

# KENEY PARK

## Keney Park Sustainability Project Annual Report

DECEMBER 2017

### A Year of Growth and Collaboration

In 2017 KPSP doubled its revenue while remaining a 100 percent volunteer effort. KPSP established ongoing partnerships with the Cigna Foundation, Whole Cities Foundation and the New England Grass Roots Environmental Fund. Additional funding for 2017 included Recycle CT, KNOX Foundation, Hartford Community Loan Fund, Community Solutions and Harvard Pilgrim Health Care.

### Highlights for 2017

- Cigna sponsors green leaf/basil production system to generate operational funds to increase sustainability.
- Whole Foods sponsors Onsite and Mobil teaching kitchens
- UCONN establishes partnerships with KPSP through the National Resources Conservation Academy, UCONN "gives", UCONN Extension Department of Forestry, UCONN Law School's Connecticut Urban Legal Initiative, UCONN Department of Landscape Architecture, UCONN Office of Public Engagement.
- As an active participant of the Hartford Climate Stewardship Council KPSP was included and helped draft the City of Hartford's Climate Action Plan. KPSP will also participate in the Climate Action work groups.
- KPSP has established a partnership with the Wintonbury Land Trust and Lisa Lane Farm in Bloomfield. KPSP built raised beds and facilitated composting workshops.
- KPSP established a partnership with the Farmington River Watershed Association. KPSP and Grow Hartford youth constructed one edible and two other rain gardens at the Keney Park House in Windsor.

*"I would like to thank KPSP for inspiring me to create and plant my own garden in my backyard. Your teachings have given me confidence that I'm able to grow my own fresh produce. I was amazed when my first few crops were starting to appear, which brought back fun memories of my father who loved gardening in our backyard. This opportunity has been a therapy to me as a breast cancer survivor". Denise J. Patterson*



### Keney Park Sustainability Project

**OUR MISSION:** To provide hands-on training, on-site demonstrations, education outreach and community collaborations that help families become more self-sustainable and environmentally conscious, while preserving the historic Keney Park.

The Keney Park Sustainability Project (KPSP) intends to create the next generation of healthy, productive and environmentally conscious citizens.

*Join us on our journey...*

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Windsor, CT 06095  
860-333-8711

www.keneyparksustainability.org

### Guiding Values

- Accountability
- Sustainability
- Partnerships
- Diversity
- Empowerment



Aquaponics System



## Sustainable Vegetable Production

Cigna funds were used to create the first production scale aquaponics system in the City of Hartford. Aquaponics is a system of aquaculture in which the waste produced by farmed fish or other aquatic animals supplies nutrients for plants grown hydroponically, which in turn purify the water. Aquaponics is the marriage of aquaculture (raising fish) and hydroponics (the soil-less growing of plants) that grows fish and plants together in one integrated system. Aquaponics is ideal for local food production, urban farming and food deserts sites, since no farm land is required, eliminating the need to add preservatives that are required for long distance transportation, and decreasing the dependency on fossil fuels for food delivery. The Keney Park Urban Agriculture Education site hosts health & nutrition, therapeutic urban agriculture education, basil and leafy greens production and year round vegetable growing. This project aims to dramatically increase KPSP's capacity to produce healthy nutritious, affordable food by installing a 3-row vertical farm to produce leafy greens and herbs within 48ft x 14ft greenhouse. The aquaculture equipment will be located within the 20ft x 14 ft greenhouse.

## Nutrition Outreach

The Mobile Teaching Kitchen will be staged at multiple locations including but not limited to schools, farmers markets and vacant lots. The function will be to teach community members how to prepare healthy meals, featuring produce from the KPSP gardens including vegetables not traditionally offered at neighborhood markets. We have learned that there is a significant lack of awareness when it comes to the health benefits of different types of fresh foods and the knowledge of how to prepare them. The KPSP mobile market plans to address these barriers by creating a schedule for the mobile market that makes it easier for community members to participate at various location and times.



Mobil Teaching Kitchen and Crew





## Where The Vegetables go?

### **Firebox Restaurant**

20lbs

### **Sweet Harmony Café**

10lbs

### **The Tavern at Keney Park**

100lbs

### **Saint Michaels Food Pantry**

300lbs

### **Hartford Food Systems Mobile market**

200lbs

### **KPSP Farm stand**

500lbs

### **Compost**

250lbs

### **Goats**

100lbs

### **Donated**

1000lbs



Photo Caption

## Who grows the vegetables?

- 7- Schools
- 10 - SYEP participants
- 17 - Youth Service Corps Members
- 16 - Families
- 36 - Individuals
- 379 - Volunteers



Photo Caption

## Environmental Stewardship Efforts

Designed by Frederick Law Olmsted himself, Keney Park encompasses nearly 600 acres of land within Hartford, including the city's Ten Mile Woods. It has been a favorite spot of city residents since its creation in the late nineteenth century. But times have changed since it was first conceived. Once located in a prosperous, middle-class neighborhood, now Keney Park is in the heart of a federally-designated "Promise Zone," a predominantly African-American neighborhood that is largely low-income and struggling with unemployment levels higher than the Great Depression.

One community-created nonprofit organization has figured out how to make Keney Park an asset for the neighborhood in which it is located: the Keney Park Sustainability Project (KPSP). KPSP focuses on health and nutrition education, landscaping, forest management, waste stream reduction, building and design, and urban agriculture. The organization aims to provide hands-on training, on-site demonstrations, education outreach, and community collaborations that help families become more self-sustainable and environmentally conscious, while preserving historic Keney Park. Last year, volunteers devoted 2,481 hours to these efforts, and 528 service learning hours were also logged. The KPSP receives funding through donations, grants, and income from the products they produce, including wood products, landscaping, and vegetables. KPSP has installed gardens at local schools, churches, vacant lots and the homes of 11 elderly community members. In addition, KPSP has also hosted over 1,000 visitors to Keney Park during the 2016 season. KPSP is an active member of the Climate Stewardship Council, which is Hartford's city-wide effort to make the city a leader in environmental stewardship while promoting environmental justice, economic development, and public health.

KPSP is vital program for the city. In the future, the organizations hopes to restore Gully Brook, which has deteriorated due to illegal dumping and poor maintenance. Projects such as these aim to restore the park to a clean, picturesque area as was originally intended by its designers. By engaging the community in its efforts, KPSP is working to provide Hartford with the next generation of environmental stewards who, like Olmsted, will work towards the beautification of our cities and the rest of our climate. *National Association of Olmsted Parks "Field Notes" Fall 2017*

## Outcomes

- Logs milled  
**13**
- Furniture  
**4 picnic tables**  
**6 benches**
- Trails Maintained  
**2 miles**
- Invasive s Remove  
**1/4 acre**
- Natives planted  
**65 plants**
- Properties landscaped  
**4 residential**  
**3 commercial**
- Gardens installed  
**4 residential**
- Volunteer hours  
**1516 total**
- Service Learning hours  
**376 total**
- Businesses **11**
- Schools **6**
- Families **16**
- Individuals **32**
- Visitors **48**
- Workshops **8**
- SYEP hours **1300**
- Youth Service Corps Hours **2100**



# Coverage

## Publications

Connecticut Landscape Architect  
2017 Annual Report (pg. 18,19)

National Association of Olmsted  
Parks "Field Notes Fall 2017

Hartford Courant "It's How He  
Rolls" September 25th 2017

Hartford Business Journal "Cigna  
Seeds Hartford Sustainability  
Project With \$25K [http://  
www.hartfordbusiness.com/  
article/20170606/  
NEWS01/170609972/1004](http://www.hartfordbusiness.com/article/20170606/NEWS01/170609972/1004)

New England Grass Roots Envi-  
ronmental Fund website. "Keney  
Park Sustainability Project: Eng-  
aging Community and Environ-  
ment April 19, 2017 [https://  
grassrootsfund.org/  
blog/2017/04/19/keney-park-  
sustainability-project-engaging-  
community-and-environment](https://grassrootsfund.org/blog/2017/04/19/keney-park-sustainability-project-engaging-community-and-environment)

## Videos

UConn "Give" Documentary  
The Keney Park Sustainability  
Project [https://youtu.be/  
e70liTwPBik](https://youtu.be/e70liTwPBik)

UConn's NRCA Conservation  
Training Partnership Program  
<https://youtu.be/28Q2PnCUwUo>

Fox61 "Local Organization Rolls  
Out Mobile Teaching Kitchen In  
Efforts To Bring Health To Hart-  
ford" September 26th 2017.  
[http://fox61.com/2017/09/26/local-  
organization-plans-local-  
organization-rolls-out-a-mobile-  
kitchen-in-efforts-to-bring-health-  
to-hartford-to-bring-it-to-the-  
hartfords-poorest-areas/](http://fox61.com/2017/09/26/local-organization-plans-local-organization-rolls-out-a-mobile-kitchen-in-efforts-to-bring-health-to-hartford-to-bring-it-to-the-hartfords-poorest-areas/)

Hartford Climate Stewardship  
Initiative [https://  
hartfordclimate.org/2017/09/07/  
video/](https://hartfordclimate.org/2017/09/07/video/)

