

# ANNUAL REPORT 2023





# 2023 stats at a glance

**\$43,598.35**

**value of produce donated in 2023**



**12**

**food pantry & mutual aid partners**



**56**

**education program participants**



**8**

**volunteer days & tours**



**7**

**paid staff**



# About Us

Gold  
Transparency  
2023

**Candid.**

Unadilla Community Farm is a non-profit farm education center, situated on 11 acres of field and forest in West Edmeston, NY. Founded in 2014 by millennial first-generation farmers who met through the WWOOF network, Unadilla Community Farm incorporated as a 501(c)3 non-profit organization in 2020. Our off-grid, solar-powered center grows 200+ varieties of annual and perennial cold-hardy fruits, vegetables, mushrooms, and herbs in a biodiverse, multi-story food forest model that is one of a kind in our region.

Our work centers on providing education and training in sustainable agriculture, and increasing food access and access to herbalism for low-income, low-access communities. Through the support of individual donors and institutional grants, we donate 100% of our produce to food pantries, mutual aid groups, and herbal clinics. By increasing the amount of high-quality fresh fruits, veggies, and herbs available for their clients, we both improve health & nutrition for communities in need and reduce family food budgets, freeing up family funds for other needs.

## What is a community farm?

Many people are familiar with the term 'community garden,' which, as defined by USDA, is a collaborative project on a shared open space where participants share in the maintenance and products of the garden, including healthful and affordable fresh produce. As a community farm, we are implementing this concept at scale, engaging dozens of volunteers throughout the season from the communities we serve through our Community Volunteer Days. Volunteers assist with production while learning sustainable farming techniques that are efficient and economical. Similar to a community foundation, which is publicly funded and serves the local community, Unadilla Community Farm is a publicly funded 501(c)3 non-profit that serves the regional community in Central NY State, through its Education & Research, Food Access, and Herbal Aid Programs.

As a member of USDA's Conservation Stewardship Program and the first Otsego County recipient of New York State's Climate Resilient Farming program, we showcase a diversity of USDA NRCS recommended conservation practices, such as rainwater collection, multi-story and alley cropping, no-till management, wildlife habitat planting, heavy mulching, on-site composting, crop rotation, and high tunnels.





## Programs: Education

For the past 10 years, Unadilla Community Farm has run a variety of education programs, offering an immersion into a rural, off-grid sustainable way of life. Through a mix of hands-on experience and classroom hours, participants have learned skills related to no-till organic farming, regenerative agroforestry, permaculture design, natural building, foraging, herbalism, plant-based cooking, food preservation, food safety, conscious communication, fundraising, and more.

In 2023, we built off of our popular, 1-month permaculture internship program, expanding it to offer a full-season-long paid fellowship, an opportunity for beginning farmers with at least one season of farming experience under their belt to skill up and deepen their farming knowledge. Fellows learned the day-to-day operations of a non-profit farm focused on increasing food access and access to herbalism, including how to tend to a food forest, with a focus on growing perennial fruits & herbs, cover crops, and annual vegetables. Five Fellows participated in this year's program, alongside our Project Manager, Board President, and an assistant crew member.

This season, we also launched our new Community Volunteer Days, open to the public, which happen at least once a month throughout the season. Volunteers come help out on the farm, learn new gardening skills, and assist with our food access and herbal aid work. Volunteers can count their hours towards experiential course credit requirements, community service requirements, and volunteer paid time off programs for corporate employees. This season's Community Volunteer Days included: Waking Up the Beds for Spring, Herb Propagation, Garlic Harvesting, Herb Transplanting, Garlic Planting, and Garlic Cleaning. We also hosted 2 farm tours throughout the season, which offered an in-depth walk-through of the food forest & explanation of our natural building projects.

**56**  
**education program**  
**participants**

**8**  
**volunteer**  
**days & tours**





## Testimonials

"I loved spending time volunteering at Unadilla Community Farm! It's such a special, beautiful space, and I found some surprising healing that I wasn't looking for in getting my hands in the dirt and working alongside such fantastic people. Being new to upstate NY, it was also a great way for me to be introduced to the area, and to people, organizations, and events that resonate with me. Meeting Greta and Ben was also wonderful as they are fantastic human beings who live their values so fully everyday, which is so inspiring. I will always look back on my time at their farm with fond memories and great appreciation." ~**Kate, 2023 Season Volunteer**



"Martha and I attended the Plant Propagation Volunteer Day at the Unadilla Community Farm and Education Center. We were joined by volunteers from other communities including Delhi, Oneonta, and Norwich. The farm managers, Ben and Greta, along with their three Student Fellows, led us in selecting and taking cuttings from a variety of herbs (peppermint, spearmint, St. John's wort, lavender, chocolate mint, and bee balm), treating them with a natural rooting hormone (willow water), and then properly potting and watering them. We helped the farm expand their plantings by hundreds of new baby plants, and each of the volunteers left with amazing new knowledge and two potted cuttings of our choice. The non-profit farm and education center purchased 12 acres of abandoned and depleted farmland 10 years ago, and by consistently applying a wide variety of modern permaculture techniques now raises over 200 varieties of herbs, vegetables, fruits and berries...amazing farmers and amazing teachers." ~**Marty, 2023 Volunteer Day Participant**

"It was a wonderful experience learning about this farm, their mission and ways that they contribute sustainably and authentically to our community. I enjoy that there are little takeaways from each volunteer experience. Gaining more knowledge on sustainable practices and meeting new like-minded people is always great!" ~**Michelle, 2023 Volunteer Day Participant**



## Programs: Food Access

Unadilla Community Farm's Food Access Program consists of partnerships with local food pantries across Central New York to provide free nutrient-dense fruits, vegetables, and culinary herbs for their clients. Unadilla Community Farm is located in, and serves communities in, USDA designated low-income, low-access, urban & rural food deserts, meaning areas with high poverty rates where the nearest supermarket is 10+ miles away. By increasing the amount of high-quality fresh produce available to their clients, we can both improve nutrition for food insecure communities and reduce their family food budgets, freeing up family funds for other needs.

In 2023, we donated fresh produce **valued at \$25,552.08** to the following food pantry partners across Central New York, covering Otsego, Oneida, Herkimer, Madison, and Chenango counties: Edmeston Community Cupboard, Utica Food Pantry, SUNY Oneonta Food Pantry, Cooperstown Food Pantry, Hamilton Food Cupboard, Roots and Wings (Catholic Charities of Chenango County), Our Daily Bread Food Closet, Ilion Frankfort Food Pantry, and Brookfield Food Cupboard.





## Drip Irrigation System

Thanks to a 2023 grant from The FruitGuys Community Fund, this season we converted our existing solar-powered irrigation system from overhead sprinklers to water-saving drip irrigation. Installing the drip irrigation system has had measurable impacts on our farm, as it greatly increased our efficiency and reduced time spent on more manual overhead irrigation. There has also been a measurable decrease in fungal disease, particularly the total absence of anthracnose on our chard.



## Bluebird Trail & Bat House

With the support of the Otsego Soil & Water Conservation District (SWCD) 2023 mini grant, we installed a bluebird trail and triple chamber bat house to increase on-farm habitat for native predators, both serving educational and functional purposes: to teach and showcase best practices for wildlife habitat improvement, and to reduce pest insect populations on the farm.





## Programs: Herbal Mutual Aid

New this year, Unadilla Community Farm launched the Herbal Aid Program, which grows & delivers free medicinal herbs to mutual aid groups and free herbal clinics. Our herbal aid partners then turn our produce into free herbal medicine for the people who need it most, including low-income, BIPOC, and immigrant communities and the unhoused. In 2023, we donated medicinal herbs and berries **valued at \$18,046.26**.

"We feel so blessed that UCF reached out to us about herbal mutual aid. The donations of fresh herbs that we received from them enabled us to make larger quantities of commonly used herbal medicines, expanding our free clinic's apothecary stock. This had a direct positive impact on our community. The large quantity of herbs received at each pick up of donations forced us to have community medicine making days, creating more opportunity for community engagement, more opportunity to send folks home with fresh herbs and more opportunity for herbalists to learn medicine making and processing skills."

~**Sarah (Herbalist)**

**People's Cauldron (Kingston, NY)**

"It was amazing. It was a super clear process and we appreciated the ready postage. The herbs came in beautiful condition and we love that you are reusing the cooler. We're excited to make medicine with these offerings and share them with the people!"

~**Antonia (Program Director) & Em (Creative Director)**

**Herban Cura (New York City & Hudson Valley)**

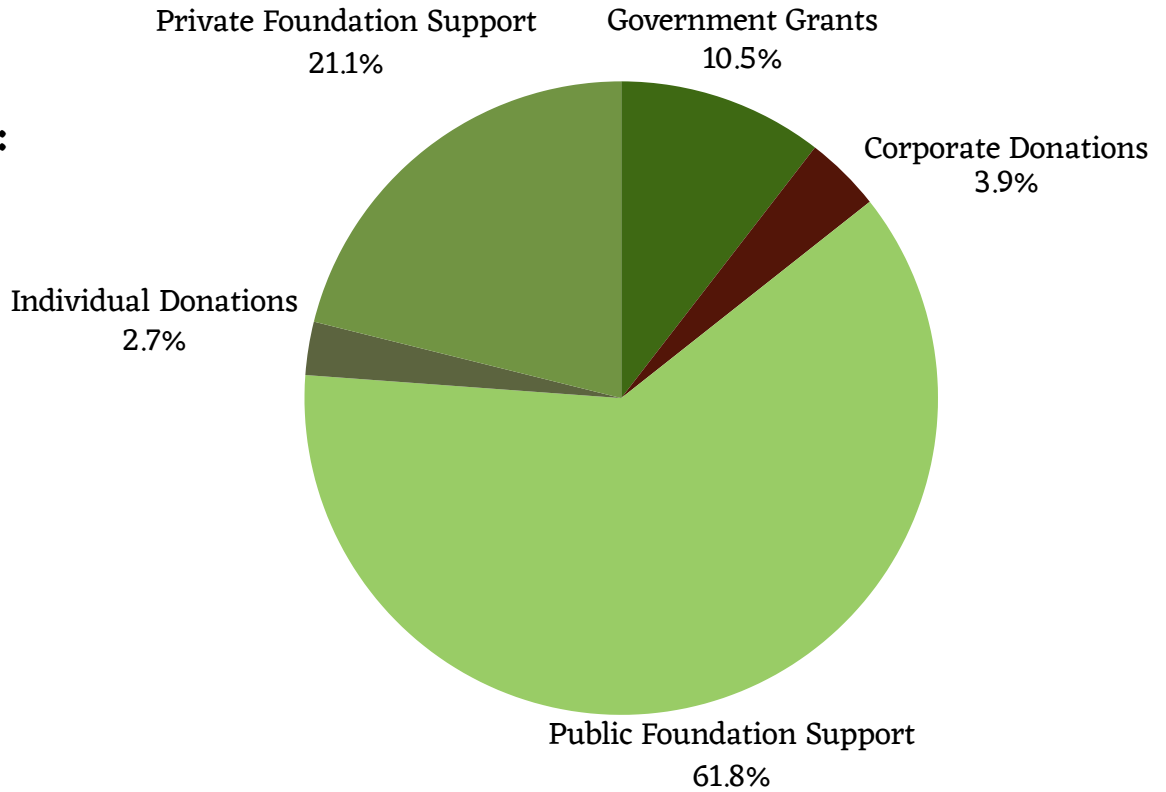




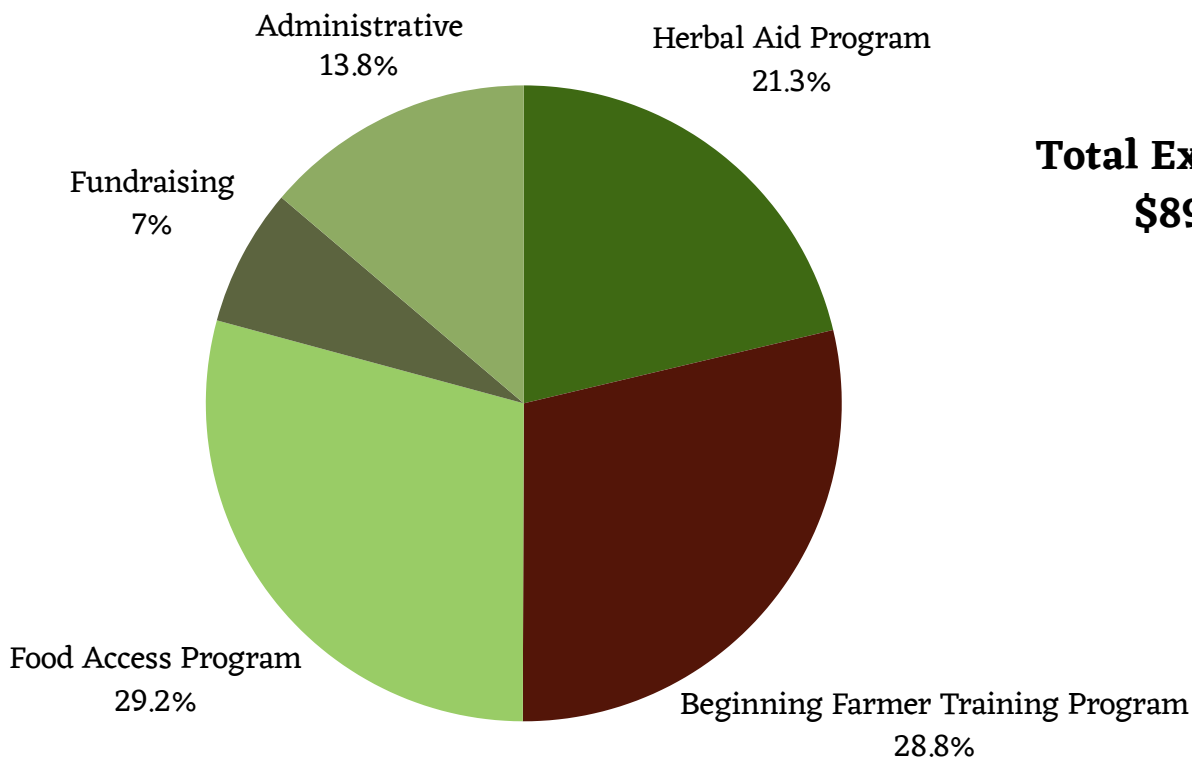
# 2023 Financials

Thank you to the individual donors, including our Golden Carrot Monthly Sustainers, as well as the institutional grants, including public & private foundations, that support our work. Since all of our produce is donated to communities in need, we rely on the generosity of our donors to make our work possible!

**Total Income:  
\$109,379.16**



**Total Expenses:  
\$89,013.42**





# Contact Us

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Unadilla Community Farm Education Center Inc is a 501(c)3 non-profit organization. All donations are tax-deductible for federal income tax purposes. EIN: 85-0556763.

