



 **Ananda
Gardens**
VERMONT'S WELLNESS FARM

**LIVING IN,
Working on, and
Providing
Wellness**

April 2022



Wellness is an integral part of who we are and what we are passionate about. That is why it is an essential quality in our living culture. So everything we do is infused with this in our minds and our hearts.



How do we define wellness?

We define wellness as a sense of health and vitality that arises from our thoughts, emotions, actions, and experiences. We experience wellness when we feel happy, healthy, socially connected, and purposeful.



In 1976, Dr. Bill Hettler, co-founder of the National Wellness Institute in the US, developed a model of wellness that included six dimensions of health: physical, emotional, intellectual, spiritual, occupational, and social. Later, health practitioners added environmental health to ensure all human wellbeing needs are addressed.

Our living Culture

Our Vision: live in wellness, grow, and prosper in connection with nature.

Our Mission: to provide healthy food and wellness to our community working in connection with nature, and inspire healthy living.

Our values:

we are here to *be happy*

we are here to *be mindful*

We are here to *be efficient*,
and live a worthwhile life.





Dimensions of our Wellness focus

Physical wellness through promoting a whole food plant based nutrition, and providing highly nutritious food crops.

Social and Cultural wellness through our Market Style Farmstand CSA, and farm activities.

Emotional wellness through online communication where we share positive psychology tips, poetry, art, etc. Interacting with each other.

Environmental wellness through our regenerative and organic farming practices, and sharing opportunities to learn about it, and spaces to appreciate nature and its wonders.



To make sure we are embodying our living culture we need to be authentic inside and outside.

Inspired by the Danny Meyer's

Virtuous cycle of enlightened hospitality

We have our *priorities* established by:

1. Ourselves & each other
(The Family Crew)
1. Our CSA Members and guests
2. Our Community
3. Our providers
4. The Ananda Gardens Family (we the stakeholders)

We need to make sure that we are a happy, mindful, and efficient team.

We provide a safe working culture where we trust and rely on each other.

- Regular group meetings and 1:1 check-ins.
- Benefits like: a competitive base salary with seasonal raises or annual bonus, complementary weekly vegetables, add-ons, and fruit.
- Professional development and partnerships.
- 30 minute paid lunch and 30 minute rest and reset policy
- Health snacks and beverage policy.
- Free access to all of our classes and farm activities.
- Monthly wellness themes for learning and team building/ collaboration.



WELLNESS OFFERINGS TO OUR COMMUNITY MEMBERS



Ananda  Gardens
VERMONT'S WELLNESS FARM

[2022 CSA's](#) | [FARMSTAND CSA](#) | [DELIVERY CSA](#) | [NUTRITION AND COOKING CLASSES](#) | [ABOUT US](#)



ARUGULA



BABY KALE



BASIL



BEETS



BROCCOLI



BOK CHOI



Online/Virtual

- Whole food plant based nutrition and cooking class. Food for Life Program (online)
- Website recipes and online resources.
- Weekly newsletter with Wellness and Cooking tips from the farm kitchen. In collaboration with nutritionists, health coaches, doctors and dietitians. Also sourcing our tips from the American College of Lifestyle Medicine and PCRM
- Online Yoga classes
- Video updates where we explain and describe what is happening in the farm



@The Farm

- Our Market Style Farmstand is a place to gather, connect with community and nature.
 - Taco nights
 - Cut your own flowers
 - Kids playground
 - Picnics and walks
 - Dance performances
 - Family Concerts
- Volunteering opportunities
 - “Pagos a la tierra”
- Donation based Whole Food Plant Based Farm Dinner
 - Workshops (UVM Extension, NOFA-VT)
- Farm tours (1-2 hours + farm whole food plant based snack and beverage) for community and organizations





