



The
Farm
Saint Joseph Mercy Health System

Annual Report
2017



The Farm

Saint Joseph Mercy Health System

Mission Statement

We grow a healthy community by empowering people through food, education and relationships.

Vision

We live our mission by:

Nourishing minds, bodies and spirits.

We rejuvenate our community!

Educating at the intersection of health, agriculture and sustainability.

We make curiosity cool again!

Producing diverse and delicious food.

We connect people to their food from seed to stomach!

Cultivating purposeful relationships for community health.

We are better together!

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Core Values

- We join everyone on their path to better health.
- We honor each person's unique experience.
- We inspire joyful connections.
- We build and maintain fearless partnerships.
- We innovate passionately.
- We embed environmental sustainability in all we do.
- We utilize our resources responsibly.
- We live these values with love.





Dear Farm Friends,

2017 was a year of exciting growth for The Farm at St. Joe's! Not only did we hire new staff, we added a teaching kitchen and classroom to our site! This new capacity has helped us continue to live out our mission of growing a healthy community by empowering people through food, education, and relationships. I am proud of how our mission plays out every day both at the Farm and within our community.

I hear our mission in the voices of the youth who come to The Farm. The sounds of children laughing while learning about photosynthesis, aka "the food factory," brighten up our spaces. Laura, our new education coordinator, has brought depth and color to our program. Not only do we host nearly 1000 children each year for field trips, we also continue our summer camp program! Laura is a bundle of energy who knows how to make education fun. We are so fortunate to have her. Learn more about our education program on page 6.



Farm Staff (left to right): Laura Meisler, Education Coordinator; Amanda Sweetman, The Farm Manager; and Lauren Moscoe, Project Coordinator

I see our mission in the relationships formed between community members from many diverse backgrounds. Lauren, our new project coordinator, has a deep passion for bringing people together and connecting them to their food. Her enthusiasm for trying new things and her appreciation for the world around her has lifted The Farm to new heights. She not only forges relationships with those around her, but also promotes interconnectivity among our community members. Lauren was responsible for the success of our grant-funded CSA pilot program that was hosted at Parkridge Community Center, as well as strengthening our internship program. Learn more about those programs on pages 10 and 8, respectively.

I feel our mission in my heart when I harvest food that will help our community eat better and feel better. I am thankful that The Farm's produce is not only sold at the Farmers Market, but also given to people and patients in need. Although our new produce-to-patients program is just getting started, we're already giving out produce in five outpatient clinics. The medical providers who have partnered with us are spreading the word that food really can be medicine. Learn more on page 4.

Words cannot express the gratitude I feel toward our numerous community partners and supporters who have helped us and challenged us to dream big and go further (for a full list see page 14). First, I want to thank the people who made this dream a reality: Dave Raymond, Lisa McDowell, Rob Casalou, Dr. Steinberg, Dan Bair, Dr. Thiry, John Cornack, and so many others. And, second, we would be nowhere without our dedicated team of volunteers, including Charlene Plagens, who is responsible for so many of the beautiful photos in this report. Thank you all for your gift of time.

As 2018 begins I know that, just like the colors and warmth of spring, there are bright things in our future. Please join us on a path to better health.

With love,

Amanda Sweetman
The Farm Manager

Please help us continue to grow by supporting the Farm with a gift of time or money. Learn how to engage - see the back cover.

Volunteers

The following pages would not be possible without our team of dedicated volunteers!

What volunteers are saying....

“I met new friends. They became like new family.”

“I have made significant changes to both my eating/environmental habits, and I have been able to inspire others to do the same.”

“Moving! Working! Getting out from my desk and getting out in the weather.”



By the numbers

27

INDIVIDUAL
VOLUNTEERS

156

VOLUNTEERS CAME
WITH GROUPS

8

VOLUNTEER
GROUPS

2,025

TOTAL
HOURS

Saad Hoz | Volunteer since 2015

Saad is a soil engineer from Iraq. He moved to the United States in 2013 and has been volunteering at The Farm twice a week for two years. The following is a paraphrase of his own words, based on an interview facilitated by Salman Amir.

“I fell in love with The Farm from the first day I came. I immediately liked that it was very organized, as I am an engineer and value perfection. Working at The Farm has added to my knowledge about plants and agriculture and has allowed me to expand my skills beyond my specialized field of soil science. I appreciate the mutual learning and respect that take place at The Farm. I have learned a lot, and my suggestions are taken seriously and incorporated. I have had the opportunity to try new vegetables here, and some, like mint and dill, taste different than they did in Iraq. I feel my overall health has also improved, probably due to eating vegetables and the physical activity of farm work. The Farm has given me an opportunity and opened a new door. Whenever I go home after working at The Farm, even though I work very hard, I feel so good. Even my family can tell that I've had a good time. I am very proud of this project, and I would love for it to continue to grow and develop.”



Nourishing minds, bodies and spirits

The Farm's role as a center for healing and wellness expanded this past year. We continued to grow our partnership with the Eisenhower Center, a traumatic brain injury recovery center, with a record number of clients participating in therapy in our clinically accessible hoop house. Construction of our new teaching kitchen completed in July, and this allowed us to offer healthy cooking classes on site to participants in a wide range of groups. Furthermore, we are now donating vegetables to hospital clinics, which distribute them to patients, along with nutrition and cooking education.

By the numbers

25

REGULAR
EISENHOWER
CENTER
CLIENTS

202

HOURS OF
PHYSICAL AND
OCCUPATIONAL
THERAPY

220

COOKING
CLASS
PARTICIPANTS

5

PARTNERING
CLINICS

223

PATIENTS
RECEIVED
PRODUCE



An Eisenhower Center client maintains the aquaponics system in our clinically accessible hoop house.



Medical staff physicians learn to cook a vegetable frittata at The Farm's new teaching kitchen.

Cooking Class Groups

- AFC Ann Arbor soccer team
- Hope Clinic
- Michigan Heart VIPs
- St. Joe's Ann Arbor
 - Department of Social Work
 - Transitional Year Internship Program
 - Medical Staff Officers
- St. Joe's Livingston Medical Staff Officers



Expecting mothers access Farm produce at the Academic OB/GYN's Centering Pregnancy.

St. Joe's Partnering Clinics and Programs

- Academic Internal Medicine
- Academic OB/GYN's Centering Pregnancy
- Cooking Matters
- Intensive Cardiac Rehabilitation (ICR)
- ShapeDown



ICR staff pick up their weekly vegetable donation from The Farm.



Martha and William Cline | ICR Pritikin Program graduates

Martha and William both suffered heart attacks in August 2017. The husband and wife pair has since been encouraging one another throughout their rehabilitation journey together and enjoying farm-fresh produce along the way.

“We took a cooking class as part of the Pritikin cardiac rehabilitation program through Michigan Heart. We were offered St. Joe’s Farm vegetables at the class and took them home to eat. We prepared and ate them at home. They therefore contributed to our diet and consequent weight loss. **Since weight loss was one of our program goals in cardiac rehabilitation, the access to vegetables helped us be more successful in the program.**”

Educating

Educating at the intersection of health, agriculture and sustainability

Our education program reached new levels in 2017, as we provided innovative and place-based educational opportunities to students ranging from preschool to graduate school. Some highlights include the launching of our first full-day summer camp, Farm, Field, and Forest, as well as an increased emphasis on internship and research opportunities for students in higher education. Our on-farm programming was enhanced by the establishment of our new indoor classroom in June, allowing us to provide high quality educational experiences regardless of weather.



Nine students from Washtenaw Intermediate School District gained valuable vocational skills at The Farm this year.



Nine interns from across the county got their hands dirty while learning about real food.



Farm, Field, and Forest campers helped with farm operations, such as integrated pest management.

By the numbers

28

CAMPERS ATTENDED
FARM, FIELD, AND FOREST
AND FARM TO TABLE
SUMMER CAMPS

951

YPSILANTI COMMUNITY
SCHOOLS STUDENTS
CAME TO THE FARM
ON FIELD TRIPS

87%

FIELD TRIP THIRD
GRADERS TRIED A NEW
FRUIT OR VEGETABLE
AT THE FARM

189

KIDS ATTENDED
OUR EDUCATIONAL
OUTREACH EVENTS

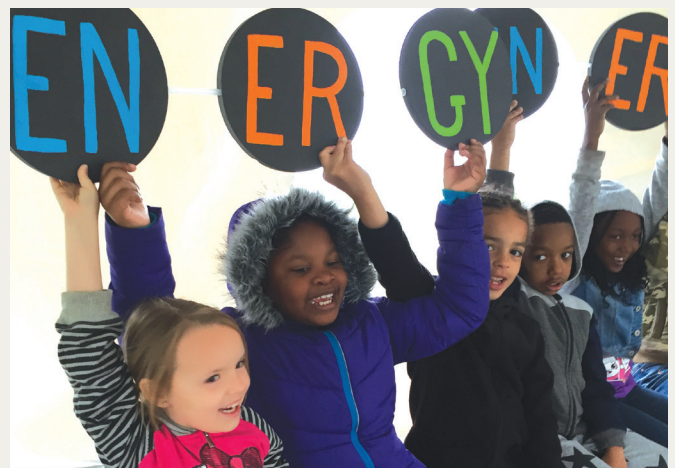
“I signed up thinking this camp would be something fun to do together...it has been life-changing! My son wants to taste everything we harvest and bring home.”

- Farm to Table camp parent



“My son comes home every day talking about everything you did at camp; he is learning so much!”

- Farm, Field and Forest camp parent



“You get to eat the vegetables? Hey, I want to work here!”

- Field trip student

We hosted ten students as interns and researchers in 2017.

Two of these students describe how their experiences have shaped their personal and professional development.

Schools represented

- Eastern Michigan University
- Plymouth-Canton Educational Park
- University of Chicago
- University of Michigan

Nicole Schwartz | *dietetics student intern*

Nicole is a senior dietetics student at Eastern Michigan University. She was an intern at The Farm for eight weeks this fall.

“During my time at The Farm, I was able to gain a deeper understanding of some of the important aspects of agriculture and nutrition. **Through hands-on experiences, it became apparent to me how important sustainability and biodiversity are in our food system.** It also became evident how important establishing a bond between people and where their food comes from is when changing eating habits.

The Farm experience was also life changing for me in terms of my own diet. As someone who tries to eat as healthy as possible, I still found myself previously having trouble incorporating produce into my daily meals. However, through sampling fresh produce and sharing recipes among knowledgeable employees of The Farm, my eyes were opened to new and delicious ways these foods can be used in meals.”



Sara Scott | *student researcher*

Sara is a member of the University of Michigan Medical School Class of 2018. In addition to volunteering at The Farm, she conducted research to investigate The Farm's impact on volunteers and interns.

“As a medical student, **being involved with The Farm has been of great professional benefit...**In conducting my survey of volunteers/interns, I have identified an area of research that I feel excited about. I have also received valuable mentorship as I develop this interest. This project has also given me great talking points as I interview for residencies. Being exposed to the multiple ways The Farm aims to improve its community has also helped me identify professional goals related to community farming and healthy food access.

Overall, I am very grateful for the time I have spent at The Farm and for the people I have met who are all doing wonderful, inspirational things. Every time I leave The Farm, I feel refreshed. **I hope that hospital farms become more common so that more people can have an experience like this and it has become my goal to start one.**”

Producing

Producing diverse and delicious food

This year's bounty of produce was sold at our hospital farmers market, distributed through our community supported agriculture (CSA) program, and enjoyed throughout the hospital by patients and staff. We more than doubled the number of plots in our staff community garden, and we expanded our CSA program by collaborating with more farmers and reaching food insecure families in Ypsilanti. A closer look at our unique CSA program can be found on the following pages.

By the numbers

5,600

POUNDS
PRODUCE
HARVESTED

32

DIFFERENT
VEGETABLES
GROWN

12

STAFF
COMMUNITY
GARDEN PLOTS

\$20,000

FARMERS
MARKET SALES

\$682

PRESCRIPTION
FOR
HEALTH TOKENS

31

WEEKS
CSA
PROGRAM



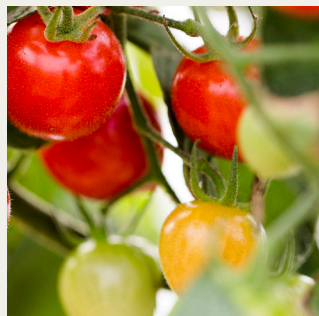
Our weekly farmers market continued to draw crowds in the hospital main lobby.



Physicians, administrators, and an array of other staff found solace tending to their plots at the staff community garden.



We grew vegetables all year long, including carrots and spinach this winter.



A closer look at our collaborative Community Supported Agriculture (CSA) Program



We were excited to be an important link between local farmers and community members through our innovative collaborative CSA program. Michigan State University Extension coordinated the purchase of produce from local farms, including ours, and each week volunteers at The Farm packed the bags with fruits and vegetables. Many of these bags were picked up from St. Joe's Ann Arbor by staff and community members who purchased subscriptions. Through funds by the Michigan Environmental Council, we also brought bags to the Parkridge Community Center for families facing food insecurity.

We are proud of how our CSA program increased community members' access to fresh fruits and vegetables.



Ben Kasmenn | *Manager of Gateway Farm*

“Being involved with the St. Joe’s CSA was a huge opportunity for Gateway Farm. The CSA delivery quickly became an anchor point in our weekly harvest schedule. This being our first year, it was nice to have a small to mid-size order on which to perfect our harvest and processing systems. **The CSA also provided for a very valuable weekly income.** On a personal level, being relatively new to the area, **my involvement with the CSA has helped me to become more a part of the local farming community.** I am very happy to be involved with the CSA program and I am looking forward to expanding our contribution in the future.”

Larry Young Jr. | *CSA member through collaboration with Parkridge Community Center*

“When I was first approached about (the CSA program), I was already talking to my doctor about getting healthier food in because I hadn’t been eating much healthy food... **It has really taught me a great deal about most of the fruits and vegetables that are good and healthy for the body.** There were some that I didn’t like, but there were quite a few that I was quite impressed with, that I thought I didn’t like but I did like after trying it. So it really was impressive...It has really taught me a lot. **That things that you might not have liked in the past, to try it. You may like it now...** And I really would like to learn more so that I can better myself on what good things to put in the body because that’s really important to me right now, especially at my age.”



Darlene Wahlberg | *Research Compliance Director at St. Joe’s Ann Arbor and CSA member for seven seasons*

“This is such a convenience! I don’t have to run to the store and take more time out of my schedule to get fresh produce. It comes to where I work! I get access to fresh, locally grown product! I know where the product comes from and that also means that the produce has not sat on a truck for a week or two. **I am introduced to new vegetables and make new dishes that I would have never known about if not for the CSA.** Things like pea shoots, celeriac, hakurei turnips were new to me and have brought diversity to my dinner plate. I realize how much I do not know and have really broadened my use of vegetables in my diet. I now make my own broth for soups with all the leftovers and discards. **I feel better doing this as I am supporting a reduced carbon footprint, eating better through vegetables, keeping my hypertension in check by reducing my sodium intake and supporting local farmers in my local area.** It can’t get much better than that.”

Cultivating Relationships

Cultivating purposeful relationships for community health

2017 would not have been the success that it was without our invaluable partnerships. Our new indoor classroom and teaching kitchen helped us strengthen our role as a community hub, where folks gathered at The Farm for meetings, retreats, and events hosted by us and by our community partners. We also actively spread the word about our unique approach to behavior change and whole-person wellness to hundreds of people through tours, outreach, and presentations.

FARM PARTICIPANTS & EVENTS BY THE NUMBERS

1,749 TOTAL PARTICIPANTS DURING THE YEAR
57 TOTAL EVENTS, TOURS, PRESENTATIONS, AND OUTREACH PROGRAMS

290 PARTICIPANTS
7 EVENTS HOSTED
BY PARTNERS AT THE FARM

828 PARTICIPANTS
45 TOURS, PRESENTATIONS, AND
OUTREACH PROGRAMS

661 PARTICIPANTS
5 EVENTS HOSTED BY US
AT THE FARM



Bark for Life participants raised \$22,500 for the American Cancer Society.



Our summer crew took a break to enjoy the fruits of their labor at our first annual Volunteer and Intern Potluck.

Hundreds of community members braved the cold for our second annual Luminary Walk.



Cultivating Relationships

We are better together!

Thank you to our partners for growing a healthy community with us this year.

AFC Ann Arbor soccer team

Ann Arbor Natural Areas
Preservation Group

Ann Arbor Public Schools

- Farm to School Collaborative
- Pathways to Success
- Pioneer High School
- Rec and Ed Program

Ann Arbor Seed Company

Annie's Children's Center,
Westside

Arbor Preparatory High School

Bark for Life

Detroit Lions

Detroit Red Wings

Detroit Tigers

Eastern Market

Eastern Michigan University

- Bright Futures
- Coordinated Program
in Dietetics
- Taste of Life Project
- You Beautiful Black Women

Eisenhower Center

Food Gatherers

Frosty Apple Orchard

Gateway Farm

Great Lakes CSA Coalition

Green Things Farm

Growing Hope

Hope Clinic

Huron River Watershed Council

Leslie Science and Nature Center

Livingston County Goes Red for Women

Mercy High School

Michigan Environmental Council

Michigan Heart

Michigan State University Extension

National Wildlife Federation

Next Generation Philanthropists

Parkridge Community Center

Seeley Farm

Slow Farm

Slow Food Huron Valley

St. Joseph Mercy Ann Arbor

- Academic Internal Medicine
- Centering Pregnancy
- Cooking Matters

- Health Exploration Station

- Intensive Cardiac Rehabilitation

- Quality, Safety, Risk and
Accreditation Team

- ShapeDown

- Wellness Collaborative
Practice Team

Superior Township Parks

The Land Loom

University of Michigan

- Alpha Epsilon Delta
Premedical Honor Society

- Dementia Group

- Matthaei Botanical Gardens

- Medical School

- School of Public Health

Washtenaw County

Parks and Recreation

Washtenaw Intermediate
School District

We the People Growers Association

Ypsilanti Community Schools

- Farm to School Committee

Zilke Vegetable Farm





Get involved and join us!

Visit any weekday, rain or shine
5557 McAuley Drive, Ypsilanti, MI 48197

Connect

Facebook: [stjoefarm](#) | **Twitter:** [@FarmatStJoes](#)
Instagram: [thefarmatstjoes](#) | **Blog:** [stjoefarm.wordpress.com](#)
Website: [stjoesannarbor.org/thefarm](#)

Join our Community Supported Agriculture (CSA) Program

[stjoefarm.wordpress.com/csa/](#)

Visit our Farmer's Market

St. Joseph Mercy Ann Arbor – Main Hospital Lobby
Every Wednesday: 11 a.m. - 1 p.m.

Support

[stjoeshealth.org/make-a-donation](#) | 734-712-4040

Volunteer

[stjoesannarbor.org/volunteering](#)

For additional information, please call or email:
734-712-HOOP (4667) • thefarm@stjoeshealth.org



Discover Remarkable

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