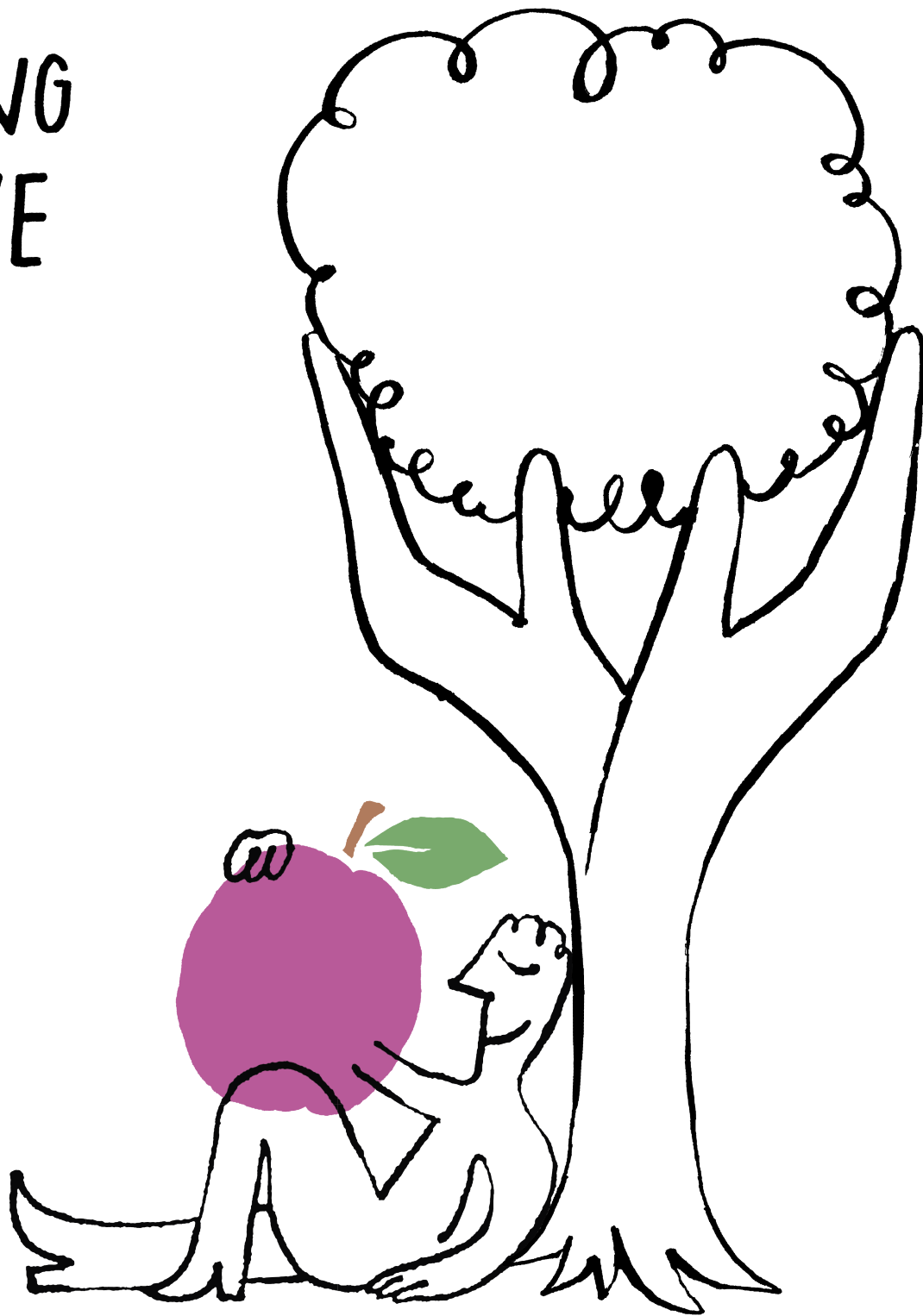


the
GIVING
GROVE



LITTLE ORCHARDS
BIG IMPACT

ANNUAL REPORT 2022

Our mission is to provide healthy calories, strengthen communities and improve the urban environment through a nationwide network of sustainable little orchards to dramatically improve access to healthy food.

**MONEY MAY NOT GROW ON TREES, BUT THERE
ARE MANY VALUABLE RESOURCES THAT DO.
GIVING GROVE ORCHARDS GROW MORE THAN
JUST FRUIT—THEY GROW HEALTH,
COMMUNITY, SUSTAINABILITY AND MORE.**



THE GIVING GROVE

Dear Friends,

In the time we spent in little orchards this year, in our own neighborhoods and in cities across the country, we felt many things. We felt joyful under a tree tasting its fruit, curiosity as we explored varieties new to us, and excitement as we watched program managers across the country grow more confident in their craft. There is so much to celebrate when we consider the impacts of community orcharding. We know that the typical 14-tree orchard will:

- Produce delicious fruits, berries and nuts for decades, often within walking distance of those who otherwise have little access to fresh, nutritious foods
- Sequester 29 tons of carbon and 240,000 gallons of storm water while stabilizing soil and removing pollutants from the air
- Increase urban tree canopy and help mitigate the urban heat island effect

While these benefits are vital to our health and our planet, the gifts from the orchard don't end there. As social workers, we deeply appreciate the way community orchards contribute to our mental health. Interacting with nature reduces anxiety, depression and stress while increasing concentration and memory. Access to tree canopy and greenspace fosters social bonds, leading to increased social participation and reducing isolation.

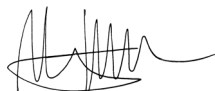
"This orchard gives me serenity every time I come here," one orchard steward shared with us. "Some of the happiest moments I've had are out here."

We couldn't agree more. Time spent in nature is healing; join us in soaking up all it has to offer.

In gratitude,



Erica Kratofil, MSW, Interim Co-CEO



Ashley Williamson, MSW, Interim Co-CEO

COMMUNITY DOES GROW ON TREES

Little orchards foster a sense of belonging. An orchard becomes a gathering space where neighbors share food, children play and people grow closer.

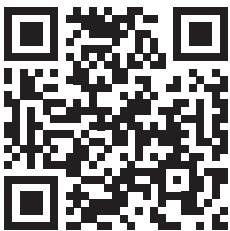
CONNECTING LEADERS WITH COMMUNITY

Little orchards connect to the vitality of neighborhoods. Green space offers opportunities to gather. As the trees grow and begin to produce yields, so do the communities surrounding the orchards.

With the help of our national network, The Giving Grove has facilitated relationships between our affiliate partners and organizations such as:

- 1% for the Planet business members
- Professional sports teams
- Tree nurseries & orchard suppliers
- International food & beverage brands
- National corporate partners
- Locally-owned businesses

Want to see the power of community orchards in action? Follow the QR code to watch a short film!



We help large and small institutions connect and learn from one another, creating a stronger bond between neighbors.

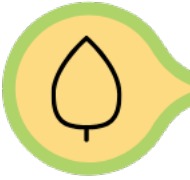


SPEED
LIMIT
25

CYCLE OF IMPACT

WHEN YOU PLANT A TREE

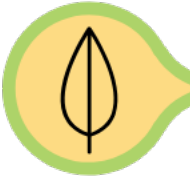
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NATURAL AIR CONDITIONER

Planting trees lowers air temperatures! Shade producing trees lower ground temperatures by up to 36 degrees. They also lower ambient temperatures by up to 10 degrees¹.

2



ENVIRONMENTAL CHAMPION

All trees perform the essential task of cleaning up our messes. Trees scrub the air of excess carbon dioxide and other pollutants. A single fruit tree can remove over 3,300 lbs of carbon dioxide in its lifetime²!

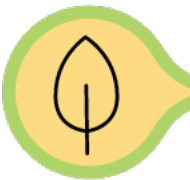
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STORMWATER MITIGATOR

Excess stormwater wrecks havoc on city sewer systems. Water runoff carries litter and lawn refuse and can erode surfaces over time. Trees reduce erosion by reducing water runoff and lowering risks of urban flooding. A fruit tree can absorb 15,000 gallons or more²!

4



SOIL SUPERHERO

Trees help regenerate the soil! Many regions have lost high percentages of top soil, leaving behind carbon-poor soil. Trees (and other natural amendments we use to grow them) counteract that by providing lush material for other organisms and supporting biodiversity.

SUSTAINABILITY DOES GROW ON TREES

Little orchards contribute to cleaner, more livable neighborhoods. Throughout its life, an orchard will improve air quality and soil health while creating a sustainable local food source.

HORTICULTURE

Each orchard contributes to the revitalization of the urban soil and the urban environment. Decades of urban growth that bring debris, chemical use, and mistreatment of soil leave behind land that can be difficult to cultivate. In Seattle, our partner Tilth Alliance revitalizes urban land through a Soil and Water Stewardship program. This program offers King County residents a comprehensive, nine-month training in sustainable food production and environmental stewardship. Participants meet one weekend a month, learning about soil, water and food stewardship, and then apply what they learn through hands-on projects like building garden beds, installing rain gardens and creating habitat for wildlife and pollinators.

“We’ve been excited to incorporate community orchard work into the program based on our new partnership with Giving Grove,” said Chris Hoffer, Giving Grove program manager at Tilth Alliance. “Fruit trees and berries thrive in the Pacific Northwest, including many native berries, and are less resource-intensive to grow than annual vegetables. So promoting perennial food options in the training and supporting communities in growing more diverse foods and more perennial foods is a great match with our goals as an organization. We’ve found that our community partners, many of whom have existing vegetable gardens, are enthusiastic about how to incorporate fruit trees and berries and appreciate the Soil and Water Stewardship program as an opportunity to make that happen.”

In addition to planting fruit trees and orchards, Soil and Water Stewards install other infrastructure to support orchards and gardens, such as drip irrigation, compost systems, native plants and pollinator plantings.

“Fruits and seeds are like time travelers. They bend and twist time and place to suit their purposes to increase the possibility of spreading.”
—Omar Tesdell,
Associate Professor
of Geography, Birzeit
University, Palestine

SPOTLIGHT ON GROWTH

Our growth as a network is rooted in collaboration and in celebrating the unique attributes of each affiliate. By partnering with existing community garden and food access organizations across the county, we are creating an aligned-action network of orcharding programs coast-to-coast. Each city we partner with brings unique skill sets, which contribute to our overall network.



FOOD WELL ALLIANCE, ATLANTA

Food Well Alliance is a collaborative network of local leaders working together to build thriving community gardens and urban farms across metro Atlanta. Their mission is to provide resources and support to local growers to connect and build healthier communities.

Launched 2022 – 28 sites – 382 trees – 328,848 annual servings



RETREEUS, AUBURN, ME (SERVING MAINE & NEARBY STATES)

ReTreeUS promotes an environmentally sustainable, socially-just food system through education and mentorship. By planting orchards in schools, they provide educational programs that empower people to grow their own food and be healthy environmental stewards.

Launching 2023



THE COMMON ORCHARD PROJECT, CINCINNATI

The Common Orchard Project is providing increased food access, tree canopy and community building by installing and maintaining urban orchards in neighborhoods that have experienced disinvestment.

Launched 2021 – 24 sites – 326 trees – 206,910 annual servings



GROW NORTH TEXAS, DALLAS

GROW North Texas is creating a sustainable and secure regional food system that enriches the land through programs that encourage economic opportunity for farmers, support equitable access to healthy food, and strengthen sustainable agriculture.

Launched 2022 – 13 sites – 163 trees – 105,696 annual servings



DENVER URBAN GARDENS, DENVER

DUG currently operates 192 community gardens throughout Metro Denver, including more than 70 school-based community gardens. They provide the access, skills, and resources for people to grow healthy food in community and regenerate urban green spaces.

Launched 2022 – 6 sites – 103 trees – 59,826 annual servings



KANSAS CITY COMMUNITY GARDENS, KANSAS CITY

Kansas City Community Gardens (KCCG), established over 35 years ago and home of the original Giving Grove program, empowers households, community groups, and schools to establish and sustain food-producing gardens and orchards.

Launched in 2013 – 237 sites – 4,011 trees – 2,840,002 annual servings



LOUISVILLE GROWS, LOUISVILLE

Louisville Grows seeks to be a leader in advocating for health equity through the environmental platforms of urban forestry and urban agriculture. They are participants in the Green Heart Project, planting 8,000 trees to decrease health risks by reducing air pollution.

Launched 2021 – 2 sites – 24 trees – 25,560 annual servings



THE BIG GARDEN, OMAHA

The Big Garden began in 2005 with the goal to create five community gardens. Today, it is reducing hunger by increasing access to fresh, healthy produce and teaching people to grow, cook and preserve their harvests through 200+ community gardens.

Launched 2018 – 24 sites – 228 trees – 184,877 annual servings



TILTH ALLIANCE, SEATTLE

Tilth Alliance was created when three urban agriculture and local growing organizations combined under one name. By uniting farmers, eaters, gardeners, cooks and environmental advocates, Tilth Alliance champions a sustainable food culture in Seattle.

Launched 2021 – 8 sites – 33 trees – 19,344 annual servings



SEED ST. LOUIS, ST. LOUIS

Seed St. Louis has been serving the St. Louis region for 37 years by supporting community driven agricultural projects, including gardens and orchards, to create a city where people are connected to the land, to their food and to each other.

Launched 2017 – 57 sites – 572 trees – 313,316 annual servings

Additional Giving Grove Partners

KEEP GROWING DETROIT, DETROIT

Keep Growing Detroit's mission is to cultivate a food sovereign city. Through The Giving Grove's partnership, Keep Growing Detroit will expand fruit tree access for local urban growers.

MICHIGAN STATE UNIVERSITY, DETROIT

MSU Extension's Detroit Partnership for Food, Learning, and Innovation is collaborating with The Giving Grove to develop a large demonstration orchard and create a certificate program for urban orchardists.

VARIOUS PARTNERS, MEMPHIS

Plantings began in 2020 and include 13 little orchards installed at schools, existing community gardens, neighborhoods, communities of faith, medical facilities and youth services.

KNOWLEDGE DOES GROW ON TREES

Little orchards help children reach their full potential. It's easier to concentrate with a full stomach. When kids get all the calories they need, they're able to focus and perform better.

SCHOOL GARDENS

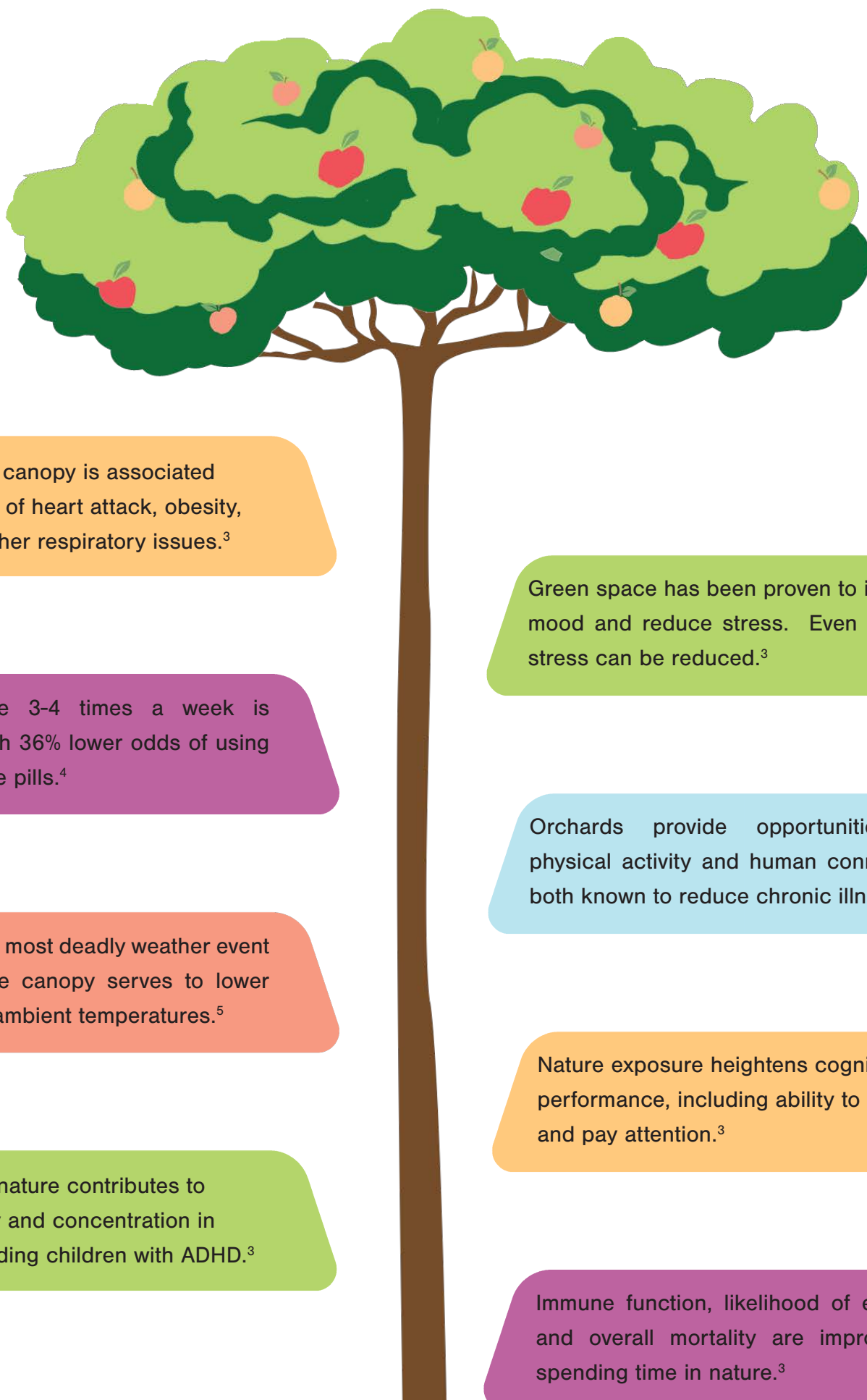
“There is something magical about getting to share the process of starting seeds all the way to taking your first bite of that hard work with children.”

— **Brittany Beyer,**
The Big Garden

Schools are a natural fit for our horticultural curriculum. Teachers share the importance of healthy eating while wooing young minds with the taste of homegrown fruit. More than a quarter of all orchards are located at schools, benefiting thousands of students.

Schoolyard orchards provide fresh, nutritious fruit for students and can serve as an outdoor classroom for subjects such as biology, environmental science, and nutrition. In addition to the educational benefits, having an orchard on school grounds can improve students' mental and physical well-being. For example, spending time outdoors and caring for plants can reduce stress and promote relaxation. The fruit from the orchard can be used in the school cafeteria, providing students with healthy snacks and meals. Overall, a schoolyard orchard can have a positive impact on both the academic and personal growth of students.





Adequate tree canopy is associated with lower risk of heart attack, obesity, asthma and other respiratory issues.³

Visiting nature 3-4 times a week is associated with 36% lower odds of using blood pressure pills.⁴

Heat is still the most deadly weather event annually. Tree canopy serves to lower both soil and ambient temperatures.⁵

Time spent in nature contributes to better memory and concentration in children, including children with ADHD.³

Green space has been proven to improve mood and reduce stress. Even chronic stress can be reduced.³

Orchards provide opportunities for physical activity and human connection, both known to reduce chronic illnesses.³

Nature exposure heightens cognitive performance, including ability to focus and pay attention.³

Immune function, likelihood of exercise, and overall mortality are improved by spending time in nature.³

HEALTH DOES GROW ON TREES

Little orchards offer a sustainable, perennial food source. Fruits, berries and nuts add healthy calories and variety to our diets.

WHY THIS WORK IS IMPORTANT

Hunger is a chronic challenge in the U.S. Hunger Free America reports that the U.S. is back to the same rate of food insecurity as 2020, during the pandemic. Currently, 34 million Americans are experiencing food insecurity, including 9 million children. Research demonstrates that food insecurity has a negative impact on health outcomes; obesity, high blood pressure and diabetes are associated with a lack of access to healthy, nutrient-rich food. For children, early experiences of food insecurity can result in lifelong consequences including anemia, asthma, oral health problems, lower reading and mathematics scores, hyperactivity, aggression and anxiety.

When we feel stressed it is not just our minds that are affected. Stress can cause physical responses as our bodies produce fight or flight hormones that raise our blood pressure, increase our heart rate, and make us sweat. Research shows that while stress responses can be beneficial, these natural physiological systems can also be life threatening⁶.

One solution is just outside your window. There is a growing body of evidence that proves connection and exposure to nature is extremely beneficial to mental and physical health. Researchers found that viewing tree canopy in communities can significantly aid stress recovery – and that every tree matters⁶. This contributes to the growing field of horticulture therapy, which uses plants for human healing and rehabilitation.

“We experience so many human problems, traumas, and tragedies with our human experience that tapping into the natural world can be a way to reconnect with ourselves and get grounded to life all around us.”

-Sarah Glavin
Clinical Social Worker

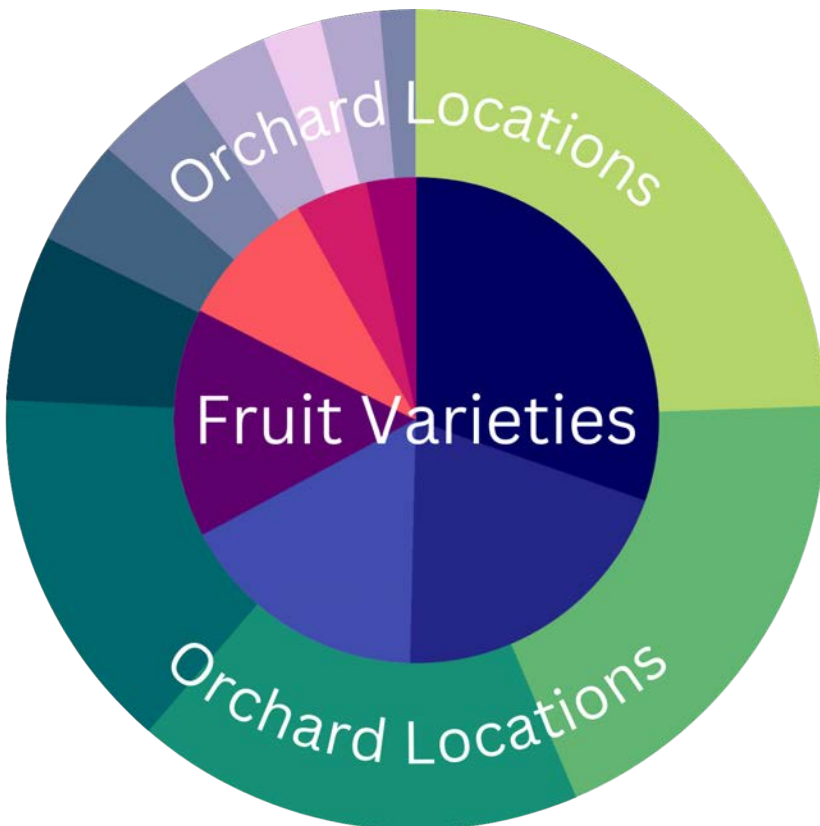


Scan to access Giving Grove's Horticultural Therapy video series.

LITTLE ORCHARDS

12 CITIES
429 ORCHARDS
6,005 FRUIT & NUT TREES
3.75M NUTRITIOUS SERVINGS PER YEAR

BIG IMPACT



Orchard Locations

• Schools	105
• Neighborhoods	82
• Communities of Faith	76
• Community Gardens	62
• Municipalities & Parks	28
• Youth Services	18
• Individual Home Owners	17
• Food Pantry/Kitchen	15
• Transitional Living	10
• Health or Medical Facilities	10
• Senior Housing	6
Total	429

Most Common Varieties Planted

• Apple	1651
• Asian Pear	1092
• Pear	912
• Cherry	834
• Peach	510
• Jujube	262
• Paw Paw	183
Total	5,444

* Only most common fruit varieties listed.

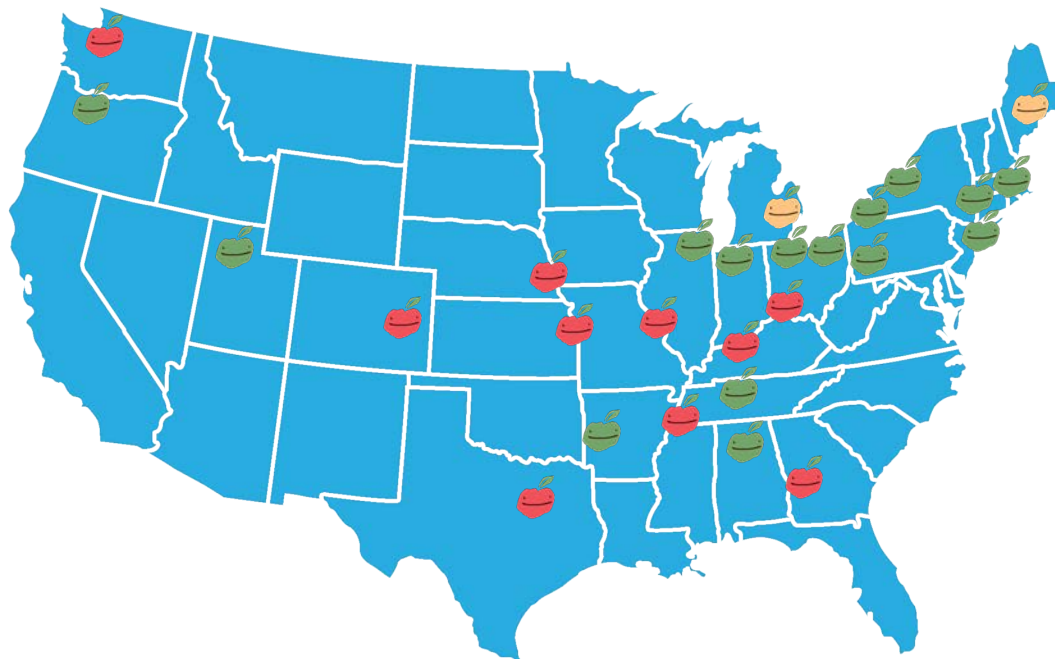
JOIN THE NATIONAL NETWORK

The Giving Grove continues to grow a strong network of orchard programs across the United States. Together, we will:

- Support organizations in starting or enhancing a community orchard program.
- Help local steward leaders grow healthy produce, easing access and availability.
- Work with program leaders to strengthen the vitality of communities that are vulnerable to social and environmental injustice.
- Share best practices and expert advice to improve local programs.

Potential cities have residents who face food insecurity and a local organization capable of (and excited about) adding or enhancing an orchard program.

If your city or community gardening organization is interested in joining this robust network, let's start a conversation today!



Giving Grove Cities

Atlanta	Louisville
Cincinnati	Memphis
Dallas	Omaha
Denver	St. Louis
Kansas City	Seattle



Joining in 2023

Auburn, ME
Detroit



Potential Sites

Birmingham	New York City
Boston	Pittsburgh
Buffalo	Portland
Chicago	Rochester
Cleveland	Salt Lake City
Hartford	South Bend
Little Rock	Toledo
Nashville	

FINANCIALS

Just as we emphasize the importance of strong stewardship for each little orchard, we believe in good stewardship of the financial resources that make this possible. We are deeply grateful for each of our donors and supporters.

STATEMENT OF ACTIVITIES*

Year Ended September 30, 2022

INCOME

Foundations	\$ 367,856
Individual Donors	\$ 175,100
In-Kind Contributions	\$ 130,703
ERC Government Grant	\$ 109,899
Federal Grant Funding	\$ 80,093
Corporate Donors	\$ 66,610
Plants and Other Sales	\$ 31,929
Other Income	\$ 7,377

TOTAL INCOME	\$ 969,567
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EXPENSES

Salaries, Wages & Benefits	\$ 422,211
Affiliate Grants & Awards	\$ 282,091
Marketing/Outreach, Including In-Kind Advertising	\$ 151,048
Professional Services	\$ 64,198
Office, General & Administrative	\$ 35,786
Other Fees & Expenses	\$ 5,513

TOTAL EXPENSES	\$ 960,847
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BOARD OF TRUSTEES

The Giving Grove Board offers the expertise needed to develop a strong business plan, the passion to address food access and environmental inequities and the commitment to support a growing national organization.

Greg Finkle – President, Giving Grove Co-founder
President, Finkle+Williams Architecture

Kevin Birzer – Treasurer, Giving Grove Co-founder
Chief Executive, TortoiseEcofin

Gordon Braun – Secretary
Managing Director, Protiviti

Jill Quigley – Trustee at Large
Retired clinical nurse specialist and former member of the Kansas House of Representatives

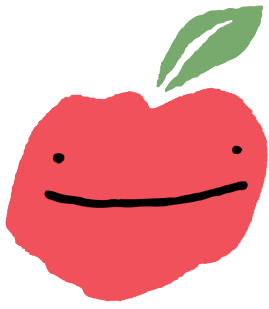
Kate Conner – Affiliate Representative
Executive Director, Food Well Alliance

Oscar Tshibanda – Trustee
Managing Partner, Tshibanda Associates LLC

Yolanda Young - Trustee
Missouri House of Representatives & Young Family Farm Co-Founder

Todd Moore - Trustee
Founder of Heartland Regional Health Equity Conference

Ray Makalous – Emeritus, Co-founder, Retired



the
GIVING
GROVE

References

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- ³ Nature Sacred. (2021). *The Power of Sacred Places: 25 Years of Science and Evidence-based Design of Healing Green Spaces*. Nature Sacred.
- ⁴ LaMotte, S. (2023, Jan 17). *Enjoying Nature may Lessen Need for some Medications, Study Finds*. CNN Health. Retrieved January 19, 2023. www.cnn.com/2023/01/16/health/nature-mental-health-study-wellness
- ⁵ National Oceanic and Atmospheric Administration. *Severe Weather Awareness- Heat Waves*. National Oceanic and Atmospheric Administration. Retrieved February 7, 2022. www.weather.gov/mkx/heatwa
- ⁶ Jiang, B., Chang, C., Sullivan, W. (2014). *A dose of nature: Tree cover, stress reduction, and gender differences*. *Landscaping and Urban Planning*, 132 (2014) 26-36