

ANNUAL
IMPACT
REPORT
2023

Resilient
Roots



Dear Friends,

In 2017 a group of friends came together to discuss starting an organization that inspires and empowers people to be good stewards of the planet through permaculture; thus Resilient Roots was born.

Fast-forward to today, and see we have come a long way. Moving forward, we anticipate further growing our programming and creating new ways to engage the community and facilitate more learning for everyone.

In this report, we endeavor to highlight the impact we've had in 2023 on restoring ecosystems, building community, empowering people, and mitigating climate change. We've seen many positive changes as a result of our programming across the eco-region.

2023 was a year of momentum building, and as always we need your help to spread the word and keep us afloat. You will see from the charts in this report that a large percentage of our funding currently comes from donations from people like you! Grants remain part of our financial plan, but with the growing number of organizations tackling environmental and social issues comes stiffer competition; everyone is doing good work, but the amount of money to go around is limited.

As we look back and look ahead, I am so grateful for all your support for our mission. And we have so much more to do! I hope you will continue on this journey with us, as the future is not someplace we are going but something we are creating together.

Sincerely,



Kristie Kapp
Resilient Roots,
Executive Director





Resilient Roots is a nonprofit, community-based organization empowering individuals to transform suburban spaces into edible, native landscapes that regenerate our ecosystem's health, mitigate climate change, and reconnect us to the earth and to one another.

RESILIENT ROOTS AREAS of IMPACT



Restoring Ecosystems

We create thriving and abundant edible landscapes that benefit local native species and help keep our waterways clean.



Building Community

We bring people from across Cape Cod together to realize our shared vision of a healthy, diverse community.



Empowering People

We offer people opportunities to learn and to take action in their own spaces as an integral part of regional change.



Mitigating Climate Change

We inspire people to think differently about how they can reduce their carbon footprint and then take steps to do so.



Cape Cod Is Running Out of Time to Protect Our Resources

All the studies point in the same direction. Rampant development and land mismanagement has led to loss of species and populations and to degradation of our water resources on Cape Cod.

We're witnessing the effects of the climate changing with each storm. We are all affected, and many are asking how we can make changes that have a positive impact.

What can I do?

Resilient Roots Impact



RESTORING ECOSYSTEMS

THE PROBLEM

Maintaining conventional lawns and gardens degrades our water resources and kills our wildlife. The [American Bird Conservancy](#) estimates we have lost more than a quarter of the US bird population since 1970 from fertilizers, pesticides, and poor land practices.

HOW RR TAKES ACTION

Our workshops, permablitzes, and demo garden show Cape Cod residents how to transform yards into edible, native landscapes. These eco-friendly spaces support wildlife and increase pollinators, while protecting water resources and enhancing soil health, resulting in a more resilient ecosystem for us all.

BUILDING COMMUNITY

THE PROBLEM

Our current social norms have created isolation for many of us. Technological advances and job situations have us sitting in front of our computers and rarely interacting. Because humans are social animals, this has proven detrimental.

HOW RR TAKES ACTION

In 2023 Resilient Roots offered more than 50 opportunities for people to gather, exercise, and build community. Each event provided engagement and interaction, knowledge sharing and laughter—and often the sharing of food! All fostered a sense of belonging, connection, and inclusion.

EMPOWERING PEOPLE

THE PROBLEM

Humans have negatively impacted our local environment in myriad ways, resulting in climate change, degraded water quality, decreasing biodiversity, and a lack of locally produced food. We are often left feeling helpless to make positive changes.

HOW RR TAKES ACTION

Resilient Roots offers the hands-on resources people need to take concrete steps toward regional improvements. By growing food, planting native and pollinator plants, and reducing lawns, residents are decreasing their carbon footprint, protecting our drinking water, enabling more biodiversity in their backyards, and increasing local food options.

MITIGATING CLIMATE CHANGE

THE PROBLEM

Traditional, conventional lawns and gardens are more vulnerable to droughts, flooding, and insect and disease pressures. These non-native environments require more water and fertilizers, further exacerbating the effects of climate change.

HOW RR TAKES ACTION

Our practices of no-till gardening and layering organic matter on top of the soil capture carbon for long-term storage. By moving away from growing just lawns and planting more layers including native plants, more carbon can be absorbed. Growing our own food also reduces the carbon emissions and fossil fuel use of food transportation.

The Resilient Roots Garden at Fuller Farm



The Resilient Roots Garden at Fuller Farm is our demonstration site that enables locals to see permaculture in action and leave with inspiration and knowledge. Open to the public, the garden shows an alternative way of landscaping that includes edible and native plants combined to support and harmonize with nature. Fuller Farm, which is owned by Barnstable Land Trust, hosts this garden space at 995 Route 149, Marstons Mills. We began this collaboration in 2021, and our amazing volunteers (see below) gather weekly to keep the plants thriving.

We would like to say a special thanks to Barnstable Land Trust (BLT) for this collaborative opportunity. We lease a small portion of Fuller Farm for our demonstration garden, and the remainder of the property is managed by BLT for a variety of uses that honor the historic agricultural past of the land. We are grateful for this partnership and for the friendships that have developed because of it. We look forward to collaborating more with BLT staff, board, and members as we continue to enjoy Fuller Farm as a canvas for appreciating nature.



Habitat for Humanity Partnership



Building Community One Yard at a Time

Resilient Roots is collaborating with Habitat for Humanity of Cape Cod to design and install eco-friendly, edible landscapes for local homeowners. Through this partnership, we're giving low- to moderate-income families a head start in being able to grow some of their own food while also enjoying a low-maintenance outdoor space. The community as a whole has an opportunity to come together as neighbors helping neighbors.



In 2023, Resilient Roots designed and installed landscapes at three Habitat homes in Sandwich, and next year we will continue our work at five more houses in Brewster and Dennis. We are always looking for people who would like to volunteer for the day to help bring a family an edible native landscape.

Our Event Offerings



In 2023 the workshops we offered empowered people to...

- Create edible gardens
- Grow fruit trees
- Forage
- Grow herbs
- Make & use plant teas
- Preserve produce
- Landscape for the birds
- Grow mushrooms
- Plant native & pollinator plants
- Grow vegetables
- Prune fruit trees
- Utilize acorns
- Compost
- Formulate medicinal teas

Reducing Our Carbon Footprint



Reduce Practices That Use Fossil Fuel

Minimizing lawns! That's what it's all about. We encourage people to stop putting fertilizers and pesticides on their lawns. These inputs are made with fossil fuels and add to the climate crisis.



Use Methods That Capture Carbon in the Soil

Sheet mulching layers materials on top of the soil to keep weeds down, keep soil moist so less watering is needed, and add nutrients for the plants. By utilizing local and available materials like leaves, coffee grinds, seaweed and unwanted cardboard for mulching, we can also reduce the footprint made by shipping materials.



Add Layers to Our Gardens

Providing an abundance of plants at many levels to photosynthesize helps capture carbon. Trees and shrubs combined with perennial vines, ground covers, herbs, and root crops work together to maximize our climate mitigation.



Grow Our Own Food

Besides the health benefits of growing our own food—nutrition, exercise, mental health—the act reduces our carbon footprint as the food no longer needs to be shipped from afar. We're requiring less use of gas and oil as well as decreasing vehicle emissions. An extra benefit: a tomato fresh from the garden is far tastier than one picked green and ripened on its 3,000-mile journey on the back of a truck.





Year at a Glance

- Offered 20 workshops with a total of 307 participants,
- Coordinated 6 permablitzes on local properties,
- Installed a fruiting/wildlife hedge at the Demo Garden at Fuller Farm (Barnstable Land Trust land),
- Created installations at 3 Habitat for Humanity homes,
- Hired 2 part-time staff,
- Engaged 50+ volunteers in projects,
- Consulted at 27 backyards and created 17 designs Cape-wide,
- Supplied over 2500 native and edible plants at our plant sale,
- Introduced 40 people to permaculture-in-action on our tours.



Permaculture Tour
Day 1 – June 10, 2023
Deb Winther shows
a peach tree guild
to tour participants

Being Inclusive

All workshops are now offered at a sliding scale to meet participants where they are and to be as inclusive as possible.



Investing in Staff

After being all volunteer for six years, we now have two part-time staff to help increase capacity and lessen the burden. Welcome, Debbie and Sharon!



This year, Resilient Roots focused on building capacity by investing in staff, strengthening connections with community partners, being more inclusive by offering a sliding scale for our workshops, and working toward a sustainable financial future.



Strengthening Collaborations

We're continuing to work with Habitat for Humanity of Cape Cod, installing edible and native plants at new homes.



Seeking Financial Stability

Last year's Cider Day was an opportunity to brainstorm with the community on ways to increase our financial capacity.

You Are Our Greatest Partners in This Journey



Shepherds: \$1000 and Up

- Lorelee and Matt Ballas
- Dobberteen/Faraca Family
- Keith and Elizabeth Jenson
- Kristian and Nancy Jensen
- Kristie Kapp and Mark Nelson

Gardeners: Up to \$500

- Mara Beliveau
- Barbara Birdsey
- Christine Campbell
- Francis Cassidy
- Vicki and Arnie Harchik
- Martin Kapp
- Susan Klawans
- Dianne Langeland
- Monica Mann
- Kate McCaffery and Wes Frye
- Jill Nelson
- Barbara Panora
- Palma Puzzuoli and John Hunt
- Dianne and Ken Walker
- Jane and Steve Ward
- Deb Winther

Foresters: Up To \$150

- Mindy Baranski
- Jacalyn Barton
- Stephen and Dianne Bernardi
- Debbie Cambareri
- Nancy Comstock
- Karen Cozza
- Mary DeBartolo
- Margaret Fenn
- Gisele Gauthier
- Jim Hall
- Bette Hecox-Lea
- Roberta Kaiser
- Myra Killeen
- Karen Lang
- Claire Murphy
- Craig and Jody Nelson
- Chelsea Nicolas
- Orenda Wildlife Land Trust
- Herb Rice
- Mark Robinson
- Niko Tarini
- Olga Vannucci
- Beth Wade
- Jim Weiler
- Zeke Zuraw

We will grow with your help, and we thank each of you for your support!

You Are Our Greatest Partners in This Journey



Stewards: Up to \$75

- Julia Altieri
- Steve Berglund
- Kim Concra
- Tammy Depolo
- Judith Fitzpatrick
- Lois Fournier
- Anne & Steve Franzino
- Taryn Gal
- Sara Giguere
- Deborah Halpert
- Connie Hinds
- Dana Hornig
- Mary Howe
- Cameron Huftalen
- Nan Ingraham
- Lorraine Jablecki
- Kristin Kinsella
- Christine Kircun
- Susan Loucks
- Meg Loughran
- Christine McDowell
- Richard (Mick) Mikolajczak
- Lynn Ellison-Murphy
- Berit Pratt
- Melinda Russell
- Maureen Ryan

continued

- Tamara Spoerri
- Jeannem Stribley
- Diane Taylor
- Rachel Torodoff
- Janine Towne
- Annie Winslow

In Loving Memory of Gerry Fournier

- Susan Ahl
- Cape Cod Rowing Association
- Francis Cassidy
- Barbara Howard
- Mary Howe
- Nancy and Tom Kelly
- Carol Lyall
- Nelson Orr
- Barry and Deirdre Paster
- Christopher Roots
- Gordon Starr
- Jane Ward

In Loving Memory of Janet Cobb of Shrewsbury

- Janine Towne

You Are Our Greatest Partners in This Journey



Foundation and Organization Support

- Bridge Creek Management
- Cape Cod and Islands United Way
- Eversource
- Lavori Sterling Foundation
- New England Grassroots Environmental Fund
- The Cape Cod Foundation

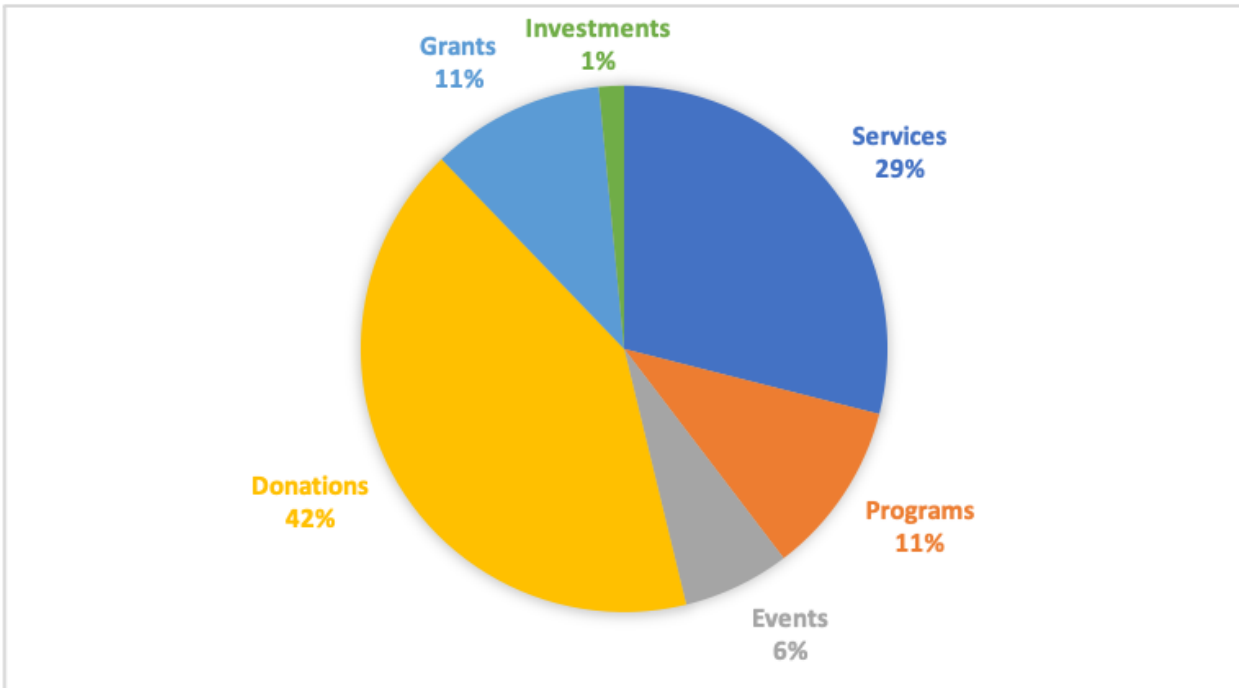


Finances

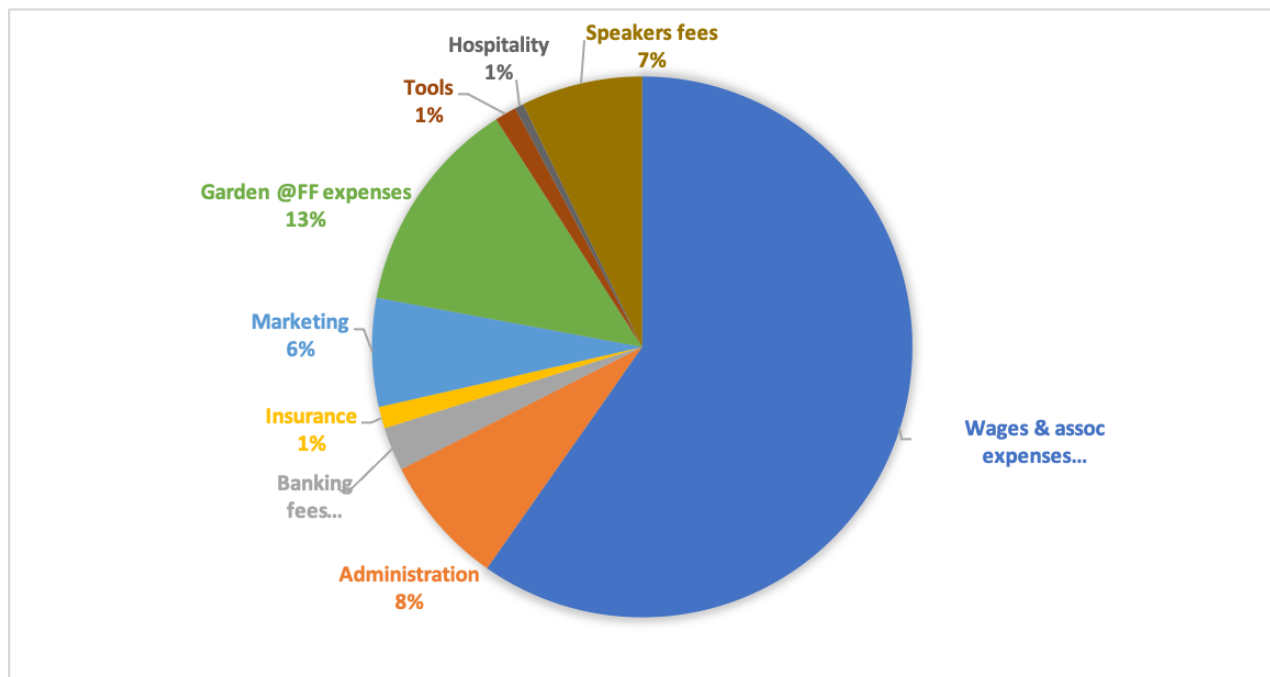
Fiscal Year 2023 (Jan 1, 2023 – Dec 31, 2023)



Resilient Roots Revenue in 2023



Resilient Roots Expenses in 2023



FINANCIAL OVERVIEW



This past year (2023) was a pivotal one for Resilient Roots financially. We began taking steps toward solidifying our existence into the future, building our financial stability and resilience. We gathered often with our board of directors, supporters, volunteers, and participants to envision a future and map out the steps for how we are going to get there and how we will garner support for our organization so that it can thrive for years to come.

As we look to 2024, we are poised to forge new partnerships, expand our base of supporters, and continue toward financial stability.



Annual revenue in 2023 was a combination of individual gifts, proceeds from programming and services, our plant sale, and foundation support.

Annual expenses in 2023 included development of the RR Garden at Fuller Farm, educational programming costs, wages, and administrative costs.

Unique Donors

- 83 individuals
- 5 foundations
- 3 organizations
- 1 community event


**Expenses include both expenditures and cash allocated to RR's operating reserve for long-term organizational sustainability.*

As we look to 2024 we plan to...

- Double our contributions and foundation support
- Increase our volunteer base
- Work with landscapers alongside NOFA - Mass
- Grow our base of financial supporters to sustain the organization for future generations
- Engage more Cape Codders in this important work

All with your support!





We acknowledge that permaculture owes the roots of its theory and practice to traditional and indigenous knowledge and that the land on which we live and garden is the home of the Wampanoag, the People of the First Light, who have stewarded this land for thousands of years. We thank them for their strength and resilience in protecting this land and aspire to uphold our responsibilities according to their example.