



Introduction

- Purpose of Report
- Who We Are -
- Mission -
- Current Goals -
- Year Metrics
- FLF Accolades and Awards
- FLF Grant Awards

Sites

- Sister Gardens
- Celebration Community Gardens
- Majestic View Farm
- Neighborhood Gardens
- Columbian Elementary

Programs

- Healing Foods - veronica
- Pay What You Can Farmstand -
- No Cost Grocery
- CSA

Education

- Center for Food Justice
and Healthy Communities
- The Peoples Gathering
- Volunteering
- Herbalism Series
- Youth Education
- Garden Based Education Series
- Bee Keeping
- Backyard Chickens
- Schoolyard Garden

Compost Program

Community Impact and Values

- Social Cohesion
- Advocacy
- Food Policy
- Preservation of Culture

Events

- Plant Sale
- Born Botanical Permaculture Action Day
- Farm to Tables Series
- World Heritage Potluck Series
- Pumpkin Festival
- Farm Stands

What We Practice



INTRODUCTION

FrontLine Farming (FLF) was formed in December 2018 due to the need for food based advocacy in Denver. We are a food justice and farmer advocacy organization that believes good food should be for all people and that farmers deserve living wages. FLF was formed to take control of the narrative around our work as people of color and women who are farmers, advocates, and educators. We are driven by the need to provide asset-based solutions that are community driven and to allocate money to the communities we serve and the farmers who grow the food. FLF established the The Center for Food Justice and Healthy Communities, through which we, as educators, engage a culturally diverse community in ethical and sustainable growing practices that enhance land and community connections.

FLF grew out of Urbiculture Community Farms established in 2007, a non-profit multi-plot farm that was committed to providing food to people of all income levels in Denver by growing affordable food. In 2014 Urbiculture partnered with Regis University and Urban Ventures LLC, to design the Cultivate Health Project which received grant funding from the Colorado Health Foundation. In 2018, FrontLine Farming was formed to continue and expand these programs.

What we do:

Create greater equity across our food system on the Front Range of Colorado.

How we do it:

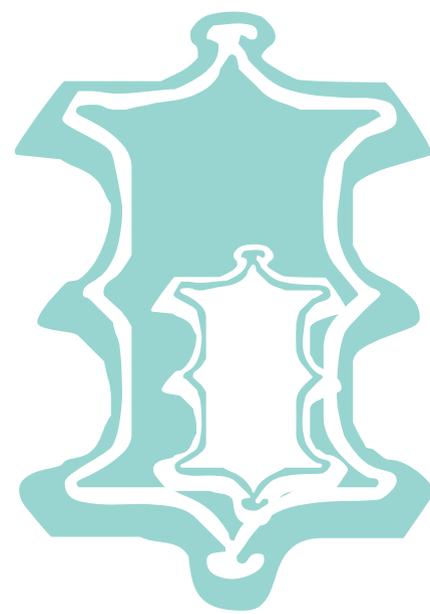
Through growing food, listening, educating, honoring land and ancestors, policy initiatives, and direct action. We operate five acres of land across the front range based on regenerative and traditional agricultural practices.

Who we are:

A food justice and advocacy group led by women and POC.

Purpose of book:

We have learned that if we don't tell our own story then it may not be told. We are extremely proud of the outcomes of our work over the last several years. Because our programs are so varied we wanted to create this book as a resource to share our story and highlight our programs and partners in an easily shared format.



MISSION

The mission of Frontline Farming is to create greater equity across our food system on the Front Range of Colorado. We specifically seek to support and create greater leadership and access for women and people of color in our food systems. We achieve these goals through growing food, listening, educating, honoring land and ancestors, policy initiatives, and direct action.





THE WORK

We work at the intersection of food because we know that food shapes cultures, societies, where we work, and how we are valued. Our work to create changes in the food system is one way in which we can bring greater structural change and equity to systems that articulate profit as the only motivation.

Our work is divided into three strategies (which are also not always mutually exclusive) of food security, food justice, and food sovereignty. While sovereignty is the end goal, we know that our work is not linear and that we must approach our real problems at multiple levels simultaneously.



Current Goals

FrontLine Farming's current goals are:

1. To provide food to people of all income levels by sustainably growing affordable local food in the Denver Metro Area.
2. To create greater racial equity in the Denver food system by creating greater healthy food access and food education for minority groups.
3. To support and advocate for the work of food producers of color.
4. To build food resilience in our communities
5. To provide examples for policy changes to be implemented that address institutional barriers in land and healthy food access.
6. Create innovative partnerships with organizations that are also working on the grassroots level to address the unmet basic needs of some of the most marginalized members of our society

FOOD SECURITY

Addressing immediate food needs of our communities and offering the foods they want. Programs we direct toward this include: Healing Foods (food donation program), the No Cost Grocery Program, Participation in SNAP and Double Up Food Bucks, Commitment to increasing SNAP enrollment in 2020 by becoming trained in SNAP enrollment.

FOOD JUSTICE

Addressing the institutions that perpetuate the segregation and distribution of food, and appealing to those same systems for change. In establishing our Center for Food Justice and Healthy Communities, we seek to support policy initiatives that help transform our food system. This includes linking Farm Bill policies to support small farmers and farmers of color in accessing land, increasing access to healthy foods in urban and rural communities and include supporting programs like SNAP.

FOOD SOVEREIGNTY

Addressing the true spiritual, mental, and physical needs of our communities and being in control of the means of production. We believe in: Self representation, questioning epistemologies, centering future leaders and knowledge keepers, building our foodways, creating ceremony from different cultures, questioning language, writing a book for new food equity measures, conducting equity in the food system trainings, and creating our own foodways growing areas.





EDUCATION

39 COMMUNITY EDUCATION CLASSES

267 TOTAL CLASS PARTICIPANTS

7+ ORGANIZATIONS TOURED FARMS

174 TOTAL PARTICIPANTS IN FARM TOURS

DEMOGRAPHICS:

STUDENTS, ELDERS, COMMUNITY MEMBERS, EXPERTS, NOVICES,

AGES RANGING FROM **7-80.**

CLASSES INCLUDED:

KIDS GARDEN CLASSES, HERBALISM, CHICKEN KEEPING, COMPOSTING, BEE-KEEPING, FOOD JUSTICE AND MORE.

SPRING INDEPENDENT STUDY:

255 HOURS IN SUPPORT OF

REGIS UNIVERSITY STUDENTS HOURS OF DIRECT STUDENT EDUCATIONAL ENGAGEMENT:

2,725 TOTAL HOURS

COMMUNITY FOOD SYSTEMS INTRO:

435 TOTAL HOURS SPRING PRACTICUM:

770 TOTAL HOURS FALL PRACTICUM:

480 TOTAL HOURS FARM APPRENTICE:

300 HOURS REGIS UNIVERSITY FARM TOURS IN

SUPPORT OF RCC **200** AND OTHER COURSES:

640 TOTAL HOURS REGIS INTRAMURAL

COMMUNITY SERVICE: **80** HOURS DIRECT

INDEPENDENT RESEARCH SUPERVISION:

20 TOTAL HOURS

TOTAL POUNDS MARKET STAND CSA METRICS

11,797 LBS GROWN THIS YEAR

WENT TO MARKET **46** TIMES

577 CUSTOMERS SERVED AT MARKET

87 CSA MEMBERS

DONATED FRESH PRODUCE **50** TIMES

2,500+ LBS

OF PRODUCE DONATED TOTAL PARTICIPANTS REACHED THROUGH DONATIONS:

1,000+

VOLUNTEERS

411+ TOTAL VOLUNTEERS

3,182+ HOURS SPENT

VOLUNTEERING ON OUR FARMS

· VALUED AT \$17 / HOUR PAY, THAT EQUATES TO

\$52,094 IN LABOR

COSTS INCLUDES WEEKLY

& SATURDAY VOLUNTEERS INDIVIDUALS,

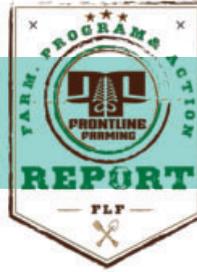
GROUPS, ORGANIZATIONS, COMPANIES, A ND

UNIVERSITY GROUPS

VOLUNTEERED WITH US



Sites



SISTER GARDENS

Sister is a 1.5-acre vegetable and herb garden on the Aria Denver campus in the Chaffee Park neighborhood. Sister Gardens is also the center and heart of our network of farms and gardens around Denver that includes Majestic View Farm, Celebration Community Farm and two neighborhood farms both of which we have managed since we were Urbiculture Community Farms. Sister Gardens was established in partial fulfillment of our commitments under the Cultivate Health grant we were awarded through the Colorado Health Foundation. The purpose of the grant proposal was to address inadequacies in access to food and health care as well as to work in partnership with the city of Denver and other partners to improve infrastructure in the 80221-zip code that would support a more active lifestyle for community residents. The bulk of the grant money went into the development of Sister Gardens.

We have built this completely unfarmed land and now have a fully functioning farm and farm program. Our combined production for 2016, 2017, 2018 and 2019 is approximately 25,500 pounds with an average of 6,000 pounds of production a year. We haven't yet reached our full production capacity at this site as we were building out all of the farmland during those 4 years and the direct impact of ongoing construction around the site, especially this past year, put over half of our 1.5 acres out of production. We sell our produce to local restaurants and donate through our Healing Foods Program. During the summer months, Sister Gardens at Aria hosts volunteer events and low/no-cost classes on nutrition, gardening, cooking, and healthy living for children and adults. We are proud to work with Denver herbalists to host our Herbalism Series as well. The garden supplies fresh, locally grown produce at a "pay-what-you-can" farm stand on a weekly basis during the months of June through October.

The 2019 was one great transition at Sisters, from us at Frontline Farming securing operational control of the site from the previous operators, growing a new farm director to step in to the role of stewarding the land and to navigating the issues that arise from the ongoing construction on the site. We are realistic about the realities of operating



an urban farm in Denver but are grateful that this land has been secured as a designated Green Space.

Did you know that half of Sister Gardens is designed as a complete terraced area? Terracing is an ancient practice we honor from the times of the Hanging Gardens of Babylon to the Andes and the terraces they call the andenes to grow potatoes, maize and other crops. Terracing is a regenerative system our ancestors passed down to us and a system which captures nutrients at different levels of run off, and decreases erosion and nutrient leaching amongst other benefits.

This year we worked with several artists at Sister Gardens as well. We completed our Labyrinth and archway in Memory of Reese Grant Cobb, an amazing young man who gardened and set examples for young people. The archway was designed by Robin Eden and fabricated by Sebastian Sieh. On July 25th we held a Community Day of Service in honor of Reese Grant Cobb at the garden where we erected the Archway. Seeds, a mural painted by artist Gigi Douglas, was part of a volunteer exchange with Guayaki, one of our farm supporters.





MAJESTIC VIEW FARMS

Majestic View Farm is a 2 acre plot that is located at 7000 Garrison St. Positioned in the Scenic Heights neighborhood in Northwest Arvada, this land functions as an agricultural production site within the 80 acre Majestic View Nature Center that sits adjacent to it. This plot was awarded to FrontLine Farming in the form of a long term lease through the City of Arvada. It was previously farmed by Pioneer Homesteaders who were certified organic farmers, utilized draft horses and modeled true land stewardship. The award of this land recognized FrontLine Farming as an organization suited to meet the needs of the Arvada Community through our food production zones that are tightly and responsively managed with education, food justice and sustainability as guiding principles. The land holds tremendous potential with its rich soil, exceptional sun exposure and sheer expanse of flat land. In 2019 we were able to double dig one acre of the land and produce over 9,000 pounds of food. We have been in serious soil love with the additions of compost and minimal cultivation and look forward to having the full two acres in production in 2020. Our Arvada site is unique in that we house eight laying chickens and our chicken coop which we will expand to over 50 chickens in 2020. We also house five of our bee hives at majestic view. *Please see our Majestic Gardens book for more information on this site that does so much.*



Celebration Community Farm

Celebration Community Farm has been transformed from a 15,000-sq. ft. invasive weed(s) lot into a food wonderland in the Virginia Village neighborhood of Denver. Similarly, to Sister Gardens at Aria, Celebration Community Farm also hosts volunteer events, low/no-cost classes, and our twice weekly 'pay what you can' farm stands. At Celebration we strive to bring people together through food by encouraging cross cultural connections, kids programming, nutritious and abundant produce and an accessible garden space. All garden beds at this site are in raised beds which makes it easier for more people to navigate and work in. This site hosts a weekly volunteer day on Wednesdays, a monthly Saturday volunteer and education day. The Saturday farmstand is intended to create a liveliness in the garden and we welcome people to hang out and offer garden-based children's programming. During the 2019 season we served more than 400 customers and hosted four monthly World Heritage Potlucks where 130 people participated.

We at FrontLine Farming are honored to continue to cultivate the land at Celebration Gardens for the foreseeable future and to continue our partnership agreement with Celebration Community Church. The site will continue to serve as a lovely space for upcoming Farm to Table dinners, potlucks, markets, classes, and more. We have invested our collective time and energy into making this a beautiful space over multiple years, seeing bountiful yields from our early investments such as fruit trees and our children's areas. Celebration houses our full grown peach trees, grape and raspberry vines. We love Celebration for the diversity of community we have there, for the years of cultivated relationship, and for our connection with the Celebration church community and support of individuals like Gary and Vanessa Zimmerman who have been there since the beginning and show up like our farmers to run markets and tend the farm.



School Gardens

Columbian Elementary

We partnered with Denver Public Schools and Slow Food Denver to transform previously under-utilized space on the grounds of Columbian Elementary School into a 6,500-sq. ft. garden and education center. Students at this school have cultivated, maintained and harvested the garden. Our farmers work with a new cohort of about 60 third grade students to co-create the garden space where we engage in experiential learning. Together we get our hands dirty to cover topics in the world of food and farming for an hour every week. As a part of this class we host weekly pay-as-you-can farm stands on Fridays at which we sell the produce from the garden directly to the school community including students and their families, school staff, and teachers. The farm stands are an exciting way for the students to put all they have learned into action through passionately explaining what each vegetable is, using their artistic skills for flyers and posters, using their math skills while being the cashier and lastly, to proudly show their parents, guardians and friends what they have accomplished. In this program our farmers and students are able to get outdoors and learn from each other about the value and fun of farming.



Neighborhood Gardens

We operate two home vegetable gardens in the Chaffee Park neighborhood which add another quarter acre of land for production. These homes offer us land at no cost and pay for all our water use. The home owner and their neighbors share in the abundance of the food grown on site and we are able to use all the produce to feed into our food donation program. The owners enjoy having a beautiful edible landscape and in turn we appreciate the close neighborhood connections and support. We salute Mark White, JD Lowe, and Irene Glazer who are the homeowners and have supported FrontLine Farming and before us UrbiCulture for a decade.



PROGRAMS



Healing Foods

Please keep in mind that weight metrics do not capture nutrition, access to choice, or other important indicators. Our Healing Foods program does more than simply provide weights for food but aims to be specific to choices of participants, to provide the highest quality of produce and to bring to the doorsteps of our partners and ensure direct distribution.

Over the course of the season, Frontline donated more than 2,000 pounds of produce, spread out over 50 donations. We donated to various nonprofit organizations in Denver & Arvada including Warren Village First Step, as well as weekly donations to Family Tree and Safehouse Denver, all of which provide homes and safe spaces for women and children. We also donated produce monthly to events at Cultivando, A LatinX non profit committed to advocacy and and collaboration around equity and inclusion, self determination, cultural relevance and the belief that our communities are our resources. Other organizations we regularly donated to include Arvada Food Bank and Metro Caring. Outside of nonprofit organizations, we also donated to

various events happening around Denver, including Kids TedTalk Denver, and our World Heritage Potluck Program.

Overall, Frontline provided fresh, organic food across the front range to over 1,000 individuals. The demographics of the recipients of this produce include Spanish-speaking individuals, immigrants, people experiencing poverty, families, children, single mothers, women struggling with homelessness, people living with disabilities, and elders. Some of our produce recipient's favorite vegetables from the farm this season were tomatoes, zucchini, hot peppers and collard greens.

Total donations (# of times):

50+

Total dollars donated:

\$7,200+

Total weight donated:

2,000+ LB

Total participants reached:

1,000+ people

CSA

In hopes of connecting more community members to their local food source and bridging the gap between consumer and farmer, we established our own CSA (Community Supported Agriculture). This year we hosted and were involved in four different CSA's at three different pick-up locations. We continued to team up with Call to Arms Brewing Co. and provide the vegetable portion of their Community Supported Artisans Program, which included meat from Colorado Craft Butchers, bread from Raleigh Street Bakery, pastry from Noshery and beer from Call to Arms. We also had the pleasure of launching our own 16 week long CSA summer program and a 4 week long fall program out of our Majestic View site as well as a 4 week long Fall and 6 week long Flower CSA program out of our Sister Gardens site. Overall, we connected with and were able to provide over 87 members with our fresh produce over the 2019 season.



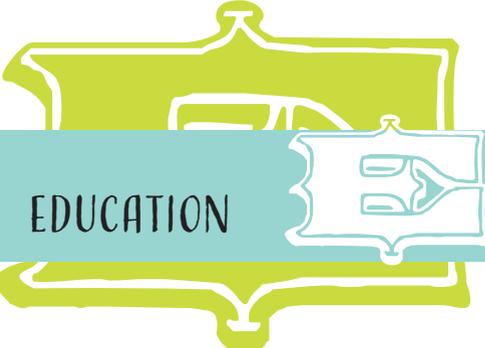
Pay What You Can Farmstand, SNAP, Double Dollars

All of our farm stands have historically operated as pay-what-you-can in the communities our farms are located. We host twice weekly farm stands at Celebration Gardens, once weekly at Scratch Burrito (our Siter Gardens partner site), and once weekly at Majestic View Farm. We invite our community to purchase our highest quality produce picked that day and to pay what they are able to. We keep the interactions as private as possible and always aim to uphold the dignity of those we serve by inviting them to make their own food choices regardless of the money they have. In 2020 our farm stands will partner with LivWell to offer DoubleUp Dollars at all of our farm stands.

No Cost Grocery

Since 2016 we have partnered with Denver Food Rescue to offer a no cost grocery at Sister Gardens. This is one way we address the immediate food needs of our surrounding community. No cost grocery programs are an important way to address the major gaps in the city's food redistribution as most food pantries are located far away from the lowest income neighborhoods.

No cost grocery programs are an important way to address the major gaps in the city's food redistribution as most food pantries are located within certain city blocks often far away from the lowest income neighborhoods. There are also other barriers such as I.D. requirements language differences, and the overall quality or nutritiousness of the food. Our farms and volunteers pick up produce and other food items from Whole Foods and Save-a-lot once a week and set up a no cost grocery store on our farm. This program allows us to help address the needs of the most food insecure people in our communities year round and also builds a bridge to the farm for those unfamiliar or unaware that the farm is also a community resource. In 2017 we served over 3,700 participants and redistributed over 40,000 pounds of food.



EDUCATION



COMMUNITY FOOD SYSTEMS MINOR (CFS)

The Center is the policy, research and educational arm of FrontLine Farming. Direct action and community feedback are embedded in our Farm to Policy approach, an integrated outcome of our on the ground efforts and theoretical approaches. We create policy, formulate research and educational programming that centers on equity. We know that food is a powerful tool for economic, political and social transformation. We understand that more and more urban centers are becoming the center of agricultural policy and we are focused on bridging the perceived urban-rural divide, uplift all farmers and to support the perpetuation of diverse land based practices and food cultures.

The work of the center seeks to promote:

I. Equity and Self Representation - We promote leadership of those who come from the most affected communities and engage people of color in Colorado to inform policy work from the ground up. Ms. Emmad was a 2019-2020 awardee of the fellowship for Transformational Leaders of Color. for the 2019 cohort and our coalition building efforts to include these leaders in food policy conversations. FrontLine Farming sent 3 representatives to the 2019 Black Farmers and Urban Gardeners (B.U.G.S.) conference in New York City.

We have also expanded our efforts to the national level by collaborating with and learning from groups like Cooperation Jackson in Mississippi and the national Black Food and Justice Alliance.

II. Research -

We are launching an initiative to create baseline metrics of equity in the food system in Colorado. Data collection and analysis are an important tool for revealing systemic injustices in our food system.

Our focus is food access, food chain workers, and distribution data for the Front Range. The current metrics miss systematic policy implications and intervention points.

III. Current Policy Initiatives -

Denver Sustainable Food Council -

Dr. Thompson and Ms. Emmad co-chaired a policy working group under the rubric of City Food Purchasing (GFPP) that drafted an advisory to the Denver mayor's office that encourages the city to pursue a baseline assessment and implementation of GFPP standards for city purchasing.

Dr. Thompson and Ms. Emmad were instrumental in adopting Racial Equity as a sixth pillar of GFPP for Denver.

The intention of the Black and Brown Growers collective is to bring together and harness our power to confront the particular issues that face us as brown and black growers here in Colorado, as well as taking stock of our potentials. We will consider issues such as land access, cooperative buying, mutual support, local, regional, national, and international policies and initiatives that benefit our needs as farmers, growers, producers, workers and advocates in the food system.

First adopted by the City of Los Angeles and the LA Unified School District in 2012, the Good Food Purchasing Program provides a metric-based, flexible framework and set of tools that creates greater transparency and accountability in public food procurement and encourages large public institutions to direct their buying power toward five core values—local economies, environmental sustainability, valued workforce, nutritional health, and animal welfare.



SNAP Utilization -

We have formed a working group and are currently in the process of research and data collection on awareness, rates, and federal issues that determine what policy initiatives we are in the best position to push for as council members.

COMMUNITY FOOD SYSTEMS MINOR (CFS)

The CFS minor is radically unique within the landscape of higher education regionally and nationally. Since the spring of 2015, when the first Community Food Systems cohort began, Sister Gardens has existed as the site of learning for and also as a result of the hard work of our minor students providing a unique opportunity to impact their surroundings in positive ways in collaboration with the land, their colleagues and professors and the wider Front Line Farming community. The minor has put FLF on the map within food systems education regionally and nationally. Local Universities and food justice programs, including Naropa, DU, CU Boulder and Denver are looking to our program as an example of how to expand into experiential learning.

VISITING SCHOOLS

We have been fortunate to regularly host student groups from preschool to university aged and adult learners. Having access to the types of experiential learning opportunities that the farm and the Center afford to students is not limited to only Regis University students. We are happy to support the work of colleagues Dr. Rene Galindo and Professor Ramone Parrish at CU Denver and Naropa University and the students they teach in their food justice courses. We also love to have student groups and particularly young children at the farms. We participate every year to host over one hundred children participating in African Heritage Caribbean Camps, which seeks to offer adoptive families with cultural and shared experiences, for activities on the farm.



The People's Gathering (TPG)

The People's Gathering (TPG) is an annual no cost conference, presented by Frontline Farming to illuminate the current state of food justice in our communities. TPG is a convergence of diverse food & social justice leaders, visionaries, advocates, activists, organizers, educators, students, and members of the greater community to discuss, learn and expand their knowledge and networks as food systems leaders on the Front-Range. TPG creates an accessible space for community members with a variety of experiences and knowledge to engage in conversation centered on the economic, political and social issues that are relevant to our neighborhoods and the strategies that we can initiate to build capacity and address them for the communities that we live in. In 2019 the focus for the day was Food Justice and Cooperative Building and we hosted over 300 people and spotlighted the work of individuals, primarily POC and women, doing food justice work across the Front Range. Data was collected on policy implications and the event has garnered local and national attention.

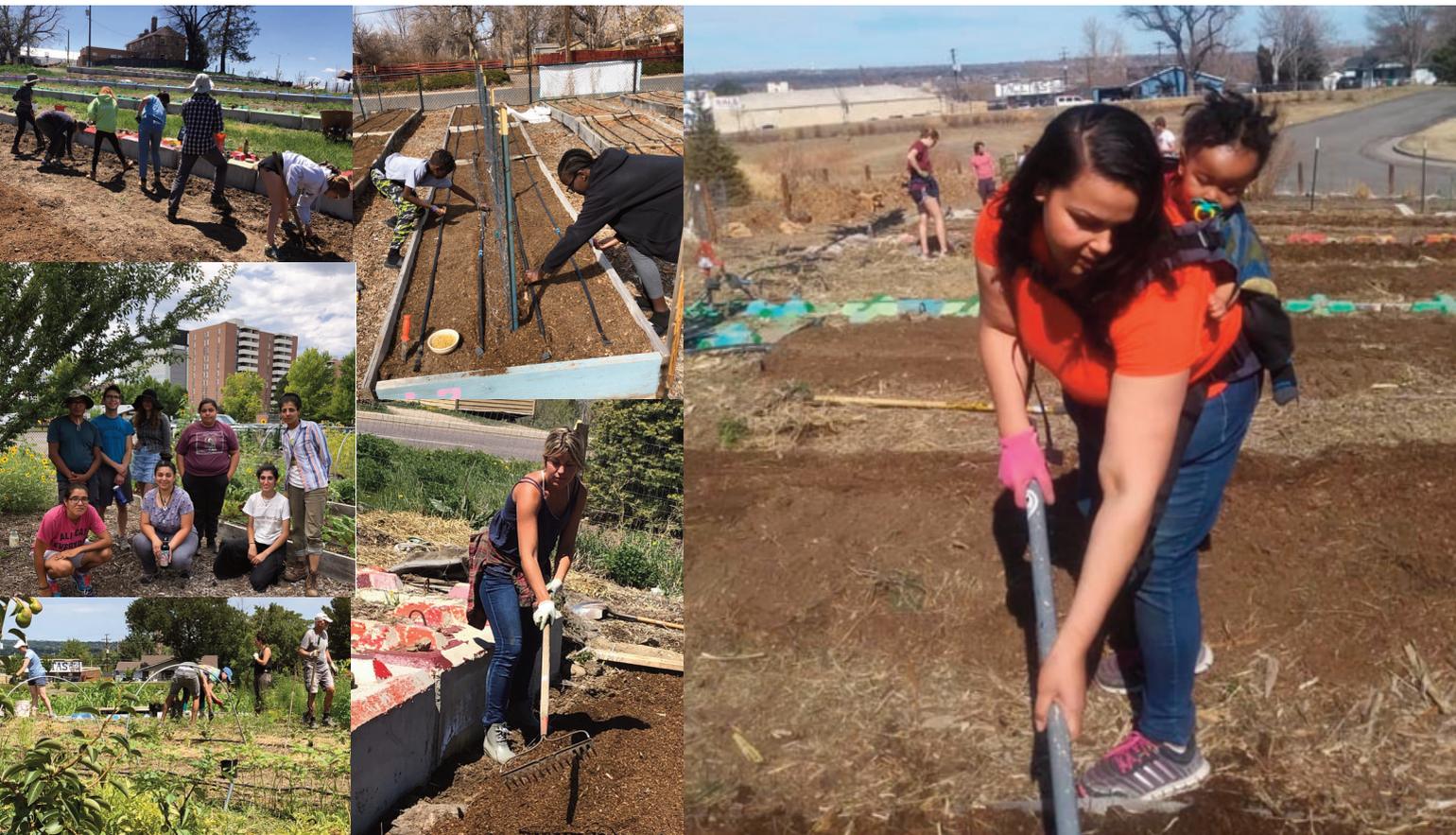


VOLUNTEERING

We believe that farms in urban centers do best when they are active and living parts of a community. All of our farmers are specifically skilled in volunteer management. It is important to include volunteers in planning and execution phases of community projects and we rely on the help in labor to increase our production. Working with volunteers must be mutually beneficial and foster a relationship that makes them feel valued and that they are gaining technical skills. It is also important for the farmer to work with volunteers to accomplish greater productivity on the farm. All of our farmers work directly with groups of young children, high school and university students, corporate groups, volunteer organizations, and countless individuals.

In the 2019 season, Frontline Farming had more than 411 people volunteer over 3,182 hours of their time to work on our farms, equating to over \$66,822 in labor costs. These volunteers were either regular, weekly volunteers which were usually plot-specific, or Saturday volunteers who came to our bi-monthly, themed volunteer events. We advocate complete care for farmers and farm workers, so we supplied breakfast and lunch for all who came. Our volunteers helped us with all kinds of work around the farm such as building beds & pathways, mulching & composting beds, seeding, pruning, weeding, and harvesting.

One of our wonderful volunteers, Johnita Medina said this about the experience: "Whether it's on the farm, at the [no-cost] grocery or at one of frontline's incredible events I know that we are welcome, we will learn, and we are cared for deeply."





MONTHLY CLASS SERIES

For the past three years we have held a monthly class series at Sister Gardens with a sliding scale, nobody is turned away. For the 2019 season many people were interested in herbalism so we included an 'herbalism from different perspectives' series into our monthly classes. In 2019 we expanded to offer garden based classes for adults at Celebration Gardens and we created programming for children's garden based education on Saturday Market Days. From adult learning to children's programming, classes follow relevant gardening topics with the seasons. Ranging from beekeeping to backyard chickens, to cover crops for your neighborhood garden, our educational series support local farming interests and sustainability.

STATS See Page: 3

HERBALISM CLASS SERIES

This year we were grateful to reteam up with four herbalists in our community that shared their knowledge in our Herbalism Class Series. We value and express the importance of plant alternatives when it comes to physical health and we were delighted each of the four herbalists were willing to share their knowledge through hosting a class. These classes varied in topics that ranged from Fat Magic, Male Herbal Enhancements, Creating Your Own Tea, Honegar and Electuary Blends to Wildcrafting and utilizing surrounding plants. More than 40 community members came out and learned about a natural way to heal various ailments while deepening their relationship with our plant allies through engaging their senses in these hands-on workshops. The classes are offered once a month and are held on Friday nights from 6-8pm.

BEE KEEPING

The world is facing a bee crisis and we have learned from beekeepers that we do not simply need more beekeepers but also better beekeepers. We identified that people needed bee education that follows the season so they can learn from an experienced guide rather than simply taking a two day intensive course. With this understanding, we launched a bee series this year in partnership with the HoneyBee Keep that meets once a month, and sometimes more, to cover seasonally relevant beekeeping topics and to offer home beekeepers a resource to help them at the most critical times.

BACKYARD CHICKEN KEEPING

This year Frontline piloted their chicken program with 9 baby chicks we raised from day- olds. We acquired 3 different breeds of sexed layer chickens; Barred Rocks, Buff Orpingtons, and one Black Astraulorp. As $\frac{1}{3}$ of all chickens are intersex, we unfortunately had one of our sexed female hens turn into a rooster upon reaching puberty. The Cities of Denver & Arvada have restrictions against owning roosters, so we found him a loving home in Kansas City. Our remaining 8 hens grew up healthy and produced over 1,000 eggs in their first 6 months of laying! In 2020 we are welcoming over 20 new hens to our flock, and are going to be exploring with meat birds as well.

YOUTH EDUCATION

As we all become more disconnected to the origins of our food, we continue to combat this issue through our education series. More specifically, we find that implementing the reconnection at as young of an age as possible, is vital. We not only taught at Columbian Elementary, but we also hosted a monthly children's class that was held Saturday mornings at Celebration. This hands-on class was based on the framework of "Using our Senses." Each class that was held had a tasting, smelling, feeling, seeing and hearing component to maximize the impact and help children tap deeply into their processing and memorizing. We explored natural alternatives such as using plants for pain and to excite their creativity and ability to think about what is around them rather than being consumer oriented. We are proud to say we interacted, taught and learned from 60 kids this year through our youth education program. We also had the pleasure of donating produce to a kids events such a Ted talk hosted by Yogiful this year and we always keep our raspberries and strawberries protected just so kids can pick them at our Celebration Gardens.



CELEBRATION GARDENS
DENVER, CO

CHILDREN'S FARM EDUCATION

SATURDAY'S ONCE A MONTH
JULY 20 • AUG 10 • SEPT 14 • OCT 12
9 AM - 11 AM

Come join us as she guides your kiddos in hands on sensory, plant exploration.

Activities include:

- Garden Based Learning
- Harvesting
- Taste Exploration sampling of vegetables and fruits being grown
- Seed Saving
- All natural paint activities!

WEEKLY FARM STANDS
EVERY WEDNESDAY 5PM - 7PM
EVERY SATURDAY 9AM - 12PM

1650 S. Birch St. • Denver, CO

www.FRONTLINEFARMING.org



FRONTLINE FARMING HERBALISM SERIES

MALE HERBAL ENHANCEMENTS!

With Monticue Connally, Community Herbalist

Men benefit greatly from the use of herbs. In this class we will look at the male reproductive system and male specific uses of teas, tinctures and essential oils. The cures and practices presented will range from those that promote high energy and healthy testosterone levels to treatments that strengthen reproductive organs and clear toxins. It's time for the men to achieve optimal health!

FRI JULY 19
4 PM - 8 PM
SISTER GARDENS
2861 52nd Ave

Class Fee: \$30.00
Scholarships Available. No one will be turned away.

For Sign-up and More info you may visit frontlinefarming.org/events
For Scholarships request please email info@frontlinefarming.org



FRONTLINE FARMING HERBALISM SERIES

ELECTUARIES

Naturally sweet snacks & herbal medicines!

In this interactive workshop learn how to make healing, easy and delicious snacks for you or your kiddos as they dive back into the school year. We will be exploring a type of medicine called electuaries, which are easy, no-bake snack balls filled with a powerful punch of herbal medicines. Learn and taste two different recipes within this fun hour hands on workshop. Making these electuaries can be a fun activity to involve your kids in to empower them on their journey to making healthy and knowledgeable decisions on nutrition.

FRIDAY AUGUST 24
10 AM - 11 AM
SISTER GARDENS
2861 52nd Ave, Denver, CO

Class Fee: \$30.00
Scholarships Available. No one will be turned away.

For Sign-up and More info you may visit frontlinefarming.org/events
For Scholarships request please email info@frontlinefarming.org



FRONTLINE FARMING HERBALISM SERIES

MAKING OF THE HERBALIST

Essential Oils & Honey

With Jen Thompson of My Roots

How easy with practical application on knowledge for the making of various herbal teas.

FRIDAY AUGUST 23
10 AM - 11 AM
SISTER GARDENS
2861 52nd Ave, Denver, CO

Class Fee: \$30.00
Scholarships Available. No one will be turned away.

For Sign-up and More info you may visit frontlinefarming.org/events
For Scholarships request please email info@frontlinefarming.org



FRONTLINE FARMING HERBALISM SERIES

Wild Mountain Plant

Rocky Mountain Plant Knowledge: What is in your yard?

With Tiffany Lovato

The Colorado Rocky Mountains and Front Range has a plethora of plant relatives. This course will go over several wildcrafting and developing right relationship with the land for generations to come. We will cover the medicinal and edible plant relatives of the Rocky Mountains. Come prepared to involve all your senses as I introduce you to structures, uses, and subtle plants to add to your meals. • Sister Gardens

FRIDAY SEPTEMBER 13
11 AM - 1 PM
SISTER GARDENS
2861 52nd Ave, Denver, CO

Class Fee: \$30.00
Scholarships Available. No one will be turned away.

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FRONTLINE FARMING HERBALISM SERIES

EAT MAGIC

Crafting Fresh Plant Infused Oils

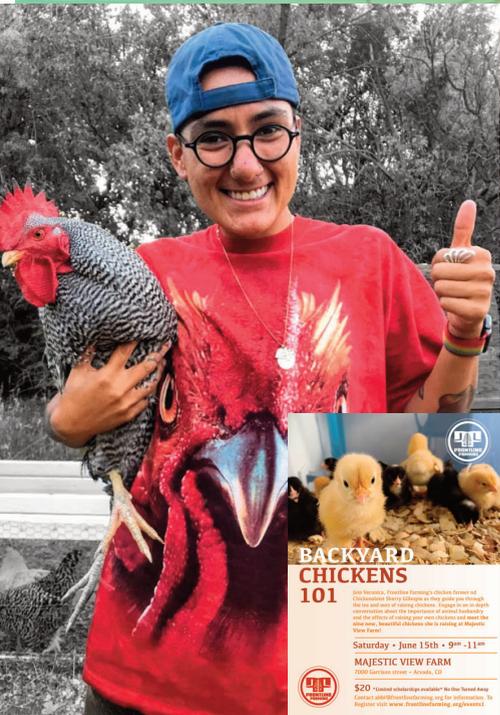
With Asia Dorsey

The purpose of our work as intentional beings is to move into depth with the plant beings surrounding us. There's been a lot of controversy about the use of essential oils and their impact on ecological and human health. This hands on workshop will introduce folks to utilizing the Sufur Principals in alchemy in artfully and sustainably, crafting and using infused oils, for health, healing and beauty.

SATURDAY OCTOBER 12
11 AM - 1 PM
SISTER GARDENS
2861 52nd Ave, Denver, CO

Class Fee: \$30.00
Scholarships Available. No one will be turned away.

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BACKYARD CHICKENS 101

Join Vanessa, Frontline Farming's chicken farmer at Celebration Farms, where she'll give you an overview of the importance of "backyard chickens" and the effects of raising your own chickens on your life. You'll learn the best ways to raise your chickens, from the time you hatch the chicks to the time of harvest.

Saturday • June 15th • 9am - 11am

MAJESTIC VIEW FARM
7000 Garrison Street • Arvada, CO

Class Fee: \$30.00
Scholarships Available. No one will be turned away.

For Sign-up and More info you may visit frontlinefarming.org/events
For Scholarships request please email info@frontlinefarming.org



INSPECTION: HOW TO HUSBAND YOUR BEES

Join beekeeper Don Studinski from Honoobee Keep (TM) as he applies his expertise to inspecting his beehives. This class is for those who have attended first class to join the class. Don will provide you with the necessary information for this time of year.

FRIDAY JULY 12
10 AM - 11 AM
SISTER GARDENS
2861 52nd Ave, Denver, CO

Class Fee: \$30.00
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COMPOST PROGRAM

This year, the collaboration between Front Line Farming (“FLF”) and Denver Compost Collective (“DCC”) has been characterized by an expansion of our existing compost processing operations, at both Sister Gardens and Majestic View farm sites.

The method of compost processing at Sister Gardens has been the traditional “turned pile” method, while the approach at Majestic View Farm has been both the traditional turned pile method as well as an Aerated Static Pile (“ASP”) method, which utilizes ductwork, powered by a blower motor to aerate the pile. The food waste collected by Denver Compost Collective is from residents of Denver (free from contaminants, as well as any meat/bones/dairy). Leaves were sourced from a resident-driven neighborhood collection program in partnership with DCC (“Leaf to Compost” program, co-facilitated by Jim Slotta & Stephen Polk, co-chairs of Capitol Hill United Neighborhoods’ Climate Crisis Committee). The wood chips were sourced from a handful of local tree service providers, who were able to save on costs by “donating” wood chips to support our operation. Finally, the labor was done primarily by workers at Denver Compost Collective, with support from farm managers & staff at each of the two Front Line Farming Sites.

| Month: | Food waste (~40% of the pile, by volume) | Leaves (~40% of the pile, by volume) | Wood Chips (~10%) | On-Site “Browns” (~10%) |
|-----------------------|---|---|--|--|
| Jan | 539 | 539 | 54 | 54 |
| Feb | 608 | 608 | 61 | 61 |
| Mar | 711 | 711 | 71 | 71 |
| Apr | 688 | 688 | 69 | 69 |
| May | 805 | 805 | 81 | 81 |
| Jun | 904 | 904 | 90 | 90 |
| Jul | 1,050 | 1,050 | 105 | 105 |
| Aug | 981 | 981 | 98 | 98 |
| Sep | 1,306 | 1,306 | 131 | 131 |
| Oct | 1,310 | 1,310 | 131 | 131 |
| Nov | 1,307 | 1,307 | 132 | 132 |
| Dec | 1,548 | 1,548 | 155 | 155 |
| 2019 Total | 11,757 gal ... serving several hundred residents | 11,757 gal ...about 470 bags of leaves | 1,178 gal about 6 cu. yards | 1,178 gal about 6 cu. yards |

Food waste, leaf mulch, woodchip (and other on-site “brown material”) quantities brought in to the two sites are all sourced locally from within the Denver metro area, and are detailed below (in gallons). The data is derived from DCC’s figures for quantities collected through our food waste collection program. This data, while imprecise, is fairly accurate and is improving in accuracy as our program develops, as is the quality of our processing (more regular pile maintenance, etc., in partnership with FLF staff). Also note that quantities processed are steadily increasing and should continue to do so into 2020 and for the foreseeable future.

The goal is to ultimately satisfy FLF’s compost needs, negating the need to order from an off-site provider.

Total finished compost production for 2019, donated to FLF for use at its two farm sites, is estimated at 58 cubic yards. This finished compost should be ready for use in the spring/early summer of 2020 after a full “curing” phase.



Community Impact and Values



SOCIAL COHESION

Our gardens are spaces where people from the community come together. We host events that honor natural time such as solstice and equinox potluck dinners. The garden has hosted group permaculture action days where over 200 people have shown up to work collaboratively, has partnered with the city repair project (<http://www.cityrepair.org/>) for a day of activities revolving around making cities reflect community values, and has hosted diversity workshops taught by activists and professors from the community. We also began and completed a labyrinth in 2018 to create a space for people to walk and contemplate.

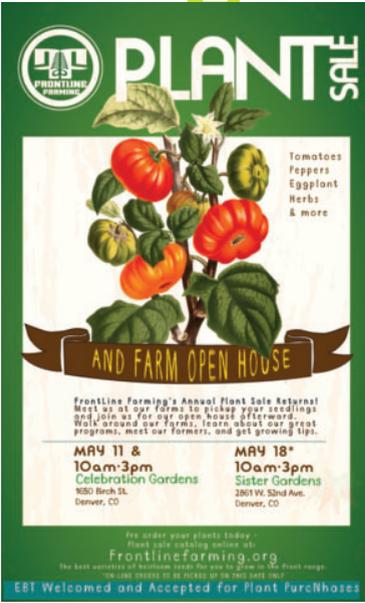
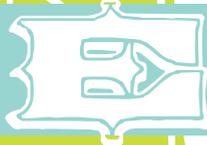
ADVOCACY

Under the leadership of our farmers, the work and reputation of FrontLine Farming as an ambassador for farmer rights, good food, and food justice has grown regionally. We have cultivated close partners in the neighborhood and have been engaged in promoting the work of our farms by participating in the Denver food movement. Dr. Thompson and Ms. Emmad are currently Mayor appointed members of the Sustainable Food Council and Co-Chairs of the Denver Purchasing Policy Committee. The staff at Frontline Farming has been on a range of panels including: Slow Food Nations on Food Sovereignty, Immigrant and Refugee Farm Policy for Slow Foods Leadership Summit, keynote speaker for Denver Housing Healthy Living Summit, Denver Public Schools Garden Sustainability Forum, to list a few of our speaking and education based engagements.

PRESERVATION OF CULTURE

The garden acts as a space to honor diversity in people and land. We honor the indigenous communities and hold ceremony to honor those who were here before us, we host traditional Ethiopian coffee ceremonies and we select crops based on genetic diversity and for preservation. Since 2016, one entire area of the garden has been dedicated to a Bio Regional foodways that focus on crops traditionally grown in the Four Corners area and preserving seeds from these crops. In 2018 we have added an area that focuses on African foodways and crops that are specific to the African and African American food legacy and farming practices.

EVENTS



PLANT SALE

We have held an annual plant sale for the past three years. All of our original seeds were provided by Michael Miller, an experienced gardener who has been saving and growing heirloom variety seeds for over 12 years in the Denver area.. Because our seedlings have been growing in the Front Range for over a decade, they are acclimated to Denver's unique weather conditions, making them the best tasting and most productive seedlings around. Our seedling sale is an anticipated event as home growers have come to respect and appreciate the vigorous growth and resistance our plants offer. We offer over twenty varieties of tomatoes, some peppers, cucurbits, squash, and herbs. We have historically sold between six and eight hundred plants, we donate that much to other community gardening groups, and grow all of our own seedlings for our different sites using all heirloom seeds and organic growing practices.



BORN BOTANICAL PERMACULTURE ACTION DAY

Permaculture Action Network is a continent-wide collective that mobilizes thousands of people to take direct action on regenerative projects with a diversity of groups and organizations. They collaborate with performing artists and cultural events to invite people into hands-on work that regenerates ecosystems and catalyzes the movement for a just transition. We have been honored to work in collaboration with them prior to our 2019 action day all throughout the front range for many years. As FLP came to be its own organization and expanded, the action network was right there with us and willing to show their support in the best way they know how: an action day. On June 8, we partnered with PAN, Beinteractive, Bassnecter and Micheal Franti to welcome volunteers to this day of service. Volunteers in turn learned about permaculture, food justice, racism in our food system, and how to be a part of a more equitable and delicious future within but not limited to, the five- hour and a half long classes offered that day.

Dynamics of Privilege, Oppression and Liberation in the food movement was taught by Ramon Parish, Speaking to Seeds for the Next Seven Generations was taught by Shannon Francis, The Rebel and the Bull: Astrological Timing and Scaling of the Food Movement was taught by Ramon Parish, Build Your Own Dreams: Regenerative Life Design was taught by Mike Wird and An Edible and Medicinal Herb walk was held by Manda Pendleton. This was a mutual effort between all parties to create a lasting impact on each other in Colorado's food system.



ACCOMPLISHED:

- Over 800 ft of garden beds were dug
- 825 ft of rabbit fencing around the perimeter installed
- A vegetable wash stationS built
- An aerated composting system constructed lead by Denver Compost Collective
- Compost tea brewed and spread across the farm by Edaphic Solutions.
- 2,100 hours of hands on work and shared educational knowledge
- Attended: Over 300 individuals





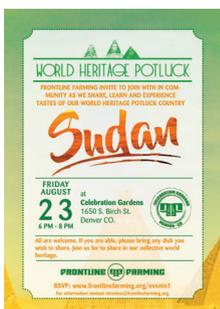
FARM TO TABLE DINNER SERIES

Every year we bring the best chefs in Denver to volunteer and create a gourmet five course farm fresh meal for the guests. The dinner is paired with local wine and beer for each course and is an all-around magical evening. The event traditionally features an auction and serves as a major fundraiser for the farms as well as provides an intimate forum for the farmers to share and show the work they do.

FLF hosted two Farm to Table dinners in 2019, as well as two restaurant dinners. Combined, FLF hosted over 113 guests, collaborated with over 20 organizations and local businesses, and raised over \$7,000 to support our staff, and our Healing Foods Program. The first dinner was held at Celebration Community Gardens, with the second at Five Fridges Farm. Our restaurant dinner was hosted by Goldspot Brewery, with food cooked by Thistle & Mint. Each dinner consisted of a five course meal with wine & beer pairings, with entertainment between and sometimes during each course. All food and alcohol was sourced from our farms, or from producers we are in community with in the greater Front Range region. The food was prepared with love by incredible Denver chefs Emily Green of Cibo Meals, Clay Markwell of Scratch Burrito, Sarah Khosravani of Old Major, and Jared Kendall of Thistle & Mint. During the dinner the Frontline crew spoke to the impact of Frontline's mission & programs. We also had Denver-based artists Bianca Mikhan, Tula, and other musicians perform as well.

WORLD HERITAGE POTLUCK SERIES

In 2019 we hosted four monthly World Heritage Potlucks through a mini grant that more than 80 people attended. The purpose of the potlucks was to deepen our connections in the Virginia Village neighborhood especially our cross cultural connections with immigrants and refugees living in the area. This year, we were blessed with hosts who lived in the neighborhood and got to share with us food and stories from their 4 respective home countries and cultures. Over the course of the season we had dinners featuring food from Bosnia, South Sudan, Ethiopia and Yemen, and China. Hosts from these regions prepared 3-4 dishes, and all attendees were encouraged to bring a food that highlights their own heritage. This allowed us to feature and honor the immigrant community around us as well as offer them a leadership role. Through rain and shine, the potlucks were an ideal way to bridge the surrounding communities including the local churches, families, and farm staff through food.





FRONTLINE FARMING  **FARMING**
ARVADA, CO

PUMPKIN FEST

FALL CHILDREN AND FAMILY DAY

FEATURING
PUMPKIN PATCH ADVENTURES,
KIDS GAMES AND ACTIVITIES,
FRESH APPLE CIDER
AND MORE!



SAT. OCT. 19
MAJETIC VIEW FARM
7000 Garrison St.
Arvada, CO

SATURDAY
OCTOBER
19
12 Noon - 4PM

SAT. OCT. 19
MAJETIC VIEW FARM
7000 Garrison St.
Arvada, CO

FRONTLINEFARMING.ORG



PUMPKIN FESTIVAL

In 2019, we were able to host our very own Pumpkin Patch Festival at Majestic View. With the added acreage we gained from the Arvada site and the desire to create an event that would bring families from all over the Denver area, we saw our pumpkin patch as a way to connect and celebrate the season. We designated over 1,000 sqft to grow more than five different varieties of pumpkins coming in all different shapes, sizes and colors that were for purchase along with opportunities for kids to paint pumpkins, complete a scavenger hunt, meet and feed our chickens, participate in a potato sack race, get their face painted and enjoy a nice warm cup of homemade local apple cider. We were delighted that over 45 families joined us this past year to celebrate the season.

WHAT WE PRACTICE



DIGGING AND DESIGN

All our beds are separated by permanent paths we trench, covered with weed mat and then mulched. The mulch recycles tree removal waste, assists in suppressing weeds, and maintains moisture in the adjacent beds. We do not spend our time rebuilding our beds every year or redesigning spaces. The beds are exactly 48 inches which allows for easy reach for a person from either side of path. We do not spend time wasting amendments or causing nutrient run off with paths because they are permanent. We employ hand techniques such as double digging. This technique involves the loosening of two layers of soil, and the addition of organic matter.

NO TILL / CONSERVATION TILLING PRACTICES

Conservation tilling increases the amount of water that infiltrates into the soil and increases organic matter retention and cycling of nutrients in the soil. This type of soil management is proven to prevent soil erosion and soil compaction. These practices also maintain the diversity of life and organisms which improves the soil biological fertility making the soils more resilient.

CARBON SEQUESTRATION AND FOSSIL FUELS

No tilling increases carbon in the soil and the use of our cover crops which we process into compost and return to the soil also contributes to carbon sequestering. Our elimination of using machinery such as tractors or tillers also mitigates our use of fossil fuels.

CONSERVATION OF WATER RESOURCES AND NUTRIENT RECYCLING IRRIGATION

Our farms are irrigated by drip tape. Our drip system saves water and nutrients by allowing water to drip slowly and directly to the roots of plants. This system of watering directly to the root zone minimizes evaporation and conserves water that is lost from overhead watering systems. Our water application efficiency is high as we check our lines as an almost daily ritual and we reduce fertilizer and nutrient leaching from our soils.

DRAINAGE

At our largest site, the farm land and entire adjacent living complexes drain into a detention pond that was designed with perennials and fruit trees. The detention pond is also important for protection against flooding. We installed a wash shed in 2017 for cleaning and processing our produce and built in a French drain. The French drain takes water from the vegetable processing and feeds it into two of our large beds.

TERRACING

Approximately half an acre of land at our largest site was a giant hill that was slated to be removed and given to us. The entire half acre is terraced, and we employ permaculture systems of berms and swales. The concept behind a terraced system is that when it rains the nutrients are not washed away but instead carried to the next level. Swales compliment this system because they are in a way ditches that help retain or at least slow down the movement of water. We are a unique example of a terraced farm area in Denver.

COVER CROPS

We plant the beds with cover crops in the fall such as winter wheat, clover, vetch and peas. These crops protect and enrich our soil, prevent soil erosion and water runoff and improve the soil structure.

STRAW AND MULCH

This helps protect our soils, prevents moisture loss, suppresses weeds and composts into nutrients for our soil.

COMPANION PLANTING

We companion plant for nutrient recycling such as beans and corn and weed suppression such as squash with beans and corn (the three sisters). Our three sisters beds are a favorite on tours and classes because it is an accessible way if understanding symbiotic relationships. It also allows a way to increase agricultural yields and forces us to constantly think about relationships between different plants.

ENCOURAGING DIVERSITY

We encourage growing diverse cultivars of plants and educating people on the different benefits. Instead of only growing orange carrots, we grow a rainbow of colors and cultivate over thirty varieties of tomatoes on our farms. We grow almost only heirloom varieties and focus on seed saving.

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