Eat for your health, your community, and your planet

IMPACT REPORT 2018
GREETINGS!

One of my favorite things to do is to cook for the two dozen bright and passionate Intervale Center staff members who carry out our mission to strengthen community food systems every day. Once a month, we gather around the table to share good food, stories from our week, recipes, memories and laughter. It’s just one way we are creating the world we want through the power of good food.

Last month, I made a lunch of rosemary and lemon tofu, roasted chicken, beets with onions and fresh goat cheese, braised broccoli raab with sausage, spinach and feta pinwheels, and a simple greens and kale salad with garlic and sunflower seeds. Most of the ingredients came from amazing Vermont farms that supply the Intervale Food Hub or my own homestead. It was simple, wholesome Vermont food. And it was important! Through cooking and eating, we can see the impact our individual and collective choices have. What we eat impacts our personal health. It impacts the economic health of our communities. And it impacts the health of our environment. I see cooking and eating together as a revolutionary act; it’s something we can each do every day that contributes to strong, vibrant community food systems, starting in our own families.

I am so excited to share how you, our family of supporters, helped us create a healthier world in 2018. As we enter into the hustle and bustle of a busy Vermont summer, I encourage you to take a few minutes to read the following stories of your impact on health, communities and the planet – and to enjoy the accompanying recipes and the delicious meals you can prepare for your friends and family. Bon appétit!

Sincerely,

Travis Marcotte, Executive Director
We did it! Because of your generosity, we raised $1 million for our Celebrate Intervale Campaign to increase the productivity, accessibility and beauty of the Intervale. Our recipe for success? Needed improvements, a talented capital campaign committee and you! Thank you!

We restored an early 1900s silo to preserve the deep agricultural history of the Intervale and enhanced our event space at the same time! Pictured here: Travis Marcotte, Intervale Center; Anson Tebbetts, VT Secretary of Ag.; Eliot Lothrop, Building Heritage; Neale Lunderville, Capital Campaign Committee member.

We improved community access to the Intervale, upgrading parking areas, trails and gathering spaces with the help of awesome volunteers!

We built a new packhouse to help grow the Intervale Conservation Nursery and provide new winterized wash and storage space for Intervale farmers!

“The new packhouse allows the Intervale Conservation Nursery to work comfortably and efficiently. Our harvest processing time was almost cut in half this year with the new facility—we harvested and processed 20,000 stems in two weeks!”

—MIKE INGALLS, INTERVALE CONSERVATION NURSERY MANAGER
INADEQUATE ACCESS TO HEALTHY FOOD IS A SIGNIFICANT ISSUE THAT AFFECTS OUR HEALTH AND LONGEVITY. Through Intervale Gleaning & Food Rescue and the Intervale Food Hub, we are working to increase access in our community by connecting more people to fresh, healthy food.

Throughout the growing season, hundreds of volunteers help glean (or harvest) extra produce from area farms that is then shared with 200 families experiencing hunger and over 20 social service agencies in the greater Burlington area through a weekly free food share.

Last year, your support helped us grow our Gleaning and Food Rescue Program to provide 60,000 pounds of fresh, gleaned produce to over 1,000 people in our community. From 2017 to 2018, we increased the amount of donated produce by 28 percent and the number of households served by 14 percent. We also added a popular new pick-your-own garden with cherry tomatoes, herbs, flowers, and peppers! Thank you for helping us get more good food to more people!

The Intervale Food Hub is another great way we connect people like you with local farmers, providing an easy way for you to support local farmers and eat healthier, too!

Each week, our customers receive weekly fresh food deliveries at their homes, workplaces or convenient community pick-up locations. In 2018, the Intervale Food Hub grew to reach 1,200 households, expanding our popular home delivery service to all of Burlington and distributing food from 40 farmers and food producers. Marie, a Food Hub member, grew up on a dairy farm in Franklin County and now lives and works in Burlington. She loves using her weekly Food Hub basket to make veggie-based dishes her friends rave about. Check out her beet and arugula salad on page 5! Thank you for helping us connect more people in our community to healthy, local, delicious food!

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WHITE BEANS & GREENS

3 ½ cups of cooked white beans. Try Vermont-grown calypso or cannellini beans, or 2 cans of drained white beans

2 bunches collard greens, swiss chard or kale, washed, steps removed and roughly chopped

2 onions, chopped

2 tsp salt

1 tsp pepper

3 garlic cloves, minced

4 Tbsp Vermont butter or oil

3 Tbsp parmesan cheese (optional)

• Cook onions and garlic in butter or oil at medium-low heat for about 5 minutes.
• Add greens and cook until they are tender, wilted, and bright green.
• Add beans to onion and greens. Cook until warmed through, 5–10 minutes. Add more oil if necessary.
• Spoon the beans and greens into bowls and garnish with parmesan.

— Recipe provided by the Vermont Foodbank, an Intervale Center partner

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Seventh Generation volunteers
ROASTED BEET & ARUGULA SALAD WITH GOAT CHEESE

4 medium beets, scrubbed and trimmed
¼ cup olive oil (for the beets)
5 oz arugula, roughly chopped
4 oz goat cheese, crumbled
Toasted pine nuts (optional)

For the Vinaigrette:
1 clove garlic grated or minced
2 Tbsp Dijon mustard
¼ cup vinegar, such as apple cider or champagne
2 Tbsp lemon juice
2 Tbsp honey
½ tsp salt
½ tsp pepper
¼ cup olive oil

- Heat oven to 425° F. Cut beets in half.
- Place beets on a piece of aluminum foil on a baking sheet, sprinkle with olive oil and salt and pepper and make a pouch out of the foil, sealing tightly.
- Bake for 50 minutes. Remove from oven and let beets steam for 10 minutes.
- Open pouch and let beets cool slightly.
- Peel beets. Place beets in a bowl of cold water to help peeling. The skin comes off easily!
- When cooled, slice or cube.
- Meanwhile, whisk together vinaigrette ingredients, then drizzle onto arugula and lightly toss.
- Transfer greens to plate and top with beets and goat cheese.

— Recipe provided by Marie Dussault, Intervale Food Hub member
VERMONT’S RURAL COMMUNITIES AND OPEN SPACES ARE THE BACKBONE OF OUR ECONOMY AND CULTURAL IDENTITY. When you support the Intervale Center, you are supporting Vermont’s local food economy, from grass-fed beef to strawberries.

In 2018, our agricultural service programs worked with 115 farms across the state, with 20 projects specifically focused on transition planning. One such farm was Norris Berry Farm, now called Full Belly Farm, in Monkton. When Norma Norris was ready to retire, she sold the farm to the Vermont Land Trust. Sam, our Farm Business Director, worked with Sarah and Stephen, the new farmers selected to purchase the property, to develop a business plan so that they could purchase the farm and begin the next chapter of this farm’s rich history. These enterprising young farmers now have a pick-your-own season for strawberries, blueberries and raspberries from June – August.

Another farmer we worked with in 2018 was Robert Stickney in Bellows Falls. We helped him write a business plan for his beef finishing operation to support the conservation of his grandfather’s farm, a process that made this land affordable and is keeping it working. At the Intervale Center, we’re committed to helping the next generation develop robust new enterprises that work in a changing market. Thank you for helping farmers like Sarah, Stephen and Robert and ensuring Vermont has a thriving working landscape!

ROASTED HAMBURGERS

1 ½ tsp kosher salt, plus a lot more for lining the pan
2 pounds ground beef, preferably chuck
1 Tbsp Worcestershire sauce
½ tsp freshly ground black pepper, or more to taste
6 toasted hamburger buns, English muffins, split focaccia, or slices of other favorite bread
Favorite hamburger toppings

• Position a rack in the center of the oven and heat to 475°. Line a heavy-duty rimmed baking sheet with aluminum foil, and spread a thin layer of salt over the surface of the foil to absorb any drippings and prevent the oven from smoking. Arrange a wire rack so that it sits at least 3/4 inch above the surface of the pan.
• Break the beef into 1- to 2-inch lumps and drop into a mixing bowl. Season with salt, Worcestershire, and a generous amount of black pepper. Mix gently, using your fingertips to break up the meat and incorporate the seasonings.
• Shape the meat into 6 burgers. Roast for 10 to 16 minutes, checking on them either with an instant-read thermometer or by cutting into one to peek. For medium-rare, look for 130° to 135°; for medium, 140°.

Recipe adapted from “All About Roasting”, by James Beard-award winning cookbook author, Molly Stevens, www.mollystevenscooks.com
STRAWBERRY-RHUBARB PIE

DOUBLE CRUST
2 ½ sticks unsalted butter, chilled
2 ½ cups all purpose flour
2 Tbsp sugar
1 tsp salt
½ cup ice water

FILLING
1 ¼ cups sugar
4 Tbsp flour
¼ tsp salt
3 cups chopped rhubarb, ¼ inch pieces
2 cups sliced fresh strawberries
3 Tbsp unsalted Vermont butter,
cut into ¼ inch pieces
Extra sugar for topping

• PREPARE THE CRUST: In a large bowl, mix flour, sugar and salt until combined. Shred the chilled butter on the large holes of a grater and add to dry ingredients. Toss together until the butter is evenly distributed. Sprinkle ¼ cup of ice water over the butter-flour mixture and toss until evenly distributed. Add remaining ice water and mix again. Using your hands or a rubber spatula, press the dough into the sides of the bowl as you mix until a ragged dough begins to form. Add up to 2 tablespoons more ice water during this process if the dough seems dry. When the dough can be roughly shaped, divide it in two portions. Press each half of the dough into a disk, tightly cover with plastic wrap and let chill in refrigerator for at least 1 hour.

• ASSEMBLE THE PIE: Preheat oven to 425°. For the bottom crust, roll out one half of the chilled dough and transfer to a 9” pie pan. In a large bowl, mix sugar, flour and salt. Add rhubarb and strawberries; toss until well coated. Pile the filling into the pie pan and scatter butter pieces over the top. Roll out remaining dough and carefully place over the filling. Sprinkle with sugar. Crimp the edges of the crust and prick with a fork a few times to let air escape.

• BAKE THE PIE for 10 minutes at 425°; reduce heat to 350° and bake 35-40 minutes until the crust is lightly browned.

• Place pie on cooling rack and sprinkle the top with sugar. Let cool completely before serving.

— Recipe provided by Cynthia Hall (Farmer Sarah’s mom!)
OUR FOOD CHOICES HAVE A HUGE IMPACT ON THE PLANET, WITH OUR FOOD SYSTEM IMPACTING EVERYTHING FROM CARBON EMISSIONS TO HABITAT LOSS. With your support, we are protecting water right alongside agriculture by planting trees across Vermont!

In 2018, the Intervale Conservation Nursery added 35,000 native trees and shrubs to Vermont’s landscape, protecting waterways from Brattleboro to Jeffersonville. We also focused more on stewardship and invasive species management, which is critical to preserving the health of our ecosystems and natural landscapes.

We love engaging the community in the work of conservation, hosting over 600 volunteers in 2018. For instance, in May, 80 volunteers from area businesses planted more than 500 trees at Pine Island Community Farm in Colchester. With your support, we are providing a crucial link between food, farming, communities and our natural resources – not just here in Chittenden County, but statewide. Thank you for helping us protect Vermont’s land and water!
NETTLE & GARLIC MUSTARD SOUP

½ pound fresh nettle and garlic mustard
Salt
1 Tbsp olive oil
1 tsp butter
½ cup chopped shallots or onions
1 pound potatoes, peeled and chopped
4 cups chicken or veggie stock
1 to 2 cups water
1 bay leaf
1 tsp dried thyme (or a couple sprigs of fresh thyme)
Freshly ground black pepper
1 ½ Tbsp lemon juice
2 to 3 Tbsp heavy cream
¼ cup of chives, parsley or cilantro (or all three!), chopped

• In a large stock pot, heat the olive oil and butter on medium heat. Add the chopped shallots and cook until softened, about 5 minutes.
• Add the chopped potatoes, the chicken stock, bay leaf, and thyme. Bring to a simmer and simmer for 5 minutes.
• Add the nettles and garlic mustard. Be careful with the nettles as they will sting. Add enough water to just cover the nettles/garlic mustard and potatoes, 1 to 2 cups. Return to a simmer and simmer for 15 minutes or until the potatoes are soft and the nettles and garlic mustard are tender.
• Remove the bay leaves (and thyme sprigs if using) from the pot. Using an immersion blender or working in batches with a standing blender, purée. Return to the pot and take off the heat.
• Add 1/2 teaspoon of freshly ground black pepper. Add lemon juice. Right before serving, swirl in the cream. Sprinkle with salt and top with chives, parsley, and cilantro.

—Recipe provided by Sarah Alexander, Intervale Center staff member

Stinging nettle and garlic mustard can be foraged responsibly from the landscape! Stinging nettle grow tall in dense clusters along the edges of fields and streams. Make sure you wear gloves when you handle this plant! Garlic mustard is invasive, threatening native plant and insect diversity, and is among the first plants to appear in the woods in the spring. Look for a plant with round, kidney-shaped leaves with scalloped edges and small white flowers that smells like garlic when you crush it.
Deborah Blish in honor of Margaret Leddy and Deborah Bergh
Anonymous in honor of Linda Bazin
Anonymous in honor of Leddy and Justin McCarthy
Beth and Jeffrey Bailey
Lauren Ashlock
Sarah and Richard Asch
Lisa and Steven W. Arms
Beth Anderson in honor of Susan Groarke
Marylene Altieri and Keith Glavash, Afi and Amanda Ahmadi
Bonnie Acker and John Davis
INDIVIDUALS
Wood Mountain Fish
Vermont Tent Company
Trattoria Delia
The Edible Schoolyard Project
The Backroom
Peg & Ter's Bar and Kitchen
Healthy Living Market and Cafe
Chez Panisse
your commitment to building a healthier planet. we love you!
Thank you to our 2018 donors. You inspire us every day with
Additional Donors and Volunteers:

- Alyssa Trombitas, Maida Townsend, Leeann Talfaut, Anonymous, Carla and Andy Taymans+, Gaye Symington and Chuck Lacy+
- Peter Swift and Diana McCargo+
- Eric Poehlman, Arline Alifano, Dr. Karen Kenny, Jay and Lisa Strausser in memory of Diane Gabriel
- Jeanette Stewart+ in memory of Mom
- Molly Stevens and Mark Smith, Bill and Christie Stephany
- Leigh Steele and Joan Wales in honor of Emily Irwin and Abbott Henry Stark*
- Chapin Spencer and Rebecca Grannis
- Jessi Snyder
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- Barbara Sirvis in honor of Rachel A. Siegel
- Ben Shulman-Reed*
- Melody and Timo Shaw and in memory of Connie Allen and Annie Rodenrys
- Paulette Shaw, Shawna Shaw, and Mother Earth, Bruce Seifer
- Anonymous*
- Eilis Patrick
- George and Susan Rutherford
- Denise Aubuchon Ouellette, A. Yvonne Russell and Richard Russell and Thomas Ouellette, in memory of Betsy Eckfeldt
- Suki and Alan Rubin, in honor of their 50th anniversary
- Liz and Brian Taylor+ in memory of Earla Taylor
- Cheryl and Vinnie Grasso, in honor of Regina Mullen
- Chun Zhang
- Sandy and Margy Zabriskie Fund
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- in memory of Betsy Eckfeldt
- Larry and Leslie Williams+
- Kiersten and Jason Williams*
- David Weinstein and Erin Hanley
- Stan and Christine Weinberger*
- Joan Weed
- Alec Webb and Megan Campbell*}

**Please note that the above revenue and expenses include depreciation on assets, other non-cash expenses and includes restricted income for capital projects.**

### OUR STAFF

- Sarah Alexander, Cleaning and Food Access Manager
- Stacy Burnstein, Community Agriculture Specialist
- Annaisse Carington, Riparian Restoration & Monitoring Specialist
- Kevin Channell, Farm Business Specialist
- Maddie Cotter, ICN Production & Volunteer Coordinator
- Keith Drinkwine, IFH Purchasing and Quality Assurance Manager
- Patrick Dumseh, Land Manager
- Mandy Fischer, Development Director
- Chelsea Frisbee, Development Manager
- Troy Gagne, Intervale Food Hub General Manager
- Jonathan Guy, Finance Director
- Mike Inglis, Intervale Conservation Nursery Manager
- Nikki Lemnart, Farm Business Specialist
- Travis Mercotte, Executive Director
- Duncan Murdoch, Assistant Land Steward
- Reid, IFH Sales & Marketing Manager
- Abby Portman, Community Relations Director
- Sam Smith, Farm Business Director
- Mandy St. Hilaire, ICN Field Technician
- Brian Teed, IFH Operations Lead
- Laura Trombitas, Donor Relations Manager
- Carolyn Zeller, Administrative Director

### OUR BOARD OF DIRECTORS

- Will Raap, founder — Honorary founding member
- Kathy Beyer, Housing Vermont — Chair
- Peter Ash, Twincraft Skincare – Vice Chair
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- Thomas G. Walsh, Judge
- Leslie McCreary Wells, Pizzeria Verita, Trattoria Delia and Sotto Enoteca

### INTERVALE CENTER 2018 UNAUDITED FINANCIAL REPORT

**Revenue Sources**

- 35% Community & Corporate Giving
- 35% Land Stewardship
- 16% Government
- 12% Development
- 10% Private
- 7% Programs
- 3% Enterprises

**Expenses**

- 35% Community & Corporate Giving
- 34% Programs
- 12% Land Stewardship
- 10% Government
- 9% Private
- 3% Enterprises
- 3% Development

**Revenue Sources**

- 13% Land Stewardship
- 12% Development
- 12% Government
- 10% Land Stewardship
- 7% Private
- 6% Program
- 5% Enterprises
- 3% Land Stewardship

Our Impact Report 2018 reflects our financial performance and corresponding impact from the previous year. We are proud of our achievements and the positive impact we have made on the community. We continue to strive towards our goal of creating a sustainable future, while ensuring that our operations remain financially viable. We appreciate the support of our donors, volunteers and community, and look forward to continuing our work in the years to come.

180 Intervale Road
Burlington, VT 05401
(802) 660-0440
www.intervale.org
JULY 11
TASTING: Goat Cheese
MUSIC: Chaque Fois

JULY 18
TASTING: Herbs
MUSIC: Somerville Symphony Orkestar

JULY 25
TASTING: Natural Sweeteners
MUSIC: Moira Smiley + Young Traditions
VT Showcase

AUGUST 1
TASTING: Grains
MUSIC: Todd Clouser

AUGUST 8
Tasting: Fermented Foods
MUSIC: Joe Adler & The Rangers Of Danger

AUGUST 15
TASTING: Heirloom Tomatoes
MUSIC: Milton Busker & The Grim Work

AUGUST 22
TASTING: Cheddar Cheese
MUSIC: The Tenderbrellas

AUGUST 29
TASTING: Apples
MUSIC: Mister Chris and Friends

Join us every Thursday from July 11 - August 29 from 5:30 – 8:00 pm for local food and drinks, live music, kids activities, Slow Food Vermont tastings and more. Free admission!

Learn more at www.intervale.org/summervale

SUMMERVALE LINEUP 2019

S U M M E R V A L E 2 0 1 9 I S B R O U G H T T O Y O U B Y : 