



April Newsletter



The Fresh Veggie Series



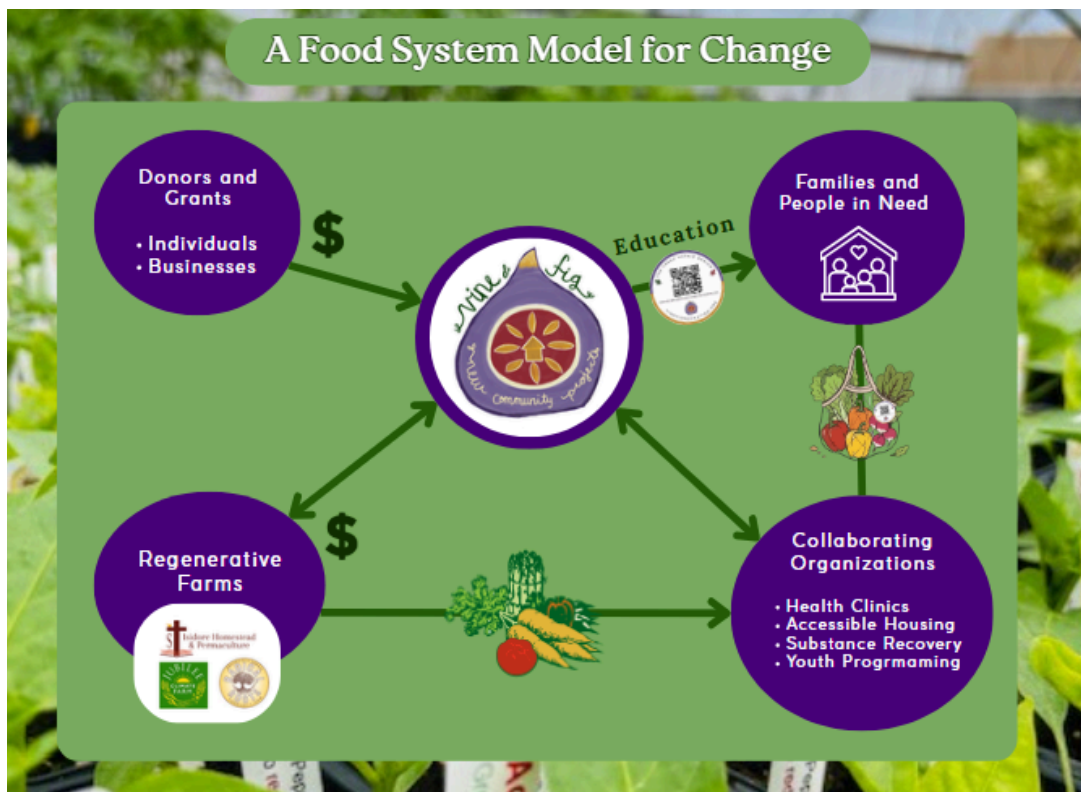
Our Mission

To connect food-insecure households with fresh, nutrient-dense, locally grown produce and provide educational materials on how to utilize fresh produce



About US

- We reduce climate impacts by purchasing from local, regenerative farms and by making weekly direct deliveries of produce to collaborating health clinics, youth programs, accessible housing, and recovery centers through a partnership with Radical Roots Farm.
- Providing weekly educational materials (videos and recipes) on how to utilize the fresh produce
- 77% of surveyed participants reported increasing vegetable consumption because of the Fresh Veggie Series



Vine & Fig News



We Welcome Our New Interns to Vine & Fig!


Breck and Amanda are graduate students completing their M.S in Applied Nutrition at James Madison University. They are excited to support Vine & Fig and apply their knowledge of community nutrition in their service with the Educational Outreach Program. See the Nutritional Spotlight below to see what Amanda has for us on FIBER and the importance of it in our diets!



Setting a New Record!


Vine & Fig was featured in this month's Round Up For Change at the Friendly City Food Co-op and we set a new record for the highest round-up total to date! Thanks to our supportive partners at the Co-op, our passionate interns, and generous donors, Vine & Fig successfully raised over \$3,000!

**We will be at
 Renew Rocktown's Earth Day Event
 and we hope to see you there! Here's how we
 make every day earth day while nourishing
 our neighbors.**



The Fresh Veggie Series

Vine & Fig Educational Outreach Program
EARTH DAY: LOCAL ROOTS, GLOBAL IMPACT




- **Eco-Friendly Sourcing:** We partner with local, small-scale farms to cut long-haul transport emissions and support regenerative land use.
- **Equitable Access:** Delivering fresh fruits and vegetables weekly to low-income populations through partners in housing, youth programs, health clinics, and recovery centers.
- **Zero-Waste Education:** Bilingual recipes and videos empower Individuals and families to use every harvest, preventing food waste from reaching landfills and reducing methane emissions.

77% of Recipients Reported..

**THIS FOOD SYSTEM MODEL IS MAKING A DIFFERENCE!
 77% OF INDIVIDUALS AND FAMILIES SERVED REPORTED CONSUMING MORE FRUITS AND VEGETABLES AFTER PARTICIPATING IN THE FRESH VEGGIE SERIES.**


Quick Facts

WE REDUCE CLIMATE IMPACTS BY PURCHASING FROM REGENERATIVE FARMS AND SAME DAY DELIVERY OF PRODUCE TO DISTRIBUTING ORGANIZATIONS



A Food System Model for Change

vinefigeducation.org/recipes



Save the Date!
Find Us at the Great Community Give!



#GREATCOMMUNITYGIVE



An initiative of
 The Community Foundation

SAVE THE DATE

JOIN US ON APRIL 22, 2026

GREATCOMMUNITYGIVE.ORG

A Facebook Post Highlighting our Partnership with Harrisonburg Redevelopment Housing Authority



HRHA Resident Quotes for Vine & Fig's Fresh Veggie Series



Vine & Fig's Fresh Veggies Series supports local farms like Radical Roots and Friendly Neighbor Gardens by purchasing fresh, locally grown produce and distributing it through community organizations. Below are a few quotes from residents sharing how the program has made an impact in their lives.

"It helps to have produce without worry of paying for it and some items are rare to get."



"I love this program! It is so hard to find decent produce at the stores now, that is good produce for the quality."



"It helps lower grocery costs and makes healthier meals for my family. We don't eat a lot of veggies, and this is a wonderful way to incorporate more veggies."



"With my congestive heart failure, I'm supposed to eat more fresh fruits and veggies. which can be more expensive since I don't live where I can have a garden."



"I have been greatly appreciative of this program; it helps me greatly with my food bill, and I get to eat fresh produce. I just wanted to say thank you."





Vine & Fig's Educational Outreach Program

THE FRESH VEGGIE SERIES



Our Impact

We are making a difference! Over 75% of individuals participating in our program report consuming more vegetables when receiving our produce. And 77% report their children also consume more veggies than before the program!

Last year, 450+ households received weekly produce in Harrisonburg, Waynesboro & Staunton Cities and Rockingham & Augusta Counties. We distributed these shares through 30 regional organizations who have identified food-insecure populations. We also sourced these vegetables from five environmentally friendly farms.



Our Mission

The mission of Vine & Fig Educational Outreach Program is to connect food-insecure households with fresh, nutrient-dense, locally grown produce and provide educational materials on how to utilize fresh produce to minimize waste.

Our Vision

We envision a connected community where a web of resources—from food and housing to education and job opportunities—enables everyone to flourish. We support local, regenerative farming to ensure that healthy, nutritious food reaches every table in our community while also keeping our planet healthy.



WANT TO CONTRIBUTE TO YOUR COMMUNITY?

The best thing you can do is provide financial support:

- Fund **1/2 bag of veggies** for a family of four for a week: \$17.50
- Fund **one bag of veggies** for a family of four for a week: \$35
- Fund **5 families** with one bag of veggies for a week: \$175

Want to fund something bigger?

- Fund a **smaller organization** like Our Community Place that addresses homelessness for the season for \$4,220.
- Fund a **medium organization for a season** like Healthy Communities Health Center (HCHC) that provides food access to nutrient dense vegetables to help address pre-diabetes, hypertension, and heart disease for \$17,000.
- Fund a **larger organization** like the Boys & Girls Club that incorporates our Fresh Veggie Series programming into their weekly curriculum for a season for \$70,000. This changes people's lives!

Donate Today!

www.vinefigeducation.org



Community Benefits

When you donate to our educational program your investment ripples across the community:

- Long-term impact on children's nutrition
- Families receive access to broader community resources
- University students receive hands-on experience
- Farmers gain access to more markets

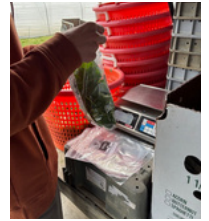
"Your kindness today shapes a better tomorrow."





Harvests of the Month

Spinach, Kale, and Bok Choy



What Do These Leafy Green Vegetables Have in Common?

- 🌿 **Contain essential vitamins and minerals**
- 🌿 **Low in calories**
- 🌿 **Rich in fiber!**



April Nutritional Spotlight: Fiber!




Dietary fiber comes from the portion of the plant that is not digested in the GI tract. Instead, it is partially digested by gut bacteria. Fiber can be mainly found in the skin (peel), seeds, stems, and flesh of fruits and vegetables, as well as seeds and whole grains

- 🌿 **Soluble Fiber: Water-soluble fibers that help to slow the passage of food. Helps decrease cholesterol, prevents constipation, promotes gut health, and stabilizes blood sugar**
- 🌿 **Insoluble Fiber: Fibers in cell walls are water-insoluble. This adds bulk to stool for healthy bowel movements**



Benefits of Fiber

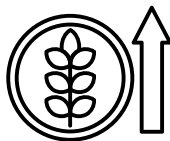


-  **A diet high in fiber-rich whole grains helps to lower cholesterol and stabilize blood sugar, preventing coronary heart disease, type II diabetes, metabolic syndrome, obesity, and cancer**
-  **Aids in weight loss by increasing satiety**
-  **Fiber, especially that found in whole grains, aids in digestion and is helpful in the prevention and treatment of constipation, hemorrhoids, and diverticulosis.**

How Much Fiber?

The 2025 Dietary Guidelines for Americans recommends consuming the DRI for Fiber based on age and gender. Women should consume at least 25g, while men should consume 35g.

Did You Know?



The average American consumes 14g of dietary fiber per day, significantly less than of the recommended fiber intake

It is recommended to meet dietary fiber recommendations by eating a variety of fiber rich foods

Table 3: Dietary Reference Intakes (DRI) for Fiber.

Age	g/day Fiber
Children	
1-3 years	19
4-8 years	25
Males	
9-13 years	31
14-18 years	38
19-50 years	38
51+ years	30
Females	
9-13 years	26
14-18 years	26
19-50 years	25
51+ years	21
Pregnancy	10
<18 years	28
18+ years	28
Lactation	
<18 years	29
18+ years	29



Fiber Super Foods



-  **Nuts: peanuts, almonds, walnuts, cashews, pecans, pistachios**

-  **Seeds: chia seeds, flax seeds, pumpkin seeds, sunflower seeds**

-  **Whole grains: old-fashioned rolled oats, steel-cut oats, wheat, barley, wild rice, quinoa, millet, and buckwheat**

-  **Legumes: lentils, black beans**

-  **Vegetables: potatoes (with skin), broccoli, asparagus, Brussels sprouts, carrots, and leafy greens (kale, spinach, and bok choy!)**

-  **Fruits: bananas, berries, avocados, apples, citrus fruits, pears, and prunes**

Visit our web page for:

- **delicious recipes featuring high fiber foods.**
- **past newsletters**
- **library of cooking videos**
- **more nutritional information**



A Special Thanks to Radical Roots Farm for Providing the Nutrient-Dense Vegetables for The Fresh Veggie Series

