



# LEAF news

JULY 2023 • FREMONT, CA



from elaine

PRESIDENT of LEAF

Your Purpose-Driven Volunteer Organization

Happy 4th of July!

My happy news is that I survived my first two LEAF Yoga classes led by Sejal as part of our LEAF Weekend Fun Classes. I am a beginner so I was very surprised and pleased that my messed up shoulder and foot felt so much better after stretching. I cannot wait for the next session.

More good news! We have solidified the Weekend Fun Classes for the rest of the summer. July is going to be great with classes in [Beekeeping](#), [Worm Composting](#), [Fruit Tree Pruning](#), and—for the first time ever—[Herbal Medicine Part 1: Top Ten Herbs](#) from Katie who has a Masters in Health Science in Complementary Medicine and who has a private practice as a naturopath, herbalist and TCM acupuncturist. Full details and a class schedule are below. Come join us!

The LEAF Center is progressing nicely. We held a LEAF Beautification Volunteer Day last weekend and planted a loquat and apple tree, and a pineapple guava (feijoa). Each of the six Etter apple trees we planted in February have flowers on them. One even has a cute little apple!



Are you interested in taking an outdoor yoga class to stretch your muscles? Or how about learning about composting worms and then making your own worm composting bin. Or maybe learn about how honey is made and then journey into our bee hives and hold a frame of buzzing honeybees? We will be holding classes all summer. Check out our Weekend Fun Class schedule from July through September below.

LEAF Supporters who have a LEAF Annual Membership get a 30% discount on all classes. The memberships and class fees are used to pay for supplies as well as our ongoing efforts to develop the LEAF Center as a Community Garden, Food Garden and our Education Center.

## Beginning Yoga

with Sejal

Become refreshed and renewed in this special yoga class led by yoga instructor Sejal.

Saturdays, 9:30am - 10:30am @ LEAF Center

CLICK ON A CALENDAR DATE BELOW TO REGISTER



## Beginning Yoga

with Aarti

Become refreshed and renewed in this special yoga class led by yoga instructor Aarti.

Saturdays, 9:30am - 10:30am @ LEAF Center

CLICK ON A CALENDAR DATE BELOW TO REGISTER



## Intro to Worm Composting

with Joyce & Elaine

Saturday, July 15th, 11:00am - 12:15pm @ LEAF Center

Learn about worms, their special anatomical features, and why they are such good composters for your veggie scraps.

CLICK ON A CALENDAR DATE BELOW TO REGISTER



## Herbal Medicine Part 1: Top Ten Herbs

with Katie

Sunday, July 23rd, 11:00am - 12:30pm @ LEAF Stone Garden

Learn the top ten herbs to have growing in your garden and how to use them to optimize your family's health.

CLICK ON A CALENDAR DATE BELOW TO REGISTER



## Pruning Your Fruit Trees

with Phil Stobs

Saturday, July 29th, 10:00am - 2:00pm @ LEAF Center

Fruit trees offer a great opportunity to practice pruning skills as they react quickly, are tolerant of mistakes, and offer great rewards when done right. Most fruit trees are pruned for production and ease of picking but you can also include the principles of aesthetics to make good looking trees produce a good crop with fruit that is easy to

reach. In this class, you will learn about pruning tools and how to maintain them, how the tree will react to basic pruning cuts, how to prune for production while keeping trees to a manageable size. We will have a live demonstration and then under supervision with your newfound knowledge prune the fruit trees in the Historic Fruit Orchard of the California Nursery Historical Park.

Note: There is very little shade in the orchard so please bring plenty of water, sunscreen or protective clothing is encouraged. We are partnering with the City of Fremont to prune apricot trees in the Historic Fruit Orchard area of the California Nursery Historical Park. California Nursery Company used experimental orchards to produce good tasting and sturdy trees for the California Market.

CLICK ON A CALENDAR DATE BELOW TO REGISTER



## Herbal Medicine Part 2: Maker's Class

with Katie

Sunday, Aug 6th, 10:30am - 12:00pm @ LEAF Stone Garden

Build on the knowledge from the first class and make practical medicines to keep in your first aid kit. These include; a smudge stick, thyme honey, and a first aid ointment using calendula infused oil. Take home the ointment that you make!

CLICK ON A CALENDAR DATE BELOW TO REGISTER



## Makers Class: Create your own Worm Bin

with Elaine & Joyce

Saturday, Aug 19th, 11:00am - 12:30pm @ LEAF Center

We will show you several different kinds of worm composting bins and explain the pros and cons of each type. Then, we will demonstrate building one, and then you can build one on your own with worms to take home. We will supply bin, bedding media, and worms.

CLICK ON A CALENDAR DATE BELOW TO REGISTER



## Starting Plants from Seeds and Stems

with Alan

Saturday, Sept 9th, 10:30am - 12:00pm @ LEAF Center

Learn techniques for propagating plants from seeds, cuttings from stems, and leaves of plants. We will demonstrate several methods and then you try it yourself. Take home the sowed seeds and cuttings you've started.

CLICK ON A CALENDAR DATE BELOW TO REGISTER



## Botanical Illustration

with Joyce

Saturday, Sept 16th, 11:00am - 12:00pm @ LEAF Center

Anyone can draw with practice and a little inspiration from the outdoors. In this special class, you'll be working with pencil, paper, and plants in the garden to practice some beginning drawing skills that you can share with your family and friends.

CLICK ON A CALENDAR DATE BELOW TO REGISTER



## Growing Mushrooms in a Monotub

with Katie

Saturday, Sept 23rd, 10:00am - 11:30am @ LEAF Center

This class is for all beginner mycology enthusiasts who want to learn the basics of growing mushrooms at home. We introduce you to the different stages of mushroom growth, accessing spores or culture of the mushrooms you want to grow, colonizing mycelium in sterilized grain bags and fruiting your favorite mushrooms.

CLICK ON A CALENDAR DATE BELOW TO REGISTER



# Bay Area Black Deaf Advocates (BABDA) at LEAF Gardens

We hosted the BABDA students for a garden day as part of their Environmental Stewardship Week. They experienced all the wonderful sights and smells of our pollinator gardens as well as other activities like viewing live honey bees in an observation hive, tasting fresh honey from a frame, checking out a worm bins and holding the worms, shelling fava bean pods, and poking around in our compost bins for insects . Here are some photos from our time together!



Story telling time at the LEAF Stone Garden Stage.



Students in bee jackets observing honeybees in an observation hive.



Students checking out the composting worms in the worm bin.



Students shelling fava bean pods.





Students looking for insects in the compost bins.



At Talkin' DIRT, you'll never have to worry about that new iPhone of yours gets all dirty.

In our monthly online gathering of gardeners, we TALK about dirt and all things gardening. Join us online on the first Wednesday of each month from 7PM to 8PM. Log on and be enlightened with answers to all your gardening questions. Regardless of your level of experience in gardening, we'd love to have you!

Our next online gatherings are . . .

**WEDNESDAY JUL 5 & AUG 2**

More info at [fremontleaf.org/talkindirt](https://fremontleaf.org/talkindirt)

Register at [fremontleaf.org/EVENTS](https://fremontleaf.org/EVENTS)



## Lazy Saturdays?

Get **BUSY** as a LEAF volunteer! On the 2nd Saturday of every month from 9am to noon, your help is needed to help us tackle projects that benefit from a group effort. Be a part of a community helping a community.

More info at [fremontleaf.org/volunteer](http://fremontleaf.org/volunteer).

Sign up info at [fremontleaf.org/events](http://fremontleaf.org/events).

Our next volunteer work days are ...

SATURDAY JUL 8 & AUG 12



Every Monday and Thursday morning from 9am to 10:30am, you are invited to bring us donations of fresh fruit from your trees to the LEAF C.R. Stone Garden. Your donations will be added to the volumes of produce we grow and deliver to our food banks to help out our friends and neighbors.

Fresh unblemished fruit only, please!

**Here's what's growing in the neighborhood!**



LEAF CR Stone Garden is located behind the Mission Valley Veterinary Clinic at 55 Mowry Ave. More info at [fremontleaf.org/glean](https://fremontleaf.org/glean).

# Food Bank Donations

1st, our carrot meter was reset. Our efforts to fill the shelves of our local food banks are still going strong. As you read this, our produce is being planted, nurtured, and harvested. If you'd like to be a part of our volunteer gardening team, contact us at [volunteer@fremontleaf.org](mailto:volunteer@fremontleaf.org).

DONATIONS YTD: **1,245 lbs.**

