



2015 Annual Report

Founders Message

“I have watched many friends and colleagues suffer with this down turn in the economy. Our business suffered greatly. One day while visiting a Maryland Food Drop, I recognized familiar individuals with their families getting food. Several individuals that did contract work on houses my company built. Many of them told me the food helped keep the lights on and the mortgage paid, even if for only a couple months. Only when unity is in CommUnity can we truly help those who have felt forgotten.”

– Bernie Fowler, Jr.

Introduction

“Small Farm, Big Reach.”



Farming 4 Hunger (F4H) is a 501(c) (3) non-profit organization formed in 2012 to serve those in need of fresh food in Southern Maryland. The organization grows and distributes over a million pounds of locally grown, fresh food each year. Bernie Fowler Jr., founder, had a vision through his own personal struggles to help people in his hometown gain better access to fresh fruits and vegetables. Bernie was tired of only seeing nutrient-poor foods (canned and boxed goods) going to food banks, aiding in Americas ongoing struggle with childhood obesity and diabetes. He also realized local farmers were struggling to make ends meet. People

were being fed, yes, but he realized that we as a community must do better. F4H has evolved over the years to meet another demand of hunger- supporting those struggling with addictions, incarceration and hopelessness. All of these combined, helped F4H realize that addressing the needs of healthy food, farms and communities unifies the community. F4H accomplishes its mission through unique partnerships with 27 local farms, 50+ local churches, businesses and schools, and with the Maryland Food Bank, the Department of Corrections, and a great network of community volunteers.





F4H distributes the food to the hunger community through targeted sites in the community such as churches, schools or food pantries where areas of high food insecurity are found. Fresh produce from local farms is grown or picked up by F4H and delivered to food distribution sites within an unprecedented 24-48 hours of harvest time, keeping both the “food miles” short, and the produce fresher. Engaging with new farmers in the region has significantly enhanced the diversity, quality and freshness of farm products for the hunger community. This program has also provided farmers with a sense of

hope, knowing that there was a market for their “seconds, ugly tomatoes, surplus or dropped accounts by large wholesalers,” and provided an outlet for what would otherwise be considered food waste in society.

F4H started an inmate outreach program so that incarcerated men from the department of corrections could gain job training, hands-on skills to prepare them for entry into the workplace and opportunities to move through the program. Little by little, these men are reconnecting with their community in order to prepare for reentry into society. F4H’s efforts are aimed at reducing the recidivism rate in Maryland, providing the men the training and care they need to succeed. With partners, F4H is addressing the unique needs of the community.



“Food is just the vessel.”

F4H is addressing our community, and hopes to be a model for other communities around the state of Maryland, and the country, who we are sure are dealing with some of the same struggles. F4H believes that unity is a part of community and seeks to work with many partners to accomplish its goal.

Mission



Our Mission is to feed the hungry and help feed the soul. Hunger comes in many different ways. Healing the mind, body and spirit is at the core of Farming 4 Hunger. We believe if you serve others, you too will be fed.



2015 Highlights

2015 marked an exciting and impactful year for Farming 4 Hunger! With our partners, we provided meaningful assistance to those in need, right here in our own community.

During 2015 Farming 4 Hunger:

- Hosted **5,000** volunteers at the farm which included planting, harvesting, and packing fresh fruits and vegetables, and participating in events at the farm.
- Worked with **30** incarcerated men from the Department of Corrections who successfully completed in-field training and participated in events.
- Worked with a 2014 participant, Warren, who was released from prison in Oct. 2014 and went on to receive a scholarship from College of Southern Maryland and F4 H to obtain his truck driving license. Warren was hired by Chaney Enterprises and now drives a concrete truck for the local business. Since release, Warren still stops by the farm often to support the men who are currently serving time, and volunteers his time back to the community serving food.
- Grew and distributed **1.9** million pounds of fresh, local produce.
- Expanded variety, **20** produce types offered (in pounds):
Potatoes(850,092), Sweet Corn(480,077), Cabbage(137,514), Watermelon(109,863), Collards(91,428), Cucumber(73,752), Cantaloupe(45,086), Squash(34,489), Kale(32,378), Sweet Potatoes(28,709), Tomatoes(23,476), Zucchini(12,839), Eggplant(7,584), Mix(4,849), Lettuce(1,734), Green Beans(1,520), Peppers(925), Apples(497), Broccoli(197), Pumpkins(42). (*)
- Partnered with **27** Southern Maryland farmers.
- Distributed fresh food to **20+** distribution sites (food pantries, soup kitchens, churches, or businesses), making over **70+** fresh food deliveries locally with our F4H truck.
- Provided fresh produce to households where kids were identified on Free and Reduced Meals, targeted to children who were out of school during summer months.
- Ensured the perishable food was in its freshest state, typically in the hands of those who needed it within **24-48 hours** of harvest. Food was previously delivered up the road and re-routed back down to Southern Maryland sites; this new model for our rural area keeps locally-grown food local, providing quality over quantity, and also reducing trucking costs.
- Provided meaningful community service hours for **25+** individuals through a local Drug Court.
- Began production of hydroponic greens through a donation from Community Bank of the Chesapeake. The donation allowed for revitalization of a dilapidated greenhouse which is now used to grow food through a longer season.
- Hosted **20+** Life-sharing talks about life choices to community youth.
- Assisted individuals in planting **850** Sunflower seeds that bloomed throughout the season in memory of lost loved ones in our community.





**Breakdown (in pounds) of fresh, local produce distributed by F4H during the 2015 season:*

Produce Type	Pounds
Potatoes	850,092
Sweet Corn	480,077
Cabbage	137,514
Watermelon	109,863
Collards	91,428
Cucumber	73,752
Cantaloupe	45,086
Squash	34,489
Kale	32,378
Sweet Potatoes	28,709
Tomatoes	23,476
Zucchini	12,839
Eggplant	7,584
Mix (Tomato, Squash, Zuc, Cuc)	4,849
Lettuce	1,734
Green Beans	1,520
Peppers	925
Apples	497
Broccoli	197
Pumpkins	42
Total Pounds	1,937,051



Farming 4 Hunger Volunteer of the Year Award

Founder, Bernie Fowler, Jr. (pictured to the right) presented Rico Nelson, the first-ever Volunteer of the Year Award in December. Over 5,000 volunteers served at the farm during the 2015 season. Rico, currently finishing his time at the Southern Maryland Pre Release Center in Hughesville, went above and beyond learning and observing his farm duties. Rico performed mechanical services, greenhouse management and ran all of our equipment. Rico personally loaded hundreds of thousands of pounds of fresh produce on our trucks with our forklift, helped deliver food and spoke many times in our life-sharing events, always with a smile. An hour after we presented him with his check, Rico insisted on returning it back as a donation to Farming 4 Hunger.



With tears streaming down his face, Rico said, **"I once took from this community; now it's my turn to give back, so put this money towards serving others. I have already been blessed here at the Farm. I now have you and Miss Rose as my new family."**

Growing Together- Next Steps (2016)

In 2016, F4H will continue to provide the meaningful and impact work stated above and is also planning to introduce some new expansions for 2016!

1. High Tunnel growing with Children Agriculture Education
2. Food Trailer serving all farm foods
3. Fresh Farm Market
4. Heathy Community Healing Gardens





2015 Donors

Amazon Smile
Anonymous (8)
Barbara Huber
Barbara and Robert Roller
Bayside Law
Bonnie and David Barrett
Brick Wood Fired Bistro
Brooks UMC
CAASA
Calvert County Bar
Association
Calvert County
Government
Carolyn Egeli
Carrie Polk Insurance, Inc.
CB Bernie Fowler Inc.
Cheryl Miller
Chesapeake Security
Service Company
Community Bank
Deborah McClure
Denise Breitburg
Donald Downs
Donnie and Lynn Downs
Dominion
Edford and Karen
Chambers
Eileen Curley
Emmanuel Baptist
Emmanuel Church- F4H
Golf Classic
Exelon Foundation

Food Lion
Goldman Enterprise
Good Samaritan
Greater Saint John Church
Henry Trentman
Herrington on the Bay
Holiday Inn Solomons
Conference Center &
Marina
Huntingtown High
J+J Portables
James Cooper
Jane Conley
Janelle Glass
Jay and Margie Webster
Joy Bartholomew
JP Morgan Chase
Kenneth and Shirley
Abbott
King Electric
Laura Brady
Laura Ford
Life Church Calvert
MAR-BER Development
Mary and Joe Klausner
Marjory and Steve
Claggett
Martha Canfield
Marty Cooper
Maryland Food Bank
Meredith Wilkens
Michael Tennity



Mike and Lisa Monsma
Morgan Stanley
Nancy and Michael Krause
New Life Wesleyan
Church
NRG
Patricia and John
Hofmann
Prime Residential
Mortgage
Priscilla Wentworth
Quality Built Homes
Rebecca Iannicelli
Renee and Kyle Roper
Robert and Joanne
Boxwell
Ronda Goldman
Ruith Lewis
Sylvia Hubbard
Tracy Daily
Trinity United Methodist
Warren and Carol Prince





**financial data available upon request, farming4hunger@hotmail.com*

Board Members

Founder/President, Bernie Fowler Jr.,
President C.B. Bernie Fowler Inc.

Vice President, Rebecca Inannicelli,
Superintendent of the Washington East
District of the United Methodist Churches

Secretary, Lacey Pierce, Community Bank
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Top Knotch Fitness and Personal Trainer
World Gym

Volunteer Staff

Joel Davis, Communications, (Web Design
and Communication Implementation)

Linda Canfield, Fundraising, Marketing and
Grant Writing

Tim Wallace, Farmer, (Field and Hydroponic
Operations)

Anthony Viveralli, Fitness Instructor,
(Farming 4 Fitness)

Priscilla Wentworth, Food Programs
Coordinator, (Southern Maryland
Agricultural Development Commission
Consultant and Communications Volunteer)

Little Jack Woodford, Driver (Produce
distribution driver)



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