



SEEDS OF SOLIDARITY EDUCATION CENTER

165 Chestnut Hill Road, Orange, MA 01364 • (978) 544-7564

November, 2021

Dear Friends,

Creating and sharing this mailing is a favorite annual event. Your support is like renewable energy! Your notes and donations radiate hope, and enable us to teach people locally and globally to grow food everywhere, promote wellness where there is despair, and educate for climate justice. This challenging period has called forth some of our main attributes — creativity and perseverance.



We have survived, initiated new programs to meet critical needs, and strengthened partnerships that amplify our reach.

As we approach a new year, **your tax-deductible contribution will sustain essential programs and energize fresh vision.** In appreciation, we have included a gift of seeds, a variety of kale that is both vigorous and sweet – qualities to uphold in these and all times! The packet art carries the vital message: Plant Love, Grow Justice, Cultivate Hope.

Read on for a taste of what your generous support makes possible.



Connecting households facing food insecurity with farm-fresh food is an outcome of our wonderful partnership with Quabbin Harvest food coop. Thousands of servings of vegetables and meal kits were provided free of charge through our Stocking Up program. We helped fund and distribute summer farmshares for elders, and worked with local agencies to provide wellness bags for families facing substance use. In addition to offering affordable fresh veggies in our own farmstand, brimming boxes of our produce go to SNAP beneficiaries each week through Quabbin Harvest.

We launched our Women Healing Women Healing Earth program to great success! A weekly spring gardening class was followed by a summer and fall series of cooking, wellness, and art making workshops taught by project co-creators Nalini and Connie (pictured) and other dynamic facilitators. Women from many walks of life came to renew and learn in a peaceful setting, delve deep in conversation, and connect across life experience. Among the wonderful participants



were three generations of women who relocated from Puerto Rico following Hurricane Maria, pictured with their handmade clay mugs.

To spread more love, we hosted Wellness Day on the Farm for urban women needing a break from an intense year, plus created a video with complementary ideas for wellbeing.

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Seeds of Solidarity Education Center Inc. is a non-profit 501(c)(3) organization. Visit seedsofsolidarity.org for more: programs, events, resources or to make a donation.



Our new solar powered farmstand and classroom provide a spacious outdoor and indoor setting for workshops and events including our free Solidarity Inspiration series, No-till Gardening and Make Your Own Plant Medicine intensives, Garlic Saturdays, and a free Craft Your Own Life retreat for young people. An engaging site map created by board member Phyllis guides visitors to explore our energy efficient buildings, fertile gardens and greenhouses that sequester carbon, pollinator and orchard plantings, and artful signs with quotes from visionary thinkers and activists worldwide.

We could not do all we do without wonderful collaborations that expand our reach. Heywood Healthcare sponsored a virtual course we taught for their hardworking healthcare staff that culminated with each participant receiving a raised bed garden! We provided organic gardening courses for women and men incarcerated at our county jail for which participants received college credit along with much needed outdoor time and new skills. We presented community workshops with our friends at Dirty Gaia in the Hudson Valley, expanding a garden that serves a food pantry.



Farmer wellbeing is a critical issue. We are pleased to be among the facilitation team for the Be Well Farming Project based at Cornell. Sharing techniques from our own farm is part of our educational commitment. Multiple podcast interviews and articles including one in Horticultural Magazine, consulting, and two research partnerships help spread our Grow Food Everywhere methods and message far and wide.

We have worked tirelessly to keep our farm and programs vibrant and serving during these challenging times and will forge onward with renewed dedication, with your support.

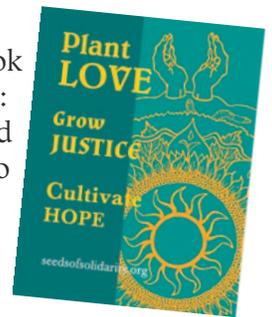
Every gift matters. An envelope is enclosed for your check, or donate on-line today at seedsofsolidarity.org.

We await your reply with enthusiasm and gratitude,

Ricky Baruch and Deb Habib, Co-Founders



The seed packet art is from our book cover, *Making Love While Farming: Field Guide to a Life of Passion and Purpose*, written to inspire others to live their most meaningful life. Order one for yourself or a holiday gift from levellerspress.com



Community keeps the joy in farming!



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