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April is the start of many wonderful times-spring, sunny days, Earth Day, and our annual LEAF Spring Plant Sale. This year the selection of plants are more diverse than last year. Joyce and Rebecca took on the challenging tasks of selecting which edibles to grow, and propagating and transplanting each seedling. In addition to getting their hands dirty, they loaded the "bios" for each and every plant in our Seedling Catalog onto our LEAF Wiki so you can read about all the seedlings we will be offering.

BTW, LEAF Volunteers and LEAF Members will be able to purchase seedlings before the sale goes public during the pre-sale event. The sale will then be open to the public on Earth Day, Thursday April 22nd. If you want to be in front of the line, become a LEAF Member by April 11th.



FACES OF LEAF



A Visit With Joyce Qiao



Elaine: Hi Joyce! So nice of you to join me at Stone Garden for this interview. I'm going to jump right into the first question. What are some of your favorite activities?

Joyce: Expression of art is my favorite activity. Dance is a huge one, then drawing, dabbling in photography and playing video games. It's all art.

Elaine: Describe your educational and professional background.

Joyce: My education started in Fremont. I got into the environmental science field by volunteering in habitat restoration with the City of Fremont. I got my BS in Environmental Systems/Earth Science, then worked in the habitat restoration field as a technician and then as a project manager. Life happened and I decided to pursue a path I fully enjoy and that is in horticulture, growing plants, and developing relationships with people through plants. Now I am a horticulture and agroecology student, working at LEAF, and soon to be a master's student. Wahoo!

Elaine: How did you learn about LEAF? What do you do and how long have you been involved?

Joyce: Whoa! How did I *learn* about LEAF?? I think I found out about LEAF on a job listing in Indeed (laughing). I have been working at LEAF for over a year now. I'm a plant propagator and do a little bit of everything too. I learn from everyone.

Elaine: How are your skills helping LEAF?

Joyce: I am connecting through my age, having perspective as someone who relies on the internet. Bringing a Millennial/Gen Z perspective to LEAF especially when technology is such an important way to connect people.

Elaine: What excites you about working with LEAF?

Joyce: It has been especially nourishing to work and to learn from everyone during the pandemic.

Elaine: If you could have the whole world's attention, what would you say?

Joyce: If we want to increase and preserve biodiversity, we need to start with increasing diversity from within, from inside yourself. I would also ask, "Have you called your parents lately?"

Elaine: What is your version of LEAF?

Joyce: A personal connection with your definition of nature. I think that definition needs to include people. That we are not separate from nature. When we think about global warming, climate change and stuff like that, sometimes we think of humans as bad people because we have put ourselves in this beautiful system. I've been learning about this really interesting concept from Robin Wall Kimmerer, who said, "Wilderness is a colonial fiction." This perspective reflects us being a part of that system, not against it. We are here to do good too. We have a purpose. We are nature so we shouldn't distinguish between the two. LEAF has been a beautiful space for me to discover that I have a place in nature, and that place is as a human being on the same playing field as a plant.



We have been receiving many enthusiastic inquiries about our Spring Plant Sale! We will be offering online shopping with curbside pickup at our Stone Garden Nursery, along with the same seamless and safe process that we

implemented last season. This year, we will be offering over 125 different veggies and flowers with a wide selection of Indian veggies, peppers and tomatoes.

We have two new online tools to assist your shopping and gardening experiences —our local **"When to Grow" Guide** and our **LEAF Wiki Seedling Catalog**. There are some unique plants that we are really excited about offering this season. Joyce's personal favorite is the **Purple Coban Tomatillo**. Propagator Rebecca had a hard time choosing one so she picked two: **Candystripe Cosmos** and **Violet Queen Zinnia**. And Eddie, our Marketing Manager, absolutely flipped over the **Orange Full Moon Chile Peppers**. You can click on any of those links to get a peak. ;)

THIS MONTH IN YOUR GARDEN & KITCHEN



- Transplant or direct seed summer annuals (sunflowers, marigolds, etc.)
- Sow cucumber, squash, pumpkin and melon seeds indoors
- Continue to plant root veggies if night time temps remain cool (beets, carrots, radishes, potatoes, etc.)
- "Harvest" your cover crops: Turn your cover crop by cutting plants to the soil level and into small sections, and then turning both the foliage and the roots into the soil with a garden fork several inches down into the soil or adding them into your compost bin. Avoid deep tilling that disrupts the soil food web and drainage. If you grew an edible cover crop like fava beans, then save some seed for next year's crop or harvest and make a tasty fava bean soup, salad or entree. Here is a favorite fava bean recipe from Mike, a Stone Gardener, who loves favas.

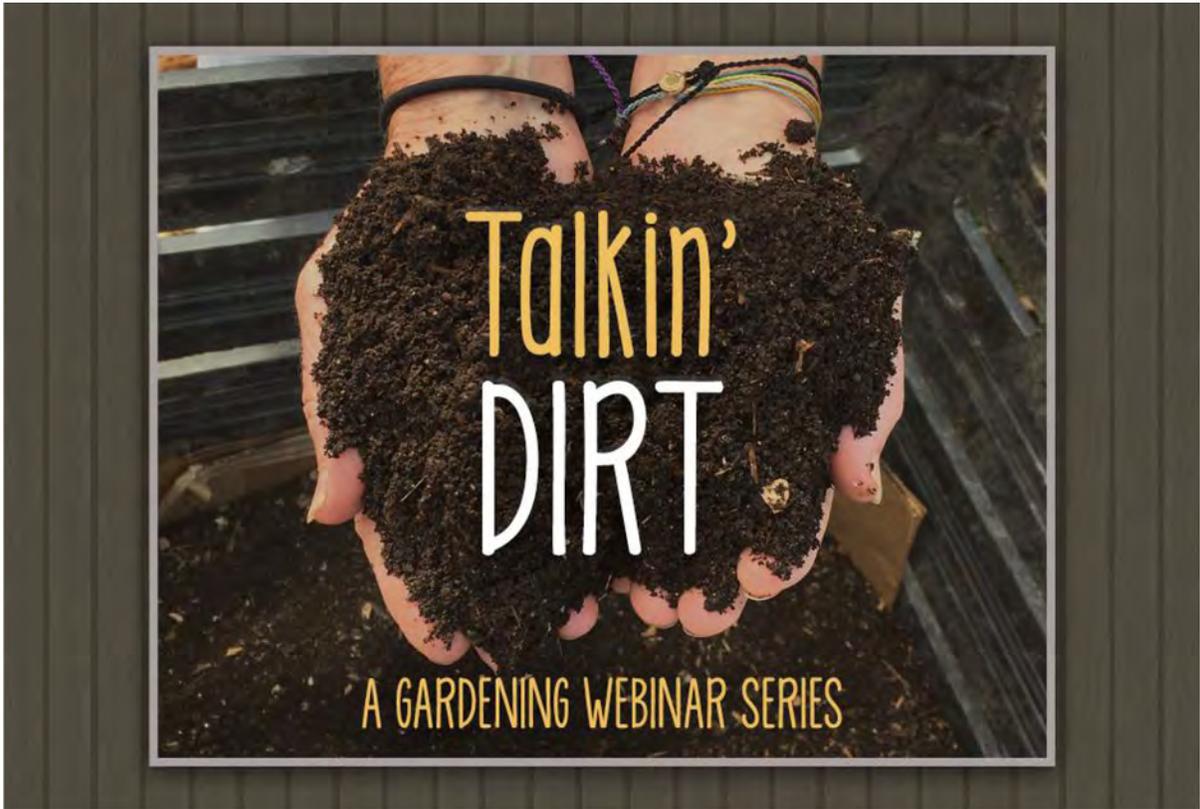


*Green Risotto
with Fava Beans*
Courtesy of AllRecipes

½ pound fresh, unshelled fava beans
(shell the beans, discard the pods)
4 cups chicken broth
3 tablespoons butter, divided in half
1 small onion, finely chopped
1 cup Arborio rice
¼ cup white wine
¼ cup grated Reggiano Parmesan cheese
salt to taste

- Bring a large pot of salted water to a boil and add the shelled favas. Cook for 4 minutes, strain and immediately plunge into ice water. Let cool for 2 minutes, then pierce the favas and squeeze them out of their skins. Separate 3/4 of the favas and puree in a food processor.
- In a separate large saucepan bring the broth to a simmer. Keep it hot.
- In another large saucepan over medium heat, melt 1 1/2 tablespoons of the butter and add the onions. Reduce the heat to low and cook for about 5 minutes; do not brown the onions. Add the rice and stir for 2 minutes. Add the wine, increase the heat to medium and stir constantly. When the wine has been absorbed, add a little of the hot stock. Once the stock is absorbed, add a little more; repeat this process, stirring constantly, until the rice is cooked through.
- Add the pureed favas to the cooked rice, then add the remaining 1 1/2 tablespoons of butter, the rest of the favas and the cheese. Cook over medium heat, stirring, until the butter and cheese melt and the puree is incorporated evenly. Season with salt.

LEARNING WITH LEAF



It's the perfect time to join our webinar on April 10th from 9 to 10 am because Joyce, our LEAF propagator, will be "Talkin' Seedlings". She will tell you all about the tomatoes, peppers, Indian veggies and all the other interesting items we will be offering at our Spring Plant Sale.

Webinar Details

Zoom Meeting ID: 852 9388 8581

Passcode: 298542



For the next two months in celebration of LEAF Earth Day, we are partnering with Sara Barber, a supply chain professional, who started Eeviee, a Fremont based consulting

business to create community recycling programs. For more info, check out Eeviee's Facebook.

Our Recycling Event and LEAF Spring Plant Sale will both kick off on Earth Day, April 22 continuing through the end of May at LEAF Stone Garden. Your recyclable items can be dropped off at the same time you pick up your LEAF seedlings!

Recycling bins will be set up to collect the following items:

- **New/Used Socks:** new socks will be donated to a local shelter, used socks will be recycled to become insulation in the auto and carpet industries
- **New/Used Bras:** new and slightly used bras will be sent to organizations supporting women in need
- **CDs/DVDs with or without cases:** will be recycled for use in new products, e.g. automotive industry parts, and as raw materials for making plastics
- **Sports Medals (metal only, no trophies or plaques):** will be sent to a local metal recycler

Cash donations are also greatly appreciated to help us pay for the handling and shipping costs to the various recycling companies and centers. By combining efforts, we can consolidate shipments, use fewer boxes and save over 70% on shipping fees.

IN THE WORKS



C.R. Stone Garden and Bee Sanctuary

Our gardens are enjoying the rains. We are getting ready for spring planting by clearing out winter plants, weeding the beds, checking the irrigation lines and mulching the pathways. Our beds of fava beans are growing tall and blossoming, much to the delight of the honey bees. Most of the pods will be ready for harvest in April (see fava bean recipe above).



This month we donated an array of winter greens – chard, kale, spinach, cilantro, celery, mustard greens, sorrel, fennel, broccoli raab, lettuce -- and root veggies, beets and radishes; plus rosemary, mint, sage, peas, green onions, fava beans, and some avocados and lemons we gleaned locally. Thank you Monica-April for letting us glean your 45-foot avocado tree.



A juvenile red-tailed hawk has lunch at the Urban Garden

New Urban Garden Development

A draft ordinance in the Urban Agriculture Section of Fremont's Code to allow community gardens on infill sites was presented at the March meeting of the Fremont Planning Commission. Bruce Cates spoke on our behalf. The Planning Commission approved the draft ordinance. Yay! Next step is for the draft ordinance to go up for a vote at the April City Council meeting. In parallel, we received the Phase 1 Site Assessment, with the recommendation for a soil analysis for Title 22 heavy metals, pesticides and petroleum chemicals.



LEAF Center Community Garden

Love fresh organic vegetables but don't have the space or enough sun to grow them at home? The LEAF Center Community Garden located in downtown Niles is the perfect place for you to plant and grow your very own juicy heirloom tomatoes, crispy cucumbers, spicy peppers, fresh herbs or whatever summer fruits and veggies you enjoy.

Our planter boxes come with a custom soil blend, free water with automatic drip irrigation and lots of friendly folks always willing to share their experiences and advice. The LEAF Center is located in the California Nursery Historical Park and is available to rent for our neighbors in Fremont, Newark, Union City, Sunol, plus we just extended eligibility to Hayward residents. Contact our Garden Supervisor Lisa at LeafCenter@fremontleaf.org to find out how you can become a part of our community garden.



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