



- ☐ Please send me more information about how SHI is saving forests, reversing global warming and ending poverty with sustainable agriculture.
- ☐ I would like to know more about SHI's Smaller World® trips.
- ☐ I would like to make a tax deductible donation. I have enclosed a check with this mailing.

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

For more information about Sustainable Harvest International or to make a donation, visit www.sustainableharvest.org or tear off and mail the information below.

Sustainable Harvest International
Main Office:
779 North Bend Road • Surry, ME 04684
Outreach Office:
P.O. Box 833 • Carboro, NC 27510
www.sustainableharvest.org

Sustainable Harvest International



Planting Hope Restoring Forests Nourishing Communities



Only 10% of the charities rated have received at least 3 consecutive 4-star evaluations, meaning that Sustainable Harvest International outperforms most charities in America in its efforts to operate in the most fiscally responsible way possible. This "exceptional" designation differentiates SHI from its peers and demonstrates to the public it is worthy of their trust.

-Trent Stamp, President of Charity Navigator

www.sustainableharvest.org
Toll Free: (866) 683-6594
(207) 669-8254

Our Mission

Sustainable Harvest International (SHI) provides farming families in Central America with the training and tools to overcome poverty while restoring our planet's tropical forests.



"With SHI's support, we have new crops and new activities that produce nutritious food for our families and generate income. Thank you, SHI, for helping me to improve my family's life."

- Carlos "Betillo" Huberto, Honduras

SHI Strategies for Success



- Working only with people who have requested technical assistance to adopt sustainable land-use practices
- Encouraging participants to decide which new methods will work best for them, instead of using a cookie-cutter approach
- Partnering with local institutions and hiring local experts to work with program participants
- Providing regular, long-term assistance until participants are comfortable using the new techniques on their own

Sustainable Harvest International Field Program

Planting Hope

SHI's program has taught Pedro Bolon, a Mayan farmer in southern Belize, organic gardening techniques and provided his family with the seeds to get started.



"We received different varieties of seeds to plant. We were also provided with technical visits and training on a weekly basis. I give the vegetables to my wife to cook in order for my children to achieve proper and healthier nutrition, for sturdy growth, to study better and (have) a healthy lifestyle."
- Pedro Bolon

Each acre farmed sustainably represents six acres of forest saved from slash-and-burn agriculture, a leading cause of tropical deforestation.

Restoring Forests

Working with SHI, the Hernandez brothers in Panama have planted many tree species started as seedlings in their nursery. "The environment has improved, and in our agricultural plots, the production has increased. We have less erosion in our lands," says Bernardo Hernandez.

Tree planting has also improved the water situation on the farm. "When we started, there was a spring but the flow of water was small. How the water has increased, since we have protected it by planting diverse trees!" Planting shade-loving crops like coffee, cocoa and ginger under spice, fruit and hardwood trees protects hillsides

and watersheds from erosion and runoff, while providing habitat for wildlife and products for farmers to sell. SHI participants have planted more than 2,000,000 trees!

Nourishing Communities

In his third year of work with SHI, Don Cheyo used sustainable practices to cultivate Tabasco peppers, watermelon and passion fruit on 2.25 acres of land in Honduras. When the crops sold for a net profit of US \$4,000, Don Cheyo's income rose 800% above the average income in his community!



"I am content because my plantation is in good condition. I am very grateful to the SHI field staff for the support they have given me. Thanks to you, the donors, for your support too. Thank you."
-Don Cheyo

The sustainable land-use practices that he has adopted have improved the health of his soils and have increased production on the cultivated land. Don Cheyo's brilliant success with sustainable practices proves that environmentally friendly practices benefit not only the planet, but also the farmer.

SHI works with local experts and local institutions. They work with families to choose the methods that will work best in their communities.

These simple efforts reap abundant benefits.

Find out more at www.sustainableharvest.org

