





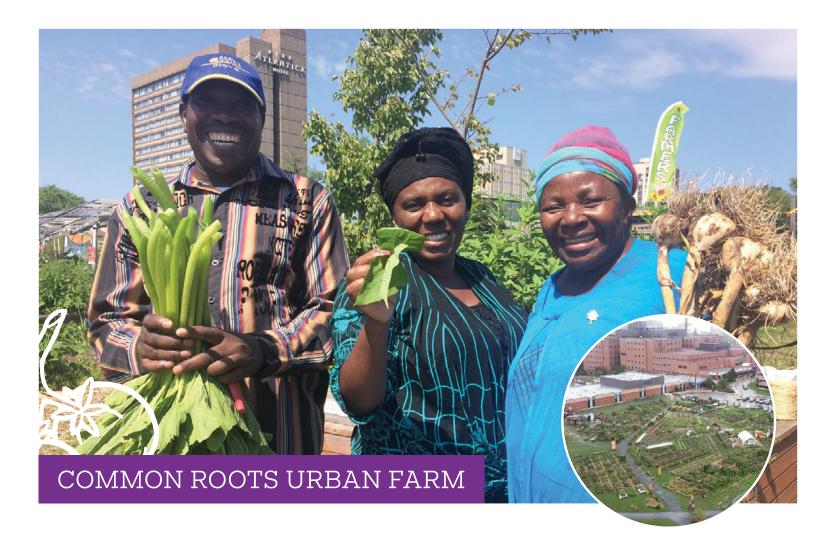
"The farm provides a large plot and resources to garden, active support for gardening activities and resources through workshops etc. Well organized and accessible."

"Great access to fresh in-season produce."

"I was able to save money and grow organic, healthy produce and flowers."

"The farm is the best. It gets me outside, I get to meet awesome people, grow good food, and learn new things. I'm so glad that I found it."





Common Roots Urban Farm (CRUF) is a community farm in downtown Halifax, established in 2012. On 2 acres of land we have 195 plots rented by community members, common areas open to the public, and a market garden where we grow vegetables and flowers for donation and sale. Our mission is to promote healthy lifestyles and landscapes through hands-on education about growing and eating healthy food. Our vision is of healthy people, connected to their food, each other, and the natural environment.

IMPACTS

We surveyed our farm users in the mid and end of season. For a complete report of the survey outcomes you can read our blogs "Mid Season Survey Results" and "2017 Survey Results" at: http://commonrootsurbanfarm.ca/blog.

- The CRUF Market Garden grew about \$10,750 worth of fresh vegetables. This is approximately 2700 lbs, 14,000 servings of veggies, including more than 625 lbs of salad greens, 500 lbs of tomatoes and 400 lbs of beans
- \$3,250 was donated to people in need.
- CRUF has 195 community garden plots that produced an average (actually a mean, with a standard deviation of 116) of \$154 worth of food each. That totals \$28,500 on one acre!

SOCIAL INCLUSION

98% of respondents say that the farm successfully practices social inclusion in our programming.

97% of respondents agree that the farm is a vibrant and welcoming community.

96% of respondents agree the farm is a culturally diverse community.

43% of respondents have made long lasting relationships

195 community garden plots – over 400 gardeners. Now with 6 wheelchair accessible plots.

Over 60 volunteers this season, including youth, elders, newcomers, people with disabilities.





HOW SUCCESSFUL ARE THE FARMS AT PRACTICING SOCIAL INCLUSION?

"Some new Canadians led several classes that I attended."

"They have programs in place to make sure anyone who wants to can participate with the farm."

"Raised beds for wheelchair users."

"Many cultures, many religions, all sexual orientations: no challenges, no opinions-just farming."

"I am always happy to visit the farm. I feel like I learn so much and not just about farming. I learn about the people and cultures that share the city."

"The multicultural activities around food and the gatherings scheduled to celebrate from time to time. As well, do not discount what you do for patients and staff at the QEII Infirmary who roam the grounds admiring the gardens, or just sit outside on a soft summer evening."



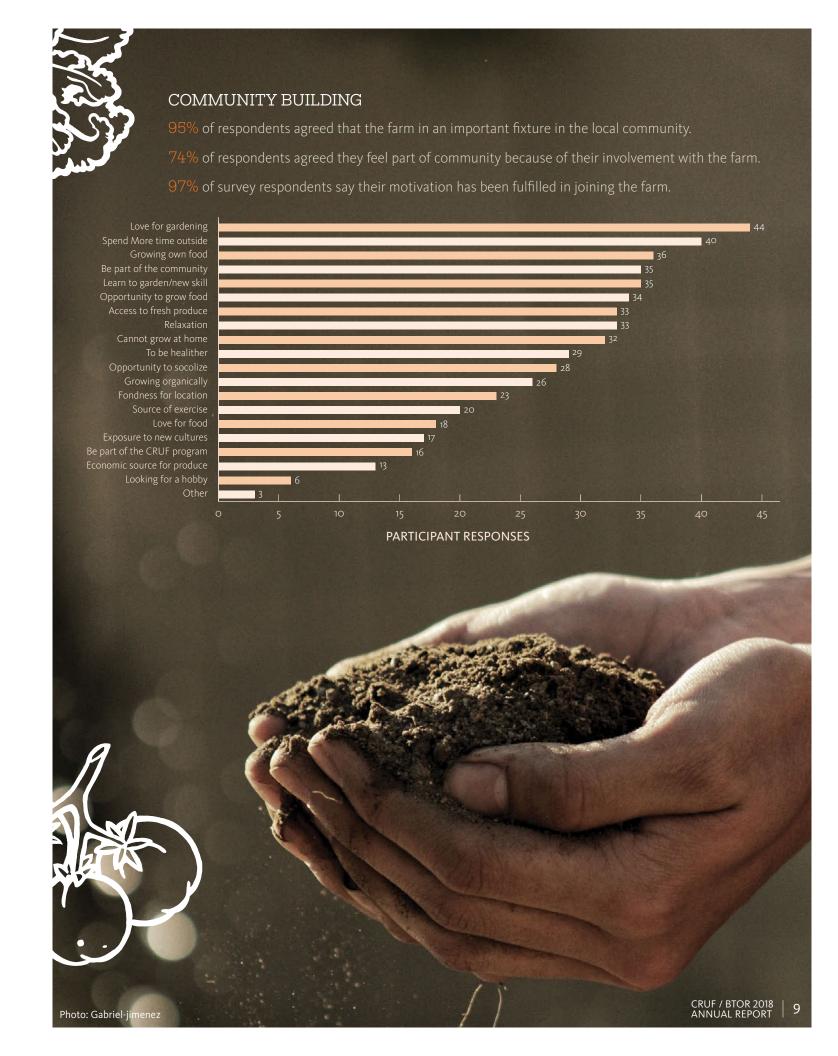
"I love it! I wish there was a similar place on every block of the city!"

"I believe the CRUF is making an important contribution to the City of Halifax and do hope that the politicians and hospital administrators understand what this entity means to all of the citizens."

"Every time I drive, bike, or walk by, and every time I'm at the hospital, I am so pleased to see the urban farm thriving, growing, and being so beautiful."

"I love that it is a completely different model for living and working in a community. It is happier, healthier and more wholesome reality."

"After joining the farm I was exposed to people of all ages and backgrounds with a common purpose. It has been a transformative experience getting to learn skills and taste real food. This farm has brought myself and others closer to our food systems and built a stronger community."





"The BTOR garden solved my problems with the local food supply, and scratched my itch to get my hands in the dirt. It's also the beginning of a social/information network for this newcomer to Nova Scotia:)"

Linda McLaren, Plotter, Volunteer, Market Customer





Back To Our Roots (BTOR) Urban Farm is located on the grounds of the Nova Scotia Hospital (NSH), which serves mental health and addictions patients. Established in 2015, we create a healthy, welcoming and educational environment for hospital clients, staff and the wider community. BTOR highlights the environmental and health benefits of growing and eating vegetables through providing hands-on skills training and educational workshops, paired with the space and tools to grow healthy vegetables for our communities. Our mission is to promote wellness and skills development through a community urban farm inspired by our rich history. Our vision is a welcoming environment blooming with healthy food and mental wellness for all community members.

IMPACTS - FRESH HEALTHY FOOD

62% eat food from the farm once a week or more.

73% eat better due to BTOR.

75% say their access to local organic produce had increased due to BTOR.

75% say their knowledge of gardening had improved due to BTOR.

The market garden grew over \$9000 worth of healthy vegetables and flower bouquets this year. Of that, \$1373 was donated to the hospital, \$7288 was sold to community members and hospital staff, and \$477 was donated to community organizations.

There are 72 plots in the Community Garden with the vast majority being cared for by more than one person. Eleven of those plots are gardened by hospital patients, 16 by hospital staff, and three by mental health organizations.

PHYSICAL & MENTAL HEALTH

82% say BTOR is beneficial to their physical health.

93% say BTOR is beneficial to their mental health.

98% say that when they go out to the garden, they feel better.

There are 106 beds at the NS Hospital. Whether it's gardening outside, watching seeds grow on the windowsill, eating fresh healthy produce, or enjoying the bouquets of flowers, many of these patients interact with the garden each week.

COMMUNITY BUILDING

79% feel part of a community at BTOR.

98% say their overall experience with BTOR is positive.

90% agree that BTOR is meeting its goals of promoting mental health, healthy food, healthy environment, and skills development for hospital staff, patients, and the surrounding community.

MARKET GARDENS

Thank you: Mental Health Foundation, Bell Let's Talk, the Flemming Foundation and Kynock Parker Street Food Bank CSA supporters (listed in the back) for helping us get fresh healthy food to people with limited access.

\$25,000 Total veg & flower sales from both farms.

\$38,000 Total revenue from all market garden revenue (includes reselling gardening supplies & workshops).

Overall farm sales \$14,000, up from last year.

Wholesale customers: NSHA Food Services, The Loaded Ladle, Brooklyn Warehouse, Lucky Penny, Freeman's Little New York, Stonehouse Bakery, Wild Leek, Local Source, the Mindful Mango.

Almost \$1400 worth of food and flowers was brought onto the units from the market garden over the growing

Donation: 950 lbs to Parker Street and volunteers, including 300 lbs of tomatoes and 250 lbs of beans! (And that doesn't include what went into the Free Food Pantry, was harvested from the Commons, 'weeds' harvested as food, or theft!).



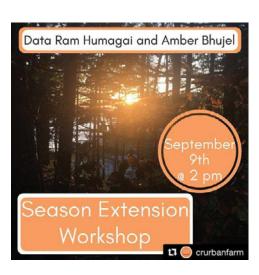


Deep Roots program this year, in partnership with Immigrant Services Association of Nova Scotia (ISANS), was funded by the Department of Labour and Advanced Education and the Department of Community Services. The program supports newcomers to increase job readiness and employability while remaining active and productive in community. This is our 4th year of the program. We started with 8 people, 7 graduated, and 3 secured employment with local landscaping companies.

IMPACTS

- 3 graduates gained employed.
- 6 alumni volunteered regularly, supporting staff and participants.
- 2 graduates created a workshop on season extension, which was held twice on the farm, 3 times in ISANS gardens, and was part of the "To The Root Workshop Series," hosted by a Dalhousie student group.
- "[Deep Roots] Helped me to understand Canadian work culture and I am more comfortable interacting with people."
- "I felt very comfortable at Common Roots. My family enjoyed coming there. My kids enjoyed running and playing around there."

This year we also hired DataRam Humagai, a Deep Roots Alumni and volunteer since 2013. Having DataRam on staff increased our food production, educational capacity, and ability to support Deep Roots participants. The United Way wrote an article about what a success this is for DataRam and the community: see our blog "DataRam's Story." at: http://commonrootsurbanfarm.ca/2017/11/21/datarams-story/.



"Data Ram has given me so much great advice and assistance with my plot. He's always helping others and sharing his knowledge. He deserves recognition for everything he does."

"Thank you [to everyone] who worked in the Market Garden. The food was soooo good and fresh. I was amazed that it stayed so fresh for such a long time!"

"Absolutely no question...my husband and I ate way more fresh salads than we ever would have."



The BTOR Market Garden grows vegetables, greens, herbs and flowers that are sold at a weekly market stand from June-October; sold wholesale; and brought into the hospital to be enjoyed by clients and staff. This year, the market stand was located at the Woodside Ferry Terminal, which is directly beside the hospital in an area with limited access to fresh produce.

In 2017 we sold over \$6200 worth of produce directly to customers, most of it through the market stand.

Over \$1000 of wholesale sales were made throughout the growing season.

Almost \$1400 worth of food and flowers was brought onto the units from the market garden over the growing season.

Every week we also brought produce and flowers into the hospital. We made deliveries of donated vegetables and flower bouquets to each of the hospital units and sold produce to staff who missed the market. Recreational Therapists regularly made salads for patients to eat as part of night lunch or incorporated the garden produce into the

"People get super excited when you bring flowers to the unit," said Melissa Muise, Recreational Therapist on Emerald Hall. She noted that if she was off the unit when flowers were delivered, several clients would mention it to her when she returned."





Bringing patients to the garden and the garden into the hospital

Connecting NS Hospital patients to the garden is one of the core focuses of BTOR, and thanks to donations from Bell Let's Talk and the Mental Health Foundation of Nova Scotia, we've been able to expand our programming with patients in 2017.

BRINGING PATIENTS TO THE GARDEN

Six of the units at the hospital had one or more plots in the community garden this year, totaling 11 plots, and the BTOR coordinator did weekly garden programming with five of those units. Approximately 20 patients participated each week during the outdoor growing season from May through to the end of October.

The garden programming involves patients in all aspects of growing vegetables, from planting the seeds, to watering and weeding, to harvesting and eating! Green beans, carrots, sugar snaps and cherry tomatoes were all popular crops, as they're easy to eat, straight off the vine or out of the ground!

Sometimes clients took on tasks above and beyond tending to their own plots. Andrea Leahey, Recreational Therapist for the Inpatient Withdrawal Management Unit, noted how her clients took the initiative to take on larger physical projects in the garden. For example, they worked together to woodchip the pathways of the community garden and moved the compost pile. This was of huge benefit to the garden as a whole.

"Patients loved being outside; they loved learning. People talked about how they liked getting their hands dirty and the sense of productivity."

Alicia Dobranowski, Recreational Therapist for Mayflower Unit

Dawn Reid, a Care Team Assistant at Simpson Landing, said the cherry tomatoes, beans and carrots that they harvested were quickly consumed by clients as snacks.

"They think stuff from the garden tastes better," she said.

The clients from Transition Hall enjoyed being able to share their harvests with others including nurses on their unit. "It was an opportunity to share and take pride in what they'd done", said Recreational Therapist Tara Harnish.

UNITS AT THE NSH THAT PARTICIPATED IN BTOR GARDEN PROGRAMMING

SIMPSON LANDING – part of recovery and integration program within mental health services.

MAYFLOWER - acute care mental health unit.

TRANSITION HALL – part of recovery and integration program within mental health services.

Inpatient Withdrawal Management Unit – for clients in the early stages of addiction recovery.

Opioid Treatment Program – provides clients who are dependent on opioids with access to methadone/
Suboxone maintenance treatment.

Willow Hall – provides inpatient services for people over the age of 65 who have a mental illness.

Emerald Hall – provides care to individuals with a dual diagnosis (an intellectual disability in combination with mental illness).

Even the patients who don't visit the garden are able to enjoy and benefit from it. For example, most of the clients in Willow Hall are not able to venture outside easily, but according to Recreational Therapist Lauren Alexa, they follow the garden's seasonal changes. "The clients continue to enjoy watching the work being done in the garden through the spring to fall. We have a really great view from our window and love seeing it grow big throughout the summer. It's a great conversation starter and gets people to reminisce and reflect about gardening from their past," she said.

Bringing the garden inside

Not all patients are interested or able to go out to the garden, especially during the cooler months, so this year, we focused on bringing more activities inside. Indoor garden programming began at the end of March and ended in early December (programming shifted outdoors from May until October).

In the early spring we started 15 trays of seeds inside so patients were able to watch the early growth. We also

potted up some of the seedlings (such as basil plants) for clients to take home or keep on the unit. "The herbs in the pots were really loved. The look of them made people happy," said Karrie Scribner, Health and Wellness Coordinator at Simpson Landing. Dawn Reid, Care Team Assistant at Simpson Landing, used fresh basil from the pots to make pita pizzas. She said clients were amazed at the flavour!







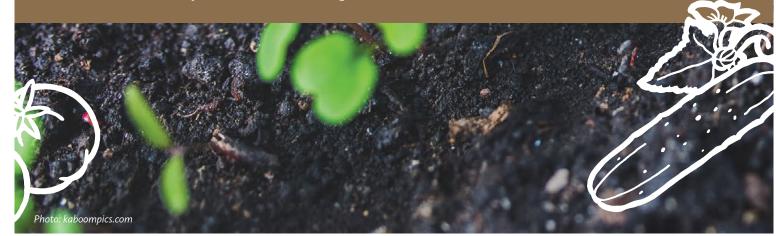
g up herbs for clients to bring home. $\,\,$ Drying lavender to use in teas and potpourris in the fo

Amarvllis – photo: Nastas

Throughout the growing season we harvested and dried over 6 liters of herbs and flowers, such as mint, lemon balm, lavender, calendula, and sage. Come fall, we were able to use these to make tea blends and potpourri sachets with seven different client groups. Clients commented on how they liked the idea of making

something that they could bring home or give it as a gift to family and friends.

Another fall activity was potting up nine amaryllis bulbs which bloomed throughout the hospital even as the days got darker.







Farm Stewards are our core team of volunteers that make the farm such a friendly and welcoming environment. They are on the farm daily from 3-6pm to tend the common garden areas, give tours, solve problems, and offer support to gardeners and visitors when they can.

THIS YEAR WE HAD:

35 Farm Stewards

7 have been with us for multiple years

5 are Deep Roots alumni

11 are new Canadians

14 are older-adults

6 are university students or recently graduated

Together we gardened over 60 commons beds that volunteers and visitors are welcome to harvest from.

This program was supported by the Department of Seniors through the Age Friendly Communities grant that aims to recognize, support and promote older adults to engage in volunteer or paid work, and lead healthier lives.

"What I love about the farm is the positive energy that the people who volunteer and work they have created."

"I love that it's a fun social space that provides an atmosphere of healing and community"

To read about the farm and program from a volunteer's perspective see our blog post "*Profile: Marwan Iskandar*" at: http://commonrootsurbanfarm.ca/?s=Marwan+Iskanda.

BTOR PLOTS

"I love that this garden is here on the grounds of the hospital for people with a wide variety of experience to use and enjoy. I think it is a very normalizing experience in a setting where daily life can seem so negatively skewed."

John Dicks, Plotter, Market Customer, Occupational Therapist on Willow Hall

The Community Garden is a place where clients, staff and community members of different ages and backgrounds come together to garden.

This year the community garden grew by 20 plots to 72 plots. Sixteen of those plots are gardened by hospital staff and 11 by patients. There are several new Canadians that garden at BTOR, many with young families, as well as retired people who are living in condos and looking for green space.

"I love being part of this community, and look forward to next Spring!!"

Ingram, Plotter

For patients, the garden can be like a bridge space to the outside world. Clients are still on hospital grounds but are interacting with community members. This not only decreases stigma for members of the public who are in the garden, it can also build confidence and comfort with life outside the hospital for clients who may be challenged by that.



"Everyone associated with the CRUF is super friendly and engaging. There is a true spirit of community among the 'plotters', sharing tips and experiences."

"I love how CRUF offers a large plot and resources to garden, active support for gardening activities and resources through workshops etc. Well organized and accessible."

"I wanted to invite more joy into my life and felt called to get my hands in the dirt. I have been overjoyed at every step of my growing experience this year and thoroughly enjoyed time spent at the garden with lovely plants and humans."





CRUF PLOTS

64% of survey respondents say they have helped another plotter.

69% or survey respondents have received help in gardening their plot.

At CRUF this year, we grew to 195 plots. 10 new ones were added through the generosity of Home Depot Halifax. We also built 6 wheelchair accessible plots through a wonderful grant through the Rick Hansen Foundation.

This year we asked some of our community gardeners to volunteer to track their harvest because we wanted to quantify the value of this food production. We asked volunteers to record everything they harvested from their plots, in weight and/or value. 24 people responded, out of 195 (13%). The highest harvest value reported was \$493 out of one plot! (Second place was \$483)

According to our data, the average plot production is \$154 per plot (with a standard deviation of 116). If all 195 plots produced this amount, the annual production from this acre of land is \$28,500. If every plot could yield the highest value (\$493/year) the annual production from this acre of urban land would be \$91,000.

Also worth noting is the comments:

"I value this at priceless..."

"and a lot of fun doing it... therapy for the soul."

"Therapeutic value? Priceless"

EVENTS: RICK HANSEN, HOOTENANNY

Rick Hansen Foundation 'Barrier Buster' – awareness event

Thanks to the Rick Hansen Foundation and Canada 150 for helping us to be a #barrierbuster.

In September 2017 we opened our Rick Hansen Healing Garden with a big celebration. Thanks to Mayor Mike Savage for sharing warm, encouraging words about the importance of inclusion, and to Senator Dan Christmas for affirming the importance of caring for nature in the active way we do. Thanks to Minister Marc Furey for being committed to making more of Nova Scotia accessible and inclusive. It was a real pleasure to gather for this event.



The Rick Hansen Healing Garden is an area of the farm, close to Emergency, that is accessible to people with visual and mobility challenges. Many partners have supported this project over the last 5 years: the Rick Hansen Foundation and Canada 150, building on previous support from the Kinsmen Club of Halifax, the Shaw Group, the Halifax Foundation, Emma Fitzgerald, and our many, many volunteers.

We have some great media coverage of the event: Please check our blog "Accessible Media on the Rick Hasen Garden Opening" at: http://commonrootsurbanfarm. ca/2017/11/21/accessible-media-on-the-rick-hansen-healing-garden-opening/.



"What I'm excited most about is that this garden grows much more than fruit and veggies, it grows a caring and inclusive community" says Gerry Post, gardener.



"The Rick Hansen Healing Garden at Common Roots Urban Farm is something all Haligonians should be incredibly proud of. Made possible with a barrier-buster grant from the Rick Hansen Foundation; the Healing Garden gives hospital patients, people with various disabilities, apartment dwellers and everyone else a chance to enjoy nature and grow fresh produce right in the middle of our fair city." Accessible Media Inc.







HOOTENANNY

Our Harvest Hootenanny and Pumpkin Smash 2017 was our 6th annual end of season celebration, and the best yet. We created a thriving, urban, farming global village. About 400 people attended from a broad range of communities. The CBC Do Crew helped out this year, along with the MSVU International Students Society.

To watch a fun one minute video of the event, see our blog: "Harvest Hootenanny & Pumpkin Smash." at: http://commonrootsurbanfarm.ca/2017/11/13/harvest-hootenanny-pumpkin-smash-2018/.

We translated event posters into the lingua franca's of our farmers so they could take posters into their communities too. This helped bring many celebrators, and we'll continue to do this.

This event was supported by HRM Events, the Canadian Department of Culture and Heritage, Little Foot Yurts, the Coast, the Atlantica Hotel, and GroPro.

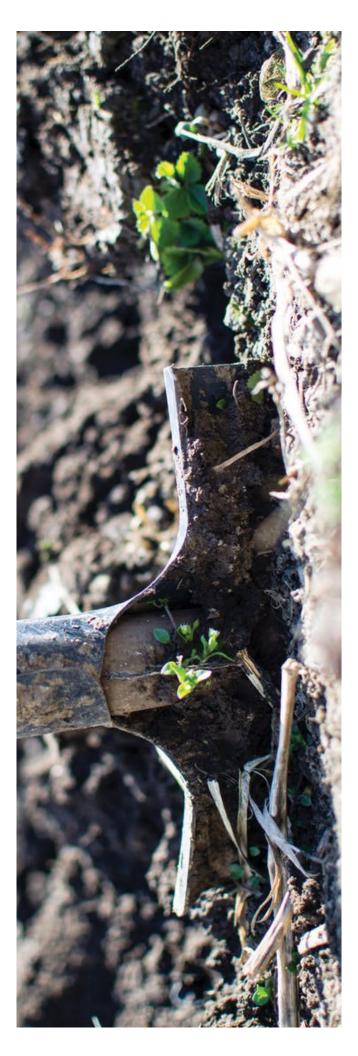
FINANCIAL SUMMARY

Our key focus in 2017 was to develop our earned revenue through social enterprise activities. Through our market stand we sold vegetables and flowers we produced, and re-sold manure, organic fertilizers, and plants to local gardeners. This greatly increased our earned revenues.

INCOME	
Charitable Donations	\$23,000
Earned Revenue	\$45,000
Foundation Support	\$75,000
Partners for Care	\$15,000
Government funded service delivery	\$108,000
Sponsorship	\$4,000
TOTAL INCOME	\$ 270,000
TOTAL INCOME EXPENSES	\$ 270,000
	\$ 270,000 \$191,000
EXPENSES	
EXPENSES Staffing	\$191,000
EXPENSES Staffing Supplies	\$191,000 \$50,000
EXPENSES Staffing Supplies Infrastructure	\$191,000 \$50,000 \$26,000

	TOTAL	% OF TOTAL							
	7000		A STATE OF THE STA	141000	NO LINE	G00D	PHYSICAL & MENTAL HEALTH	SOCIAL	NOTES E. STOBVTELLING, WHA IS THIS A COCIAL VS BLISINIESS COST?
INCOME	107	14.000	200	1200					יאלו בט ג טון לאין ורבבוואלי זייון זיין ווייט א טיליניאב אלי ביליני בליני בלינ
Earned Revenue									
Amendments	2,045	20%	%08	604	1,636	×			Bought locally. Donated to common areas, discounted for people in need
Corporate and School visits	3,752	%09	%0%	2,251	1,501	×	×	×	School and youth group pay by donation - less than market value.
Delivery tees	472	%0	100%	0	472				Hired a small local company
Flowers	8,386	20%	80%	1,677	6,709		×		While protitable, the flower by Emergency uplift patients, staff & visitors.
Manure	1,985	20%	%08	397	1,588	×			Local organic, to grow more good food, & increase community success.
Merchandise sales	1,614	20%	80%	323	1,291			×	All merchandise is made by the Prescott Group, a local social enterprise for adults with intellectual disabilities, and a local artist, Frin Robison,
Plant Sales	519	30%	70%	156	363	×		×	All plants are purchased locally. Available to gardeners with time and mobility challenges.
Plot Fees	8,006	20%	80%	1,601	6,404	×	×		25 plots are 50% off for low income gardeners. 160 plots are \$40 standard price. Dartmouth plots are \$30. Volunteers are offered
						:			complimentary plots.
Produce	16,565	79%	74%	4,307	12,258	×	×	×	We donated over \$5,100 worth of produce to individuals and community-based organizations addressing tood security. Most produce is priced below market to be affordable to those in need.
Workshop fees	1,341	30%	%02	405	626	×	×	×	Generosity/ pay as you can policy for workshop admittance. Workshop offered by Deep Roots alumni, designed for people to connect and learn from each other and for new Nava Scotians to develop presentation skills and community connections.
Total Formed Douges	10777	%JC	750/	11 5 2 7	C7122				connect and real monte decision of the real contains to develop presentation of the connections
Social Program Delivery	44,065	%67	70%	C7C,II	201,00				
Federal Govt	8.274	100%	%0	8.274	0	×	×	×	Summer student and Harvest Hootenanny Fall Celebration funding.
Municipal Govt	11,300	100%	%0	11,300	0	×	×		From District 7 & 8 Participatory Budgets for public infrastructure development.
Provincial Govt	12 O 88	%U8	%000	70,407	17404	>	>		Hired by the provincial government to provide employment development service for Deep Roots. Provided work experience that
	5000	800	807	121.07	2000	<	<		resulted in 4 people gaining employment, and all participants gaining confidence and skills on their journey to employment.
Total Government Service Delivery	107,605	%26	7%	666'68	17,606				
Grants and Foundations Non Govt		•		•	•	-			
Non-Profit Organizations	75,355	100%	%0	75,355	0				The Mental Heath Foundation funded bringing food and garden activities into the hospital (\$10k). The Robert Pope Foundation
									Lance to stantig positive teath stores and outland against 17 your (\$750). He had a stored analysis he making the factors and a size and a size as a stored to the stored
						×	×	×	rains accessible and raising stational aware less for increasing accessioning (300k). Detried a rain faince Connecting supplied partients to the parchan (\$10k). CLA funded the development of our merchandise (\$7k). The Flemming Foundation funded produce
									for the food bank, work boots and graduation gifts to Deep Roots participants (SSk). The Wilson Foundation funded development
									of our social enterprise (\$10k)
Partners For Care	15,100	20%	80%	3,020	12,080				Support from Partners for Care.
Total Grants and Foundations Non Gov.	90,455	100%	%0	78,375	12,080				
Private Sector Support	1	0	3	0					
Corporate Sponsorships	3,750	3001	%0	3,750	•		×	×	From Royal Bank to fund Signage of the Quinpool planter plots, and Paramount Properties through our Business Blooms program.
Total Private Sector Support	3,750	100%	%0	3,750	0				
Receiptable Fundraising Activities		000							
Donations General	4,609	100%	 % 0	4,609		×		×	From PaytiForward plot program to offset discounts to plot program. General donations through website used to support volun- teers and farm develonment
Food Bank SCA	2,140	100%	%0	2,140		×		×	To fund the production and harvest of fresh food for the Parker Street Food Bank
Fundraising Events	1,585	100%	%0	1,585		×	×		From Harvest Hootenanny silent auction and donations
In Kind Donations	14,812	100%	%0	14,812		;	;		The Chronical Herald supported our Food Bank CSA fundraising campaign (\$8k). 0104 supported our Food Bank CSA fundrais-
						<	<	<	ing compagn (24%), notice Depot boin to new plots (21.3%). Another a supported out it as was into centaining (21.23%), to year. Flush donated a porta porty for the year (\$1100). Canadian Tire supplied compost through Fiskars grant (\$700).
Total Receiptable Fundraisng Activities	23,146	100%	%0	23,146	0			•	
Total Income	269,641			206,793	62,848		-		
X DEL N									
Delivery Expense	270	%0	100%	0	270				All flower and vea delivery on top of operating at a modest profit; is executed by a local company.
Development	300	200/	30%	210	06		×	×	To develop our staff capacity to work with our program participants.
ACORN Conference	1/26	20%	20%	485	485	×		×	Our three core staff attend the annual ACORN organic farming conference to develop their farming skills and network with
Total Day of Land	1	807	807	107	2 0				larners.
Iolai Developinemi Infrastructure	140,1	%O4	%00 00 00	040	040				
Commons	14,940	100%	%0	14,940	0	×	×	×	Rick Hansen Healing Garden (see page 10)
FBCSA Signage	110	100%	%0	110	0	×		×	Donor recognition Signage to thank donors for supporting us getting food to the food bank
Market Stand	163	20%	80%	33	130	×			Additional costs incurred to make the market stand wheelchair accessible.
Sheds, Equipment and Tools	7,166	70%	30%	5,017	2,150	×	×		Additional costs incurred to purchase tools to assist those with mobility and accessibility issues with traditional tools.
Signage	7,024	%06	40%	1,673	186	××	× ×	×	Educational Signage is developed many in multiple languages to improve inclusivity/ accessibility of the Farm. Some soil for our Commons hads but mostly for plots and the market parden Sourced and sunontrad by Konock Resources
30III	1,00,1	3	2	F1 4/1	2	<	<		סטוות Sull Idl Odl Cultinuis שלעט, מינו וווספוץ זיט מינות וווים זייני של מינוי טיטייבים מינו מעודעי על איניבי

	TOTAL	% OF TOTAL							
						G005	PHYSICAL & MENTAL	SOCIAL	
	2017	SOCIAL	BUSINESS	SOCIAL	BUSINESS	FOOD	-	INCLUSION	INCLUSION NOTES & STORYTELLING: WHY IS THIS A SOCIAL VS. BUSINESS COST?
EXPENSES CONT.									
Staffing									
Coordination	34,627	80%	%02	27,702	6,925	×		×	3 people increased their employment skills, 1 now employed in related field, one student, one we hope to re-hire
Honoraria	15,923	100%	%0 %	15,923	0		×	×	Primarily to ISANS for their role in the Deep Roots program
Farm Coordinators	72,642	70%	30%	50,849	21,793	×	×	×	Sara and Hillary make our farms happen! Caring for people, growing food, and managing sales.
MERC's	11,292	20%	20%	5,646	5,646		×		Mandatory employment related costs (CPP, EI).
Orientation/Interpretation	5,697	100%	%0 %	2,697	0		×	×	High interpretation budget for working with lower language level clients. The orientation is for Farm Stewards
Participants stipends	5,550	100%	%0 9	5,550	0	×	×	×	Earned by Deep Roots program participants for services rendered on the Farm.
Project Coordinator	45,683	70%	30%	31,978	13,705	×	×	×	Fundraising and admin for both farms, sales and programming for CRUF.
Total Staffing	191,414	81%	%61 9	143,345	48,069				
Supplies and other costs									
Accounting	319	30%	%02 9	96	223				Required for accountability as well as management
Administration	23	%0	%001 %	0	23				
Advertising/Promotional	23,107	85%	%21 9	19,641	3,466	×	×	×	Sharing stories about healthy & welcoming communities. See commonrootsurbanfarm.ca/press
Amendments	1,802	30%	%02 9	541	1,261	×		×	Healthy fertilizer to grow healthy food. Donated to commons beds and discounted for low income gardeners
Bank and other transaction fees	80	%0	%001 %	0	80				
Bus tickets	979	100%	%0 9	979	0		×	×	Grant funded, for low income volunteers
Celebrations and Exigencies	13,284	100%	%0 %	13,284	0	×	×	×	The Rick Hansen Awareness event & Harvest Hootenanny.
Cell phone allowance	1,280	20%	%05 9	049	049		×	×	For social media posts from the field, and on farm working.
Compost and Manure	2,037	30%	%02 %	119	1,426	×	×	×	Donated to commons beds and discounted for low income gardeners
Merchandise Purchases	2,035	30%	%02 9	019	1,424			×	Bought from a social enterprise, designed by a local artist.
Packaging	189	20%	%08 %	38	151	×			Also used for donated produce.
Participants Equipment	953	100%	%0 %	953	0		×	×	Sreel-toed boots for Deep Roots program.
Seeds and starts	2,361	70%	%09 %	945	1,417	×		×	Many donated to commons beds, discounted for low income gardeners, and planted in market garden.
Soil Test	20	20%	20%	10	10	×			Partly good practice, part education
Supplies General	2,325	70%	%02 30%	1,627	269	×	×	×	Most supplies are for programming and volunteer engagement
Transportation	52	%0	%001	0	52		×	-	The occasional taxi when there is just too much to carry
Volunteer Support	1,778	100%	%0 %	1,778	0		×	×	Amenities for volunteers, and thank you gifts
Total Supplies and other costs	50,423	%64	% 21%	39,624	10,799				
Total Exponent	24044.0			206 651	42080				



SPONSORS & SUPPORTERS

Common Roots Urban Farm would like to thank the following for providing invaluable support in 2017:

TREE LEVEL SPONSORS





We are a project of Partners for Care. Without their administrative, financial, and strategic support, there would be no Common Roots Urban Farm.

The N.S. Department of Labour and Advanced Education supported our Deep Roots program through their Works For You Fund, in partnership with the N.S. Department of Community Services.

The Nova Scotia Health Authority offers this land as an interim use and provides staff support as needed.



The Robert Pope Foundation supported our Communications and Outreach program this year, helping us share stories and inviting the community to join in growing our own health.

ROOT LEVEL SPONSORS (\$10K - \$30K)

The Rick Hansen Foundation awarded Common Roots Urban Farm a Barrier Buster grant through Canada 150. Through this, we created an accessible garden area right in front of Emergency.





The Mental Health Foundation and Bell Let's Talk Fund for supporting client programming at Back To Our Roots Urban Farm.

The N.S. Department of Seniors funded our Farm Stewards program through their Age Friendly Communities fund.

The Wilson Foundation for supporting our social enterprise business development work with Common Good Solutions.

BRANCH LEVEL SPONSORS (\$5K - \$10K)

The Chronical Herald for partnering with the Greater Halifax Partnership for our fundraising campaign to get more fresh healthy food to the Parker Street Food Bank.

VINE LEVEL SPONSORS (\$1K - \$5K)

The Flemming Foundation supported our Deep Roots program in getting healthy food to the Parker Street Food Bank.

The Department of Canadian Heritage and Halifax Regional Municipality for supporting our 6th Annual Harvest Hootenanny and Pumpkin Smash.

Credit Union Atlantic for supporting our development of our social enterprise to develop merchandise.

The Dartmouth Community Health Board Wellness Fund for community celebrations and garden development.

Atlantica Hotel supports our Harvest Hootenanny and Strategic Planning every year.

Royal Flush enables us to spend our days on the farm, without having to hold it in.

Home Depot built 10 new plots at Common Roots Urban Farm this year.

SEED LEVEL SPONSORS (\$500 - \$1K)

Rarebird continues to design beautiful marketing materials for us.

Halifax Seed is a wonderful supporter and we're glad to have them a bike ride away.

Freeman's Pizza donated pizza and prizes in full support of our community farm.

The Coast always includes us as a great community project, helping bring us good volunteers.

Home Depot Halifax supported us through much needed farm materials and expertise.

SUPPORTERS OF OUR KYNOCK -PARKER STREET FOOD BANK CSA

Greater Halifax Partnership Halifax Kin Club Lynn and John Burgess Scotiabank Halifax **Clockwork Communications** loe Hood Ryan Brady

lessica McCarvel Spencer Gough Ioan McNeil Colleen Robbins Penhorn School Wendy Leva Kim Macrea

WEB PRESENCE

Websites: commonrootsurbanfarm.ca http://www.nshealth.ca/service-details/ BackToOurRootsUrbanFarm

EMAIL:

commonroots@partnersforcare.ca hillary.lindsay@nshealth.ca

WEEKLY UPDATE EMAIL LIST:

CRUF 631 subscribers BTOR: 161subscribers

SOCIAL MEDIA

Facebook: Common Roots Urban Farm 3512 likes Back To Our Roots Urban Farm 440 likes

Twitter:

@CRUrbanFarm 739 followers. @BTORFarm 140 followers.

Instagram:

@CRUrbanFarm 1160 followers

MEDIA COVERAGE

20 mainstream media appearances

Please see our website for links to video content and media pieces commonrootsurbanfarm.ca/press

(There are some really beautiful, heartwarming, and funny news stories there)

THE PEOPLE

Advisory Committee:

Kathy Moggridge (Co-Chair) Retired Public Servant

Spencer Gough (Co-Chair) Researcher and Editor

Gerry Post (Executive Director) Nova Scotia Accessability Directorate

Anne Sinclair

Architect. Anne Sinclair Architects

Neil Ritchie

Green Health Care Consultant

Adrian Herod

PhD candidate, Dalhousie Biology Department

Nicola Parker

Public Relations, Lois Lane Communications

Susan Alexander

Medical Researcher, NSHA

Heather Asbil

Coordinator 'Growing Strong Neighbourhoods', ISANS

Linzey Bedard

Floral Manager, Petes Fine Foods

Paul Mooney

Landscaper, Trim Landscaping

STAFF

Jayme Melrose Project Coordinator

Sara Burgess

Market Garden Coordinator: CRUF

Hillary Lindsay BTOR Coordinator

Spencer Gough

Development Coordinator (contract position)

Nicola Parker, Lois Lane Communications

Communications & Outreach

DataRam Humagai Market Garden Staff Rosemary Young

Market Stand Staff (summer student)

Kendra Bower

Outreach and Engagement Coordinator

DEEP ROOTS PARTICIPANTS

Chandra Bahadur Pradhan Indra Bahadur Bhujel Lok Bahadur Bhattarai Mohamad Al Jaber Pascaline Kwindja Salvatory Ntirampeba

Amber Bhujel Mlasi Nabinwa

PARTNERS FOR CARE & NSHA SUPPORT STAFF

Iane Davies **Executive Director** Partners for Care

Mike McKenzie Manager Finance Partners for Care

John Gillis

Marketing and Communication

NSHA

Doriano Sablone Project Manager

Engineering Services, NSHA

