



from elaine

LEAF PRESIDENT

Happy New Year!

From your **community-powered** volunteer organization.

2022 turned out to be an excellent year. At the request of our food bank partners, we focused on growing more perishable leafy greens and herbs, which are lighter in weight, but take up as much growing space as heavier produce like melons and winter squash. We knew this was going to make it a bit harder to achieve our stretch goal of donating 6,500 pounds.

By mid December we were 235 pounds shy of meeting our goal. We remained hopeful, but achieving our goal from our food gardens wasn't looking good. So we turned our focused on the fruit trees growing in our neighborhoods. Thankfully, our LEAF volunteers stepped up and gleaned 262 pounds of fruit from their neighbors' trees as well as their own. Goal achieved ;)

Of the 6,527 pounds donated, 1,855 pounds came from YOUR trees! What an awesome community team effort!!!



In 2023, we will continue with the same lofty goal of donating 6,500 pounds of produce to food banks. In order to produce more greens, we will increase our growing capacity by installing 5 raised “hugel” planters, which measure 4 ft wide, 12 ft long, and 3 ft high. As you can see in the image above, these beds are humongous!

In addition, our Students for LEAF educational program for high school students, workshops and classes will be held this year with a focus on sustainable living, regenerative agriculture, and especially composting solutions. More info on enrolling in these programs will be announced in the spring.

With this in mind, we have officially decreed 2023 as ...

“The Year of Composting!”





Good News!

LEAF CR Stone Garden has been given the accreditation of "The People's Garden" by the USDA. This is a government program that recognizes community gardens that **1) grow fresh, healthy food, 2) support a resilient, local food system, 3) teach people how to garden using sustainable practices, 4) nurture habitat for pollinators and wildlife, 5) and serve as greenspace for neighbors to gather, reflect, and enjoy.**



Questions & Answers

Courtesy of the New York Times



Is it healthier to eat Kale **cooked** or **raw**?

As with other cruciferous vegetables — like cauliflower, broccoli, brussels sprouts and cabbage — kale is loaded with compounds called *glucosinolates*. When you chop or chew kale, an enzyme is released that converts glucosinolates to new compounds called isothiocyanates, which can trigger anti-inflammatory, antioxidant and anticancer pathways in the body. Heat from cooking, however, destroys those enzymes, preventing that reaction and making isothiocyanates less available.

Kale also supplies plenty of vitamin C and antioxidants, which are similarly degraded by cooking. One study also found that various cooking methods like boiling, steaming, microwaving and pressure cooking reduced levels of potassium, magnesium, calcium, iron, zinc and copper.



new phone. who dis?

It's Talkin' DiRT! And we're doing it again **THIS WEDNESDAY** just as we do on the first Wednesday of each month from **7PM to 8PM**.

And yes, you're invited because . . . you know, you're one of the cool people who loves gardening! And you love to get together with other gardeners, even if it means joining a monthly Zoom call to do it. We're here for **YOU**.

Our next meetings...

JAN 4 & **FEB 1**

REGISTER NOW AT [FREMONTLEAF.ORG/TALKINDIRT](https://fremontleaf.org/talkindirt).



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. To find out more information or to sign up, visit fremontleaf.org/volunteer give us a shout at volunteer@fremontleaf.org.

Our next volunteer work days...

JAN 14 & FEB 11



In 2022, your generous donations of fruit from the trees you own added up to 1,855 lbs. How wonderful it is to have a community who is willing to lend a hand. Needless to say, we are pressing on with our gleaning initiative in 2023!

Every Monday and Thursday morning from 9am to 10:30am, you are invited to drop your donations of fresh fruit at LEAF CR Stone Garden. Your donations will be added to the volumes of produce we grow and deliver to our food banks.

Here's what's growing in the neighborhood!



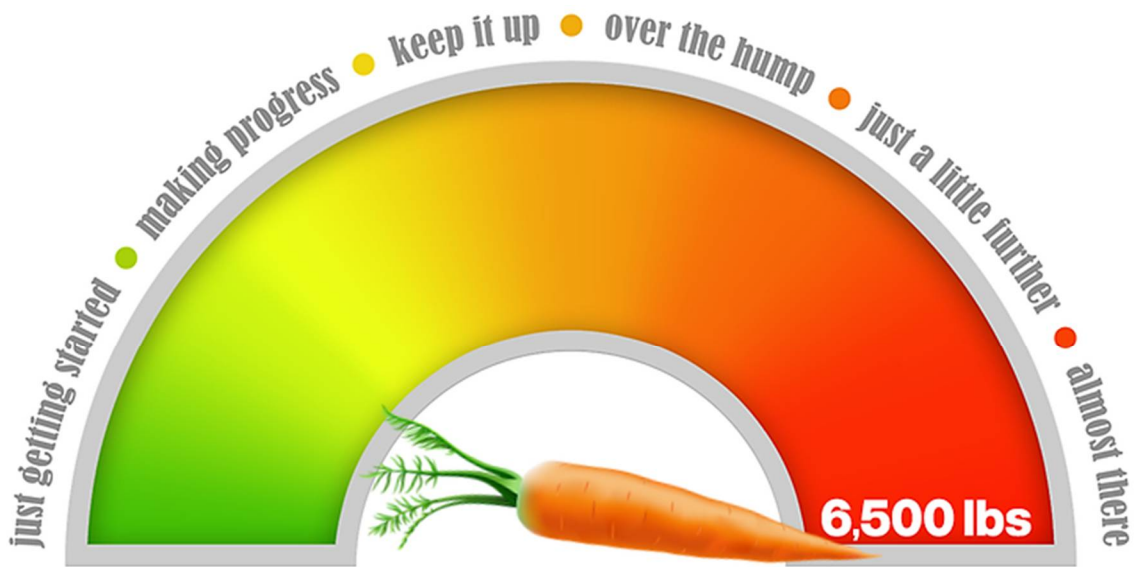
LEAF CR Stone Garden is located behind the Mission Valley Veterinary Clinic at 55 Mowry Ave. More info at fremontleaf.org/glean.



Donations

6527 LBS





Thank you all, once again, for helping LEAF meet our donating goal for 2022. Time to reset the meter, but not before celebrating our community and the work we do together to make a difference in people's lives.

Here's to another bountiful year in 2023!

New year's resolution?
Here's one you can keep.

DONATE NOW 

