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+
*The Influence of
Baldor President
Michael Muzyk:
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The background of the cover is a photograph of various fresh fruits and vegetables. In the top left, there are several oranges with green leaves. Below them are several persimmons, some whole and some sliced to show their orange flesh. In the center, a pomegranate is cut open, revealing its red seeds. To the right, there are several red and yellow apples. In the bottom left, a wooden bowl contains several morels. The entire scene is set against a light-colored, textured background.

2023
**FALL
& WINTER
SEASONAL
PLANNER**



MEET FRESH CUTS

Baldor will do the slicing, dicing, and chopping of our premium produce so that you don't have to. With access to our curated selection of fruits and vegetables, we can get you more than 400 items—from carrot matchsticks to zucchini coins to Chateau Squash—and any custom cut you can imagine.



Visit baldorfood.com/products/fresh-cuts or email info@baldorfood.com

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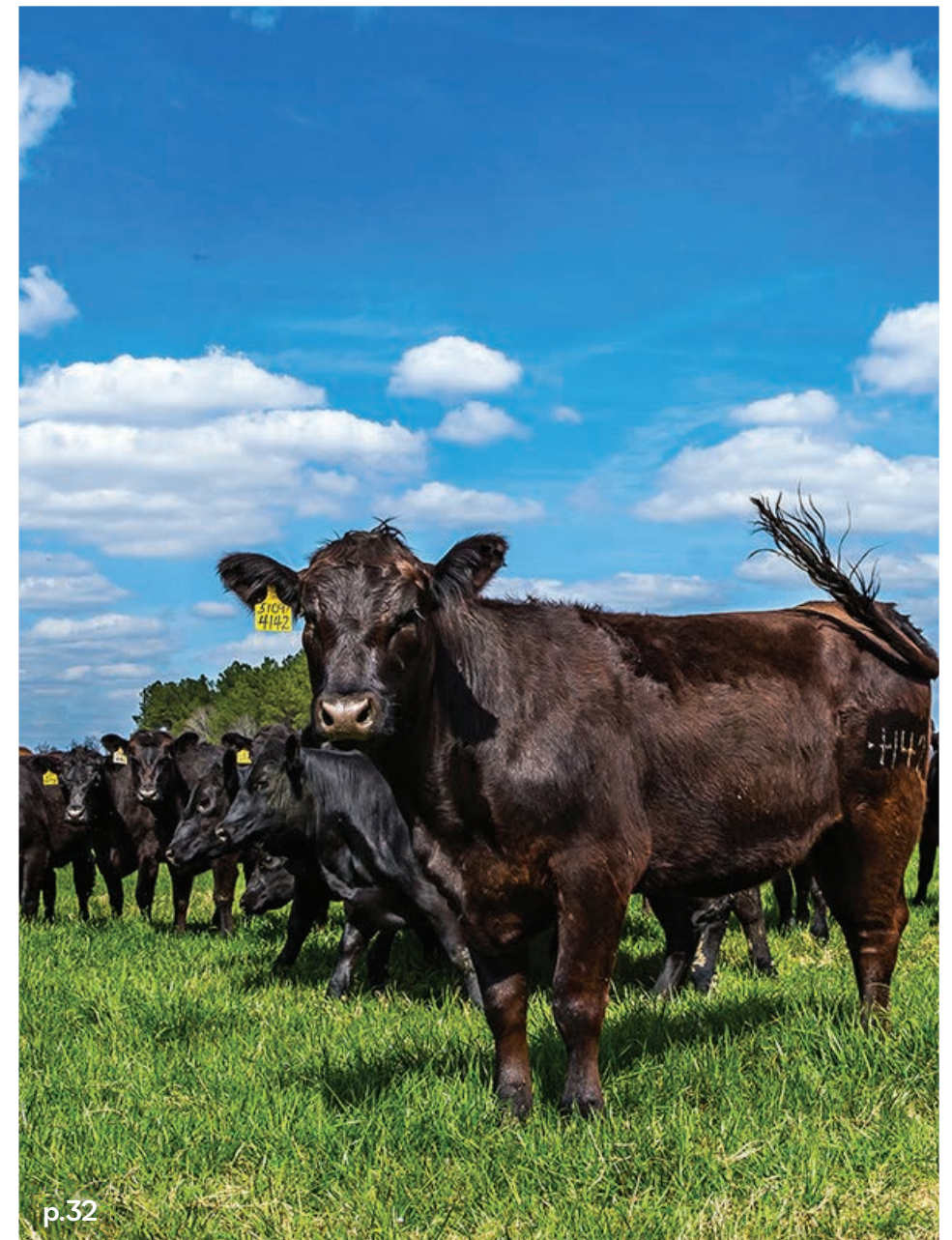
Saying Goodbye to a Baldor Legend

President Michael Muzyk spent 28 years setting the table for the company's future

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Edible Schoolyard NYC

Getting kids' hands in the dirt and vegetables on their plates



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BALDOR CARES



Growing fruits and vegetables is about more than gardening: It teaches kids to care about what they eat and to think about where food comes from.

Edible Schoolyard NYC: Getting Kids' Hands in the Dirt, Vegetables on Their Plates

Baldor is proud to support this nonprofit, which focuses on teaching young people that nutrition starts from the ground up.

By Brooke Herman

INSIDE A CLASSROOM in a New York City school, children are about to bite into something new: A veggie-topped homemade pizza, kale salad, just-picked tomatoes, and a stir-fry.

There's not a turned-up nose or skeptical look in the bunch. That's because these students grew and harvested the vegetables they're about to eat and prepared the dishes them-

selves. Before they dig in, they shout "Thank you, gardeners! Thank you, cooks!" to show their appreciation for each other's efforts.

This is the beauty of Edible Schoolyard NYC. Allison Marino, Director of Public Affairs, explains that the non-profit is committed to building and maintaining interactive school gardens and providing students with educational programming. Edible

Schoolyard NYC started in 2010, inspired by Alice Waters' Edible Schoolyard Project in Berkeley, California. It's now grown to serve nearly 4,000 students in 16 New York City schools, ranging from pre-K to 8th grade, in underserved communities where nutrition can be an issue.

Establishing gardens on NYC public-school property has obvious challenges, among them the need

for funding and lack of indoor and outdoor space. But Marino says those restrictions have often prompted the most creative solutions, thoughtfully tailored to each school. At some schools, they have rooftop gardens, while others are built on under-utilized spaces, like an old basketball court. If space is really at a premium, windowsill gardens are an option. At one Brooklyn school, the garden climbs the wall of an alleyway.

Regardless of what kind of garden they build, the goal is always to give kids the best food foundation.

"We want to make sure that students are afforded a solid level of knowledge, experience, and skills when it comes to interacting with food," Marino says. "It's important to us that they not only receive the education now, but that it contributes to their future, helping them develop relationships with

food that includes their backgrounds, culture, needs, and preferences."

Just as no two school's gardens are the same, each curriculum and recipe plan is also unique. It's vital that children recognize themselves in the ingredients they grow and dishes they make, so understanding the students is a priority to Edible Schoolyard NYC's menu planning.

For instance, in one school children recently prepared salsa and esquites

using the fresh tomatoes and chiles they harvested from their hydroponic station. In another school, they prepared roti and dal; in yet another, sweet potato empanadas.

Edible Schoolyard NYC also works with school administrators to incorporate items that tie into what they're studying in the classroom. If the kids are learning about eye function in science class, they'll cook with carrots. Talking about the environment? It's time to build a compost bin.

Another goal is to reach as many students as possible, something that's been limited by the number of schools they can serve. But this past June, NYC Mayor Eric Adams released an exciting new roadmap: *Prioritizing Food Education in our Public Schools: A Path to Developing a Healthy Next Generation*. The plan will ultimately be used to implement food education,

Edible Schoolyard NYC knows that children will experience a different food future when they grow, cook, and learn about food.



Think kids are picky eaters? Not when they grow and prepare food themselves.

introduce healthy eating habits, and create healthier communities beyond the schools that have physical gardens.

"This will allow us to shift from advocating for the students within Edible Schoolyard NYC schools to advocating for *all* students," Marino told us.

At Baldor, we're proud of our partnership with Edible Schoolyard NYC. We support them by lending a hand in the gardens, donating food to supplement their menus, and contributing to their annual fundraising gala.

"It's deeply rewarding to see changes for the children in our community, not only within their classrooms but in their homes with families, too," says Benjamin Walker, SVP of Sales, Marketing, and Merchandising at Baldor.

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"The myth of third graders hating Brussels sprouts is going to disappear with the Edible Schoolyard NYC generation," promises Marino.



HOW TO GET INVOLVED

#EatUpSummer

Each summer, restaurants, coffee houses, ice cream parlors, and bars can contribute proceeds to Edible Schoolyard. Some choose to donate a set percentage of a certain item sold, others choose to donate a percentage from one day, or a week.

Dinner Fundraising Events

Throughout the year, Edible Schoolyard hosts culinary events, and they'd love to include you. If you're interested in lending time, talent, or space, they're grateful.

In the Garden

Bring your team to help complete, repair, or provide general maintenance to an established garden. Short on time? Sponsor another group, like volunteer college or high school students, to complete the work.

In the Field

Give students the opportunity to see a food career in action. They love to go on field trips and are true sponges, soaking up everything they hear and see. Alternatively, arrange to visit their classrooms and demo recipes.



Scan QR code to learn more about Edible Schoolyard NYC.



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