



VEGGIES TO TABLE

A Grow-to-Donate Farm in Maine

Our Mission - Even More Vital Now



We grow top-quality organic produce and flowers to donate to local folks experiencing hunger, create lasting community connections through our volunteer program, and provide education around healthy food. We are committed to bringing normalcy and restoring dignity to individuals and families who have lost control over that most basic of choices and decisions—what to eat. The goal? Universal access to nutritious and culturally appropriate food for everyone.



MAINE FOOD INSECURITY STATS

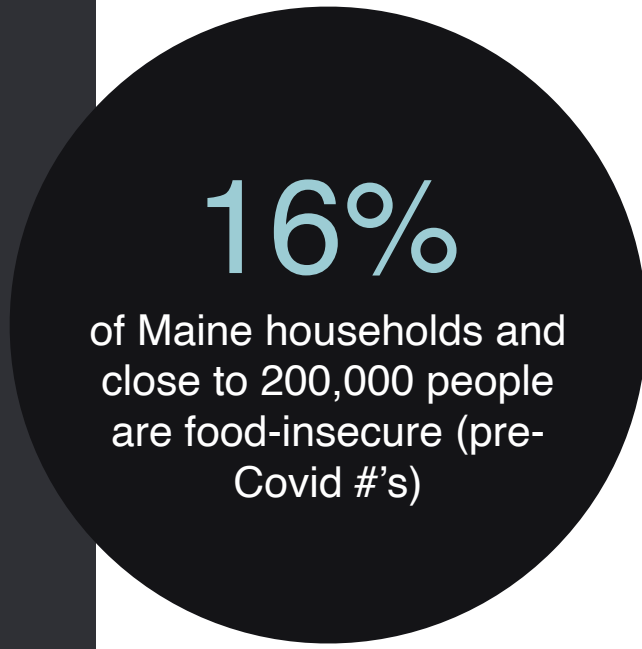
Food Insecurity = A lack of consistent access to enough food to lead an active, healthy life.

1 in 7 Maine citizens struggle with hunger daily (1 in 5 kids)

210,000 Mainers estimated are food insecure NOW

37% of Maine's food insecure population does not qualify for public aid

43% of Maine's students need school meals every day. Numbers are rising



CHOICES FOOD INSECURE PEOPLE IN MAINE HAVE TO MAKE:

69%

FOOD VS UTILITIES

67%

FOOD VS TRANSPORTATION

66%

FOOD VS MEDICAL CARE

57%

FOOD VS HOUSING

31%

FOOD VS EDUCATION

WAYS FOOD-INSECURE PEOPLE STRETCH THEIR FOOD BUDGET OR WORK TO SUPPLEMENT IT:

79%

Purchase inexpensive, unhealthy food

53%

Receive help from friends or family

40%

Water down food or drinks

35%

Sell or pawn personal property

23%

Grow food in a garden



Sources:
The University of Maine
Good Shepherd Food Bank
Feeding America



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Where We Donate

- Alna Pantry
- Boothbay Pantry
- Boothbay Y & Community Center
- Boothbay Community Fridge
- Boothbay Rotary
- Bristol Library
- Caring For Kids
- CLC YMCA Sharing Table
- Coastal Kids
- Edgecomb Eddy School
- Families directly
- FARMS at the Y After School Programs
- Food for Thought
- Friendship/Cushing Pantry
- Jefferson Pantry
- Lincoln Academy
- Lincoln County Gleaners Sharing Tables

- Newcastle Pantry
- New Harbor Pantry
- Summer Lunch Programs for kids Healthy Lincoln County (Free meals)
- Young'uns Sharing Table
- Southport Central School
- Sproul Block Waldoboro
- Waldoboro Pantry
- Wayfinder Schools
- Wiscasset Help Yourself Shelf
- Wiscasset Middle High School
- YMCA Childcare



EDUCATION AROUND HEALTHY FOOD AND SUSTAINABLE LIVING

- CLASSES ON THE FARM AND BEYOND
- EDUCATION THROUGH OUR VOLUNTEER PROGRAM
- LASTING FRIENDSHIPS AND CONNECTIONS THROUGH OUR VOLUNTEER PROGRAM

WHERE OUR VOLUNTEERS COME FROM

- LOCAL (ALL AGES) COMMUNITY MEMBERS & STUDENTS
- WWOOF USA & INTERNS



OF NOTE

- We are starting our 5th season.
- Grown and donated over 44,500+ pounds of organic fruit and veggies (37,000+ meals)
- Grown and donated 2000+ bouquets (43,000 stems) of flowers
- Grown over 85 kinds of fruits, vegetables, and flowers and over 200 specific varieties

2023 GOALS

- INCREASE AMOUNT OF PRODUCE DONATED TO THOSE IN NEED.
- DONATE MORE FLOWERS TO CREATE JOY
- RAISE MONEY TO INSTALL FENCING TO PROTECT FROM DEER AND ANIMAL LOSS AND DAMAGE
- RAISE MONEY TO BUILD ONSITE FARMER AND VOLUNTEER LODGING
- BUILD OUR TEAM AND PAY AN EQUITABLE WAGE
- INVITE MORE CHILDREN TO THE FARM



GROWING INFORMATION & DAHLIAS

SEEDS, GROWING SUPPLIES & INFO

- [Mofga*](#)
- [Mofga Seed starting Dates Zone 5B*](#)
- [Johnny's Seeds \(Seeds, soil, supplies\)*](#)
- [Fedco*](#)
- [Pinetree seeds*](#)
- [EM Wood Boothbay: Compost and Chips*](#)
- [Maine Potato Lady](#)
- [Seed Starting Dates Fruition](#)
- [Seed Starting Essentials Fruition Seeds](#)
- [High Mowing Seeds](#)
- [Botanical Interests](#)
- [Seed Savers Exchange](#)
- [Hudson Valley Seeds](#)
- [Floret Flowers](#)
- [Gardener's Supply](#)
- [Greenhouse Megastore](#)

(*Blue means they are located in Maine)

PODCASTS & Websites

- [Joe the Gardener \(Podcast, Classes, Website\)](#)
- [Field and Garden/Gardener's Workshop](#)
- [No Till Flowers](#)

BOOKS

- [Four Season Harvest - Eliot Coleman](#)
- [Carrots Love Tomatoes - Louise Riotte](#)
- [The New Seed Starters Handbook - Nancy Bubel](#)
- [No Till Organic Vegetable farm - Daniel Mays](#)
- [The Market Gardener - Jean-Martin Fortier](#)

Dahlia Information

- We are selling our organic tubers on our [website](#)
- When to plant: Around June 1
- How to plant



WHERE TO FIND US THIS SEASON

- Classes on the farm and in the community
- Earth Day April 22 Boothbay Library - info table, dahlia tuber sales, Merchandise
- Garden Convention May 13 - Southport
- Bath Savings Bank - open an account and mention us and we get \$50
- Hannaford Bag Program - in March for every reusable bag sold we get \$1
- Boothbay Farmer's Market every Thursday 9-12 in season
- East Boothbay General store - flower pop-ups
- Sweepstakes - win a week in Paris . . . stay tuned
- Maine Marathon
- And, of course, on the farm

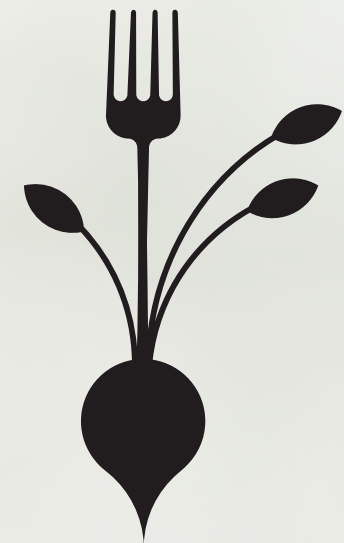


GET INVOLVED

- VOLUNTEER ON THE FARM: Help us plant, harvest and donate our produce and flowers to the hungry
- VOLUNTEER BEHIND THE SCENES: Help with events, marketing, grants, outreach and more
- DONATE: From ball jars, to chips, straw, leaves, trowels gardening gloves etc. . .
- STAY IN TOUCH: Newsletter sign up, Instagram, FB, email, phone. . .
- BUY DAHLIA TUBERS: A gorgeous way to support the farm
- SWEEPSTAKES: Win a Week in a Paris apartment AND support Veggies to Table (coming this summer)
- VISIT: Come see us on the farm!

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