



## Kaima Nahalal Farm

*Social, Business and Environmental Action Learning for Troubled Israeli Girls and Young Women*

### 2019 Program Highlights and Participant Quotes

#### The Organization

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Founded in 2016 in Israel's Northern Jezreel Valley, Kaima Nahalal, a non-profit educational farm, improves opportunities and choices for troubled girls and young women, and engages the larger community, especially women's groups, in the process. We are committed to re-engaging and empowering girls (ages 15-18) who have dropped out of school or are on the cusp of doing, so as well as young women (ages 18-21) whose challenges continue into young adulthood. In our care are those suffering drug/alcohol addiction, sexual abuse, and dangerously poor self-esteem, among other challenges. By tapping into the healing power of nature and utilizing the tool of employment, our approach successfully changes the downward trajectory of their lives and redirects them to normative educational and social frameworks. Uniquely, the farm is led by a multi-generational, all-women professional team of social activists, agriculturalists, and pedagogues, committed to advancing the first all-girl- all women-run farm in Kaima's growing alternative educational network. We support our efforts through 1) self-generated income from agricultural sales and workshop user fees at appreciable levels, 2) government buy-in, and 3) philanthropy.

#### Beneficiaries

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- 1. Direct:** In 2019 a total of 27 girls and young women took part in Project Lavender – our full-time employment and personal empowerment initiative. A rotating group of ten girls (ages 15 – 18) and two young women (ages 18-21) participated at any given time. We also piloted an exciting initiative for young women up to age 25 affiliated with Yated, a national program for at-risk young adults. The program was undertaken with our local welfare unit which is eager to prepare high-risk young women with work experience and better orient them to the work force. Two participants moved on and found employment off the farm.

During this reporting period, we also successfully carried out an intensive summer program in conjunction with the local council welfare unit. Two groups of seven teens took part, allowing us to both expand our reach and maintain the intimate environment which contributes to the program's positive impact. There was even a waiting list as we could not keep up with demand and there is clear interest on everyone's part to continue the collaboration in the future. Notably, this past summer we also took under our wings a girl in a difficult situation from the Nirim Youth Village, an NGO which assists young people removed from their families by the Youth Protection Authority or referred by the Juvenile Court as an alternative to jail. In addition to providing her with farm employment, we also found her housing for the time she was with us – this is actually unusual and was a Kaima first. We see this new direction as further indication of our influence.

Participants stay with us from few months to over a year depending on the support they need. This means that not everyone "graduates" the program at the same time. Indeed, returning to/participating in normative social settings (such as school, army/national service, or the workforce) is different for each individual. Of the 19\* who left the program in 2019:

- 1 joined the army
- 2 are performing national service
- 2 are pursuing professional studies
- 10 returned to fulltime school studies
- 3 are enrolled in a leadership program
- 8 will continue into 2020

*(\*There was only 1 participant who did not complete the program which is a very high retention rate for this population.)*

Regrettably, we were unable to launch our planned undertaking in partnership with Tmura, a modified national service program for troubled young women ages 18-21 after they age-out of other programs such as residential treatment facilities or following incarceration. While there is considerable interest in moving forward, and while we have secured core funding to employ 5 participants, this is a residential program and at present we lack the funds to provide supervised housing.

Below are quotes offered by some of our participants:

- *“I was suffering from depression and decided to leave school two years before finishing. My mom told me about Kaima Nahalal and suggested I volunteer on the farm. It was a great surprise when they actually hired me as part of the team! I fell in love with sustainable farming and with my new older farm sisters. I’m actually now doing my national service at Kaima, sharing responsibilities with the team and helping the young ones just as I was helped! Kaima changed my life...now I even guide visiting groups and share my experience with educators who come to learn our model.” (Netta, age 19)*
- *“It was after a trauma that I stopped functioning and lost all connection to society...I spent most days at home in my room, lost trust in life, and was under psychiatric medications. I was very suspicious to come to the farm. I was especially afraid to take off my long sleeve jacket, concerned that people would see that I used to cut myself. It was a really dark time. I was surprised; no one asked me questions...we just worked the vegetables beds, removing the weeds, picking the ripe harvest. After a long time I found some silence inside myself and finally acceptance. I came to feel like it would be possible to return to school, communicate again with people, and take care of myself.” (Miri, age 16)*
- *“I was a very shy girl with almost no relationships or friends at school. To speak in the presence of more than one person was impossible. I knew I wanted to serve in the army but was terrified by not having any social skills. On the farm I could be as silent as I wanted. But every day, before lunch, one of the girls blessed the food in front of the group. After some time, I agree to try. It was a big effort but I felt surrounded by love and support and felt loads of energy after. When Netta left the farm we did a sharing circle. This was the first time I allowed myself to speak; my voice was shaking and soon the tears came but I knew I wanted to continue. I shared how life-changing the time on the farm was for me, how I have all this energy for my hobbies and art, how my relationships with my parents and friends are improved. For my goodbye gift before joining the army I asked to stay at the whatsapp [online] group of the Kaima girls’ team.” (Didi, age 19)*

**2. Indirect:** In addition to touching the lives of our core group of young farmers through our intensive employment, educational, and empowerment work, and the approximately 70 families who form our core customer base, we provided educational experiences for approximately 1,700 individuals who also volunteered a few hours or few days on the farm. Included were 16 women’s groups which brought together 428 women who took part in our feminist farming encounters. Significantly, Project Lavender participants played an important role implementing/leading many of these activities.

Group	No of Participants
○ Karev program for environmental educators	35
○ Kindergarten teachers (Tiberius)	30
○ Kindergarten teachers (Afula)	30
○ Teachers for children with disabilities (Kiryat Ata)	30
○ Druze teachers (Osfia)	30
○ Soldiers teachers Society for the Protection of Nature in Israel	30
○ Teachers (Beit Shean)	30
○ Pre-army program for girls just out of boarding schools and rehab	22
○ Shefa Group (Canadian and American women's mission)	15
○ Vibe Israel (multinational food bloggers)	8
○ Ministry of Welfare youth empowerment project managers	18
○ Haim Dotan Architects - Chinese women's social initiative	10
○ Jewish Agency (Ofek Program) - pre army leadership for girls	30
○ Society for the Protection of Nature in Israel – Program for Soldier Educators	50
○ High school teachers (Afula)	30
○ Women pensioners (Adi)	30
	<b>428</b>

### Impact on the Community

1. We nearly doubled our CSA membership base to 70 weekly customers. Not only are we offering our organically grown vegetables to more families in our region, we are also generating approximately \$60,000 (39% of the funding required for our educational and ongoing expenses) through farm sales and user fees, setting the stage to reduce dependency on philanthropic contributions over time.
2. In addition to our intensive, daily educational/employment program, we also provided educational experiences for approximately 1,700 individuals who volunteered a few hours or days on the farm. This was largely made possible by our new Garden of Eve initiative.
3. We were approached by a newly established pre-army *mechina* (preparatory program) for troubled girls (aged 18-20) coming from backgrounds which may include drug/alcohol abuse, physical and sexual violence, and prostitution. Following last summer's pilot project for 22 participants, in September five were selected to join us as a central part of our farm team. We were very excited to bring on board slightly older girls who have already come a long way in improving their lives.
4. We also expanded our partnership with the Jezreel Valley Regional Council, under whose jurisdiction we fall, as well as other non-profit service providers. For example, after considerable effort, we successfully established a connection with a local hostel for homeless girls which has now agreed to send a select cohort to take part in limited farm activities on a regular basis.

### Select Future Plans

We hope in the coming year to scale our outreach to include a number of new activities:

- 1. Program expansion:** To augment the hands-on experience gained by working on the farm and further prepare the young person to face future professional and personal challenges, Kaima has created a seamless learning environment where the young person is constantly acquiring new knowledge and skills in ways that are planned and unplanned, formal and informal. As part of this educational ecosystem and to keep the young person engaged after her work shift, we would like to expand our educational offerings focused on Project Based Learning (a result-oriented educational method that fosters student independence), leadership development, entrepreneurship, and new product development.
- 2. Integration of new population:** We seek to launch of a new undertaking in partnership with Tmura, referenced above. Government support through Haaguda Lehitnadvut will be released for programmatic needs should we succeed in securing funding for housing. This will be our first residential track.
- 3. Replication:** We seek to work with another woman farmer in our region who is interested in replicating part of our educational model in order to create greater value in her fruit orchards.
- 4. Physical development:** We have long sought to develop a sophisticated sprout nursery which will not only be used as a teaching tool for the public but will help generated additional income for the farm.

**Got 4 minutes? We invite you to enjoy this video – [CLICK HERE](#)**

**But first, check out the photos below:**









Below: 2019 marketing piece to encourage CSA membership

**ירקות בריאים עם ערך מוסף**



**בחוות קיימא נהלל, החקלאיות הן נערות שנשרו ממסגרת החינוך הפורמלי ובנות שירות לאומי.**

החוה מספקת לצעירות עבודה בשכר ומאפשרת להן למידה תוך כדי התנסות חברתית עם דמויות בוגרות השותפות לעשייה, לצד לקיחת אחריות, יוזמה ויצירתיות הנדרשות מהן בעבודה החקלאית ובהתמודדות עם האתגרים שהטבע מציב.

בחרנו בשיטת החקלאות בשיתוף הקהילה-שבה אנחנו החקלאיות מתחייבות לתוצרת איכותית, מגוונת וטרייה והקהילה הקבועה של לקוחות החווה מעריכה ותומכת את העבודה שלנו!

**הסדנה פתוחה לאירועים קטנים, סיורי ליקוט ובישול, סדנאות ועוד.**

להזמנות ותיאום ביקורים - מירב 054-4401918  
**להזמנת סל כנסו לאתר <http://kaimanahalal.easyfarm.co.il>**

**להזמנת סל עד אליכם**  
054-4401918

סל ירוק  
8 סוגי ירקות  
60 ש"ח

סל רגיל  
מגוון ירקות שקילים וירוקים  
90 ש"ח

סל משפחתי  
מגוון ירקות שקילים וכ6 סוגים  
של ירוקים - 120 ש"ח

סלים בהרכבה עצמית

\*בכל הסלים ניתן לבצע החלפות לפי העדפותיכם

משלוחים ונקודות חלוקה:  
עמק יזרעאל (עד בית קשת), קרית טבעון,  
יקנעם, פרדס חנה והסביבה

Happy Growing!