Dear Friends,

We at Sustainable Harvest International have the good fortune to work for the survival of family farms and tropical forests, which we believe are ultimately essential for the survival of our species. Where SHI currently works in Latin America and the Caribbean, 53 million people suffer from hunger, including almost seven million preschool children who remain chronically undernourished. There is no need and no excuse for this suffering.

Our work is driven by the fact that 80% of the world’s hungry people live in rural areas where they should be able to produce plenty of their own food. Yet they remain hungry because they do not know how to use productive, sustainable farming techniques to grow a diversity of crops and instead rely on traditional slash-and-burn farming to grow only a few crops.

Thankfully there is another alternative. A comprehensive examination of nearly 300 studies worldwide shows organic farms in developing countries outperformed conventional practices by 57%, and that organic agriculture could produce enough food to feed the world. Thousands of SHI farmers in Central America are part of the living proof that small-scale, organic farms are our best hope for the future. Their hard work supported by SHI staff, volunteers and donors is creating a path to a brighter future for all of us.

With gratitude,

Florence Reed
President and Founder

Renée Johnson
Executive Director
THE NEED

In Central America, inadequate farming practices cause devastating poverty and deforestation. The harmful cycle of slash-and-burn farming not only destroys tropical forests but does not produce enough food to meet the basic needs of a farmer’s family.

THE SOLUTION

With generous support from donors, Sustainable Harvest International has been working with rural farming communities in Belize, Honduras, Nicaragua and Panama since 1997. SHI’s local field trainers empower families, individuals, and communities to preserve our planet’s tropical forests while overcoming poverty. Our five-phase approach to solving the agricultural, ecological and economic problems of Central America is innovative, hands-on and long-term.

MISSION

Sustainable Harvest International provides farming families in Central America with the training and tools to preserve our planet’s tropical forests while overcoming poverty.

MILESTONES

Since 1997:

- 1,065 families successfully graduated
- 16,913 acres farmed with sustainable alternatives to slash and burn
- 3,407,026 trees planted
- 2,276 families served

In FY13:

- 678 active families in 75 communities
- 677 acres farmed with sustainable alternatives to slash and burn
- 293 loans provided
**5 PHASES**

SHI focuses on long-term assistance through its 5-phase sustainable farming program. Participants graduate from the program able to continue and innovate on their own while sharing their knowledge with neighbors.

**PHASE 1**
**Family Selection, Orientation and Planning**

Select and prepare communities and families for the next five years of work, including work plans and trainings.

- SHI has **104 families** in Phase 1

“Before working with SHI, our land was so poor we never thought we could grow so much food here. Through SHI we have learned how to improve our soil and grow many kinds of fruits and vegetables, while protecting the forest.”

- Agustin Enrique & Ana Gutierrez

Improve each family’s ability to produce a healthy diet through crop diversification and other sustainable farming practices.

- SHI has **251 families** in Phase 2.
- In FY13, SHI planted **3,407,026 trees** in mixed forest and agroforestry systems, or on degraded and environmentally sensitive land.
- SHI participants farmed **677 acres** with sustainable and organic techniques.

“Before SHI we ate few vegetables. Now we have many kinds of vegetables and fruits not only for our family, but to sell as well.”

- Leoncia Makin, Belize

**PHASE 2**
**Introduction to Nutrition, Organic Farming and Crop Diversification**

Identify and implement farming practices to improve household income.

- SHI has **230 families** in Phase 3

“From the sale of coffee trees, I have been able to preserve and protect the forests that provide drinking water to our community, while earning important income for my family.”

- Francisco Garcia, Honduras

**PHASE 3**
**Advanced Crop Diversification and Introduction to Business**

Increase income of participant families through the sale of produce and other goods in local and regional markets, with focus on business skills and sustainable social and economic conditions.

- SHI has **64 families** in Phase 4
- **293 loans** were provided

“Through SHI’s micro-credit program, I was able to start a chicken project, which helps me pay for my children’s school fees and materials.”

- Arelia Choc

**PHASE 4**
**Identifying Markets and Strengthening Entrepreneurial Skills**

Create and inspire self-sufficiency and community leadership while phasing out SHI’s direct assistance.

- SHI has **29 families** in Phase 5
- In 2013, SHI celebrated the graduation of **150 farming families**.

“Before SHI started working in our community, we were all very disconnected. Now we work and learn together.”

- Juan Diez, Nicaragua

**PHASE 5**
**Family Graduation**
**Belize**

“Before SHI, we didn’t know how to plant a garden. But now in my garden you can find everything you could want like taro, sugar cane, pineapple, carrots, cabbage, cucumber, pumpkin and string beans.

I am very thankful for SHI coming to teach us how to garden and make fertilizer without using harmful chemicals. Thank you for helping us.”

- Merceda Paau, San Benito Poite, Belize

**Nicaragua**

“Working with SHI, I have planted coconut, peach palm, cacao and plantains. I have reforested my land with hardwoods and established live fences and wind barriers.

I have learned how to make organic fertilizers and farm without chemicals. Now I am able to sell plantains and corn to generate income and better provide for my family.”

- Juan Gaítan, EL Panchón, Kukra Hill, Nicaragua

**Panama**

“When I first began working with SHI, my land, which is on a very steep slope, was degraded and had very poor soil.

I worked hard with SHI to improve my soil. I learned to plant on level terraces created with erosion barriers, use mulch to prevent weeds and grow cover crops to improve the soil. I also learned how to make and apply natural fertilizers and insecticides. Since I began working with SHI, I have not used one drop of chemical.

I am very grateful to SHI and the way they have helped me to improve the quality of life for my family.”

- Melanio Valdez, El Entradero, Panama

Graduated January 2013

**Honduras**

“With SHI—I learned how to build a wood-conserving stove. It is healthier for my family because it sends all of the smoke out through a chimney.

It also burns less wood, which means we do not have to cut down as many trees and can protect more of our forests.”

- Julian Mencia, El Higuerito, Yoro, Honduras

**FY13 HIGHLIGHTS**

- 237 participant families
- 8,069 trees planted
- 38 wood conserving stoves built
- 3,389 lbs of organic compost and 418 liters of natural pesticides made and applied to crops
- 13 new vegetable gardens established and 156 maintained
- 196 participant families
- 92,456 trees planted
- 263 new acres converted to sustainable agriculture
- 64 wood conserving stoves built
- $16,952 of loans provided to participants
- 129 participant families
- 17,231 trees planted
- 49 wood conserving stoves built
- 94 gardens established
- 238 new acres converted to sustainable agriculture
- 4 solar latrines to improve health and sanitation

4 COUNTRIES

- Belize
- Guatemala
- Honduras
- Nicaragua
- Panama
- Costa Rica
- El Salvador
- Guatemala
- Belize
- Honduras
- Nicaragua
We are deeply grateful to all of the individuals and institutional partners who supported our work with families in Central America. Your generous donations have led to the continued success of our programs, ensuring a healthier future for the planet and its people.

Thank You to Our Generous Supporters

$50,000+  Iver & Barbara Freeman  Alfred Schwedtner  Barbara & Cyrus Sweet

SUSTAINERS
We thank sustainer donors who have chosen to contribute monthly or quarterly via credit card or direct deposit. To become a sustainer, call Sustainable Harvest International at 207-669-8254.


IN-KIND GIFTS AND SERVICES
Sustainable Harvest International thanks the following individuals and organizations who supported our work with donations of goods and services during Fiscal Year 2013. Your gifts helped maximize our resources.


An (*) denotes Matching Gift Individuals or Corporations.

LEGACY SOCIETY
The Legacy Society recognizes those who have documented provisions for Sustainable Harvest International in their estate plans.

If you have made provision for Sustainable Harvest International in your estate plans or would like information about the Legacy Society, please contact Sarah Clemens, Director of Development, at 207-669-8254 or sarah@sustainableharvest.org


Honor/Memory
The following gifts were given in honor or memory of a loved one.

Gifts in Honor:  Betsy Agle  Melissa Barrett and Brad Latham  David Borden  Jocelyn Bregman  Ethan Buller  Diana Cate & Kay Wilkins  Iver Freeman  Luis Garza  Walter & Helen Horton  Florence Reed  Lisa Sandeen  Joy and Steve Urban  Marianne Vandiver

Gifts in Memory:  John Danch  Herb Fairs  John Kittredge  Ennis Lyon  Carol Ritter  Paty Haley Stann

Sustainable Harvest International appreciates the hundreds of additional donors with gifts under one thousand dollars. Unfortunately, space constraints do not allow us to include all names. We make every effort to provide an accurate listing of donors. If we have omitted your name or have made another error, please accept our apologies. Please call Sarah Clemens at 207-669-8254 or email sarah@sustainableharvest.org.
Thanks to our Smaller World Trip participants in 2013 who helped to lend a hand to farmers in Panama, Honduras and Belize. Five Smaller World trips visited our country programs and helped on reforestation projects, made wood conserving stoves, built a solar drier, installed irrigation systems and prepared coffee and tree nurseries. This work benefits the local farmers and helps to fund SHI’s mission.

Fairfield Country Day School
Saint Paul’s School
SHI Board of Directors’ Trip
St. Mark’s Episcopal Church, Teen Trip, Washington, D.C.
Trinidad Conservation Project

“For us the visit of the Smaller World volunteers to our community and to our homes has been one of the most marvelous experiences we have had in our lives. We now value ourselves and what we have more than we did before…”

Thank you to Sustainable Harvest International for giving us this opportunity.”

~Saturnino Rojas from the community of San Juanito

A complete copy of SHI’s financial statement may be obtained by contacting our office.