to the Farm with cookies baked by residents!**



Did you know? Seed Saving

Seed saving is a method of conserving seeds from a past harvest for future propagation or planting. Regenerative agriculturalists utilize this practice because it **preserves a plant's genetic line, allows farmers to share resilient future plants that have adapted to their microclimate, and preserves food culture and sovereignty.** Our Farm team has been saving and sharing seeds with interns, volunteers, and our greater community!



Farm Stand find: Herb cards

In addition to seasonal vegetables and fruit, the Farm is sprinkled with **herbs that have culinary and medicinal uses.** Guests of the Farm can find beautiful herb cards that highlight their healing properties at our [Farm Stand!](#)

Echinacea

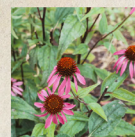
Echinacea purpurea

Parts used: leaves, petals, and roots

To relieve bacterial or viral infections anywhere in the body by supporting the body's own immunity.

Leaves / petals: dried or fresh, steep in boiled water for a mild immune-boosting effect. Apply topically on hard-to-heal wounds.

Roots: tincture or a boil then simmer for 20 minutes at first sign of sickness to boost immune system. Drink 3 cups / day. Apply chewed up root directly to wounds, abscess, toothaches, insect, or snake bites - anywhere hard to heal!



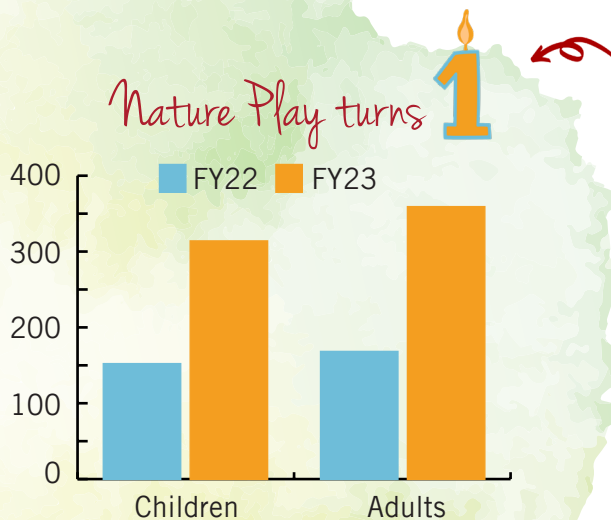


LEARNING AND GATHERING

OCTOBER-DECEMBER 2022

Firing on all cylinders: The Farm's nature-based environmental STEM education programs and corresponding team continue to grow to meet demand from schools, groups, and families. During Quarter 1, seasonal Farm Camps sold out and we ran our first-ever simultaneous programs. Additionally, we are **fully booked for School and Group Visits** through the end of the 2022-2023 school year!

QUARTER 1 IMPACT



Quarter 1 of this year represents a 203% increase in Nature Play attendance compared to Quarter 1 last year when the program launched!



We came, we saw, we gathered.

We kicked off our programmatic year in Quarter 1 with a **gather-themed Sukkot Harvest Festival**, bringing nearly 1,000 children and adults to join in the Farm's "open house" and quintessential agricultural celebration. Featuring more adult learning and partner organizations than ever before, our kavanah (literally, "intention") for the year is to uplift this notion of gather across all four impact initiatives through which we *gather not just crops for sharing but also community for learning and celebrating.*



2,295 youth
reached through Pre-K - 12th grade programs including [Nature Play](#), [Farm Camp](#), [After School on the Farm](#), and [School and Group Visits](#).



272 volunteers
and interns dedicated 652 hours.



1,078 people
attended Jewish holiday programs, workshops, and [community events](#) on the Farm.



New Chanukah traditions, traditions!

This year, Coastal Roots Farm invited its diverse community to join in celebrating **Chanukah** (known as the "**Festival of Lights**") while shopping at the decorated Farm Stand, at a Chanukah on the Farm event especially for young families, and during its first-ever Fiddler on the Roof Sing-a-Long Event in partnership with The Hive, JCC's JCompany, and Jewish Collaborative of San Diego, and featuring root vegetable latkes and a communal candle lighting for the ages.





IN COMMUNITY

Cultivating Impact

Last quarter, Coastal Roots Farm hosted its second **Cultivating Impact Mixer** on the Farm in partnership with Leichtag Foundation and Blair Search Partners for people in the nonprofit and philanthropy community. Thank you to Fox Point Farms and Pure Project Brewing for supporting this event. We are grateful to bring community members together who are committed to caring for people and planet!

L'Chaim! Happy New Year

In December, our **Corporate Partner** Pure Project Brewing hosted our team for a special holiday party and tour. Coastal Roots Farm partners with many local and national corporations who invest in the Farm's impact and enjoy wonderful tailored **benefits** including volunteering and private events on the Farm!



THANK YOU Q1 DONORS

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cultivate healthy,
connected
communities.

