"No matter our economic, racial or cultural differences, food bonds us and brings us to the table as one human family."

- Jess Childs, Americorps Member
Spring has arrived! The sun shines just a little longer each day, songbirds are here, and the warming land shows signs of plants thrusting their way into the sunlight. Even our honeybees have begun their flights, looking for flowers as they forage from their hives. Spring also heralds exciting changes at Nourish as we prepare for our second decade.

At the end of 2019, we said farewell to Heather Cleveland, our former executive director. Those of you who had the chance to meet and work with Heather know that her passion and energy will be missed, but she has set us up for success moving forward!

Speaking of the future, we’re settled into our new Good Food Education Center at the historic Miley Barn and farm in Sheboygan Falls. Construction began in December on our new community-based educational kitchen, which is scheduled for completion this summer. This will allow us to host hands-on programs, workshops, cooking demonstrations and gatherings as Nourish becomes the good-food community destination in Sheboygan County.

This also comes during a time when the entire world is reacting to a health crisis that is testing our bonds as a society. The sobering realities of a global pandemic have turned lives upside down. Our good-food mission will take on even greater importance as we more fully understand the links between nutrition, health and our resilience to disease. The powerful bonding that occurs when we “break bread together” reinforces how Nourish acts as a catalyst to connect and inspire people through the growing, cooking and sharing of good food.

Because of our friends and supporters, we’re delivering more hands-on, participatory good-food education experiences to youth, families, organizations and businesses. We’re even receiving programming requests from other parts of the state! Your support has inspired and empowered people to make healthy food choices as they connect to local producers. Thank you for making it possible for us to offer this important, life-changing work.

As we look forward to the end of this pandemic, fulfilling our mission has never been more important. Nourish staff is staying active with emergency food distribution, sharing our food and garden education via our social media channels, and preparing our own gardens for autumn’s harvest and programs.

Along with the staff, our volunteers and our partners, we hope to see you here in 2020 as we enter our second decade of service and leadership in the good-food movement.
GARDEN GUIDANCE
Nourish helped Jefferson Elementary School sustain 10 raised garden beds and a greenhouse through its garden-based learning initiatives. During one event, students cut, peeled, and prepared the ingredients for fried rice. “It was fun to see the kids take ownership of their meal and be able to see firsthand the connection of garden produce to the table,” said Hannah Brady, a teacher at Jefferson Elementary School.

EARLY CARE EDUCATION
Nourish engaged in Early Care Education intervention to establish healthier eating practices for the 4k audience. Children as young as three became more familiar with healthy foods like pears, kale, parsnips and winter squash when focus was placed on social skills, fine and gross motor skills, shapes, numbers and colors through gardening and agriculture education. Children painted vegetables, dissected plants, planted herbs and worked in the garden.

GOOD FOOD CLUB
Over 625 children were inspired through the Good Food Club activities. Students were exposed to delicious snacks and guided through experiments, matching activities, art projects, cooking demos, and exercises paired with healthy foods to broaden their palettes beyond pre-packaged snacks and juice boxes. Spinach salads drizzled with a honey vinaigrette and sweet potato chili were just a few dishes that sparked the children to talk differently about real food: “Comments like ‘Yuck’ turned into discussions about food texture and flavors,” said Lauren Adel, Nourish board member.
In 2017, Nourish partnered with the Sheboygan Area County School District through one of only 16 National Physical Education Program (PEP) Grants awarded in the U.S. This prestigious program linked Nourish’s hands-on, good nutrition activities and meals with school-based physical education through 2019.

Sheboygan North and South High students enrolled in Lifetime Fitness and Biology classes learned the fundamentals of nutrition, deciphered food labels through interactive quizzes and became familiar with nutrient density and growing microgreens — allowing them to eat what they had grown in class on dishes like pizza, pasta, and in salads.

Nourish provided students at Jackson Elementary and Lincoln-Erdman Elementary food demos featuring recipes from Nourish’s “Little Cook, Read This Book.” Over 150 students tried fun, healthy meals. Some who thought they didn’t like carrots for example, realized they simply didn’t like raw crunchy carrots, but the roasted ones were gobbled up!

Nourish’s new Good Food Education Center is located on the old Miley family farmstead. As part of our strategic vision for the future, and linked to our new education kitchen, we’ve begun a master site planning process for this historic and beautiful 13-acre property. Board members, staff and our contracted architects — along with community stakeholders — are now engaged in laying out gardens, demonstration areas, trails and other good-food experiences on the land. Look for updates throughout the next year!
BOARD OF DIRECTORS

Sitting: Stephanie Dlugopolski, Lauren Adel Klich, Sharon Bruckschen and Kelly Cowhig
Absent: Paul Bartelt, Craig Harms and Dr. Kristine Wake

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John Michael Kohler Arts Center, Deputy Director, Development

FINANCIALS

Note: Financial figures exclude donations and expenditures related to the capital campaign.
PREPARING FOR OUR SECOND DECADE

OUR CAPITAL CAMPAIGN IS IN THE FINAL STRETCH TO MAKE A COMMUNITY DEMONSTRATION KITCHEN AND CLASSROOM A REALITY

Nourish has come a long way since starting around a kitchen table, with a few community residents and $500. Led by Carol Christensen, Nourish was started to keep children well-nourished with local produce – especially during the 2009 recession.

A decade later, Nourish broke ground on a commercial kitchen at its first permanent home in Sheboygan Falls. Dick and Kris Bemis had purchased the historical Miley barn and 13-acre farm in 2014, and after refurbishing the barn and loft, they donated it to Nourish in 2018. “We knew the Miley barn and property could be a destination that would teach people of all ages and backgrounds, about what a good diet is and what it can do for one’s health and well-being. But working with kids is just one piece of that puzzle,” said Dick and Kris Bemis. “We also need to work with parents as they are the decision-makers determining what to buy and serve their families.”

The property offered Nourish office and event space, as well as farmland. But to continue delivering on its farm-to-table programs for schools and throughout the community, a commercial kitchen was necessary. In 2018, Nourish launched a $1.6 million capital campaign.

To date, Nourish is $75,000 shy of its goal. Once the kitchen is completed in July 2020, Nourish can scale its farm-to-school and community programs. The kitchen will feature a classroom and dining area, allowing Nourish to host nutrition and cooking programs for people of all ages. Nourish also plans to make its kitchen available for caterers and local, small-food entrepreneurs. As the Educational Farm continues to flourish, Nourish will be able to truly provide a full farm-to-table experience from its new home.

The Miley Barn, located in Sheboygan Falls, was built in 1921 and operated as a full farm until 1965. The milking parlor now serves as the office space for the eight Nourish staff members.

Today’s refurbished site, as the Nourish Good Food Education Center.

Nourish broke ground on the commercial kitchen project in December 2019.

The new kitchen and classroom space — built by Quasius Construction — is expected to open this summer.
Nourish continued their participation in the Fourth Annual Plymouth Local Food Fair, supporting the businesses and celebrating local foods in May. Attendees gathered information on fish, meat, veggies, and fruits from Farm Fresh Atlas, Community Supported Agriculture brochures, and local restaurants featuring seasonal local produce. “Nourish is a strong community organization with a good reputation and a solid commitment to reach out to as many people as possible on local foods, healthful eating and activity,” said Plymouth members of Community Education and Recreation.

Kohler Company Picnic
Nourish attended the picnic as a vendor and served healthy food along with family-friendly educational activities to 2,800 guests. “I’m so happy you are here to provide healthy options to our families,” said one Kohler associate.

Mead Public Library
Nourish and the library team offered its “Wintergreen” activity to community residents, inspiring them how to source local, fresh ingredients. They followed that up with a cooking demonstration featuring a massaged kale salad drizzled with a maple vinaigrette, paired with a lemon parsley bean salad.

Wellness Fairs
Amongst other local businesses and vendors, Nourish staff attended multiple Wellness Fairs at HSA Bank, Kohler, Acuity, and Johnsonville, to name a few, engaging with over 250 local associates. They provided good-food education through interactive gardening activities. Attendees could map out a garden with Nourish’s garden planner, and they left with a “take home” sheet to support their goals.
HOW TO GET INVOLVED WITH NOURISH

BECOME A NOURISH MEMBER
Become a member by visiting NourishFarms.org/Membership to learn about the various levels of membership options and benefits.

ATTEND AN EVENT OR WORKSHOP
Watch/Follow our Facebook and Instagram pages and/or website to learn about an upcoming farm tour, composting workshop, cooking or nutrition class. Some fees may apply.

DONATE FINANCIALLY
Program donations: To help us provide good-food education around growing, harvesting, cooking, planning, shopping and nutrition; demonstrations and hands-on experiences.
Capital campaign: To help complete the commercial kitchen at our new Good Food Education Center and farm in Sheboygan Falls.

RECEIVE OUR MONTHLY NEWSLETTER
A quick, monthly read about the good-food movement in Sheboygan County. To sign up, email nicole@nourishfarms.org or send us a private message on our Facebook page (Nourish Farms).

ATTEND OUR ANNUAL GOOD FOOD PARTY
Farm-fresh and locally prepared, the Good Food Party menu promises great food, only made better by live music, silent auction, and a new Good Food Champion recipient — all in our new home and kitchen in Sheboygan Falls. Mark your calendars for Friday, Oct. 16, 2020. Watch for registration deadlines in August, as our 2019 fundraiser sold out quickly! NourishFarms.org/good-food-party.

VOLUNTEER
Volunteers are welcomed on our farm, in our office, in the schools we serve, or on one of our partner farms. We also welcome help on any of our committees — education programming, events, marketing or fundraising. To learn more, visit NourishFarms.org/Volunteer.