



JUNE 2023 • FREMONT, CA



from elaine

PRESIDENT of LEAF

Your Community-Powered Volunteer Organization

HAPPY SUMMER! We are in high gear right now, harvesting our fava bean cover crop, planting our summer seedlings, and WEEDING! LEAF should get the prize as the best weed growers in the Bay Area! In addition to growing fast, these weeds are popping up with more diversity than ever before. I guess building healthy soil is good not only for our edible plants and flowers, but also for all those weedy pests. We are in major attack mode, focusing on the perennial weeds, like curly dock, bindweed, thistles, and grasses. And we are WINNING ... for now at least. :)

This year, we want to get outside and have some fun. So, we will be having classes from summer into the fall. Each weekend, we'll be offering classes on a variety of topics from yoga to container gardening, worm composting, growing herbs, and much more! These will be our Weekend Fun Classes, some of the topics will be part of our [Students for LEAF](#) summer learning program (details below). And we're kicking them off on June 17th. We'll tell you all about our first two classes next.



LEAF

Weekend Fun CLASSES

Are you interested in taking a yoga class outdoors in a park? Or how about strolling about the historical California Nursery Historical Park and learning the history about the nursery and those beautiful trees? Want to make your own worm bin or hold a frame of buzzing honeybees? Our Weekend Fun Classes start on June 17th. Future classes and info will be on our website as soon as dates are confirmed,

Prices for our first two classes (detailed below) will be \$25 per person, with a 50% discount for LEAF members. The funds we receive will help with our ongoing efforts to develop the LEAF Center as a Community and Food Garden, as well as our Education Center. Tickets for our classes are available now at the [LEAF Shop](#).



Beginning Yoga with Sejal

June 17th, 9:30am to 10:30am
LEAF Center 36501 Niles Blvd
(2nd driveway past main entrance)
PLEASE BRING YOUR OWN MAT

Sejal, a LEAF volunteer since 2018, began her disciplined journey into yoga by taking regular classes at local gyms and yoga studios. As a student, she observed how regular yoga practice helped her improve physically and become more mindful in her daily life. To deepen her knowledge and practice of yoga, Sejal completed her 200 RYT certification in 2015. Since then, she's been teaching yoga at the City Sports Club in Kaiser and in her home yoga studio.

Sejal's classes include varied combinations of postures with mind and body alignment, pranayama (rhythmic/focused breathing), meditation, and yoga philosophy. She teaches various styles of yoga as well, with the goal of helping her students feel refreshed and renewed in a way that provokes thought and meaning. Join Sejal and experience this energy for yourself through proper asana flow and conscious breathing techniques. Register today at the [LEAF Shop!](#)



Botanical Illustration with Joyce

June 17th, 11:00am to 12:15pm
LEAF Center 36501 Niles Blvd
(2nd driveway past main entrance)
ART SUPPLIES INCLUDED

Joyce has worked, volunteered, and has served as an educator at LEAF's gardens since 2020. Having just completed her Masters in Range Management at UC Berkeley, Joyce is well-versed in dealing with cultivating land in light of climate change. And we're so excited to have her back to teach and share her passion for botanical illustration!

Joyce is currently an apprentice as a botanical artist at a tattoo studio. And she is eager to demonstrate her artistic talents for this special class. According to her, anyone can draw with practice and a little inspiration from the outdoors. Together, 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. Register today at the [LEAF Shop!](#)

Students

FOR



LEAF

Over the past two years, our Students for LEAF summer program has taught local students about building healthy and productive ecosystems while working in our gardens. And they've made some new friends in the process! This summer, our Students for LEAF program will be in full swing once again for our young people who are interested in gardening, agriculture, biological sciences, and living sustainably on our planet earth.



This summer, LEAF educators from our gardens and local universities will give high school students hands-on experience in being environmental stewards in the complete food cycle—from propagating seeds, transplanting, harvesting, seed saving, and feeding kitchen scraps to our composting worms. We'll also introduce students to beekeeping with our honeybees! Mallika, a student at Mission San Jose High School, attended last year's program and will be leading our students this year.



Check out this summer's Students for LEAF program details at
fremontleaf.org/students



At Talkin' DIRT, you'll never have to worry about that new iPhone of yours 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 involvement in gardening, we'd love to have you!

Our next online gatherings are . . .

WEDNESDAY JUN 7 & JUL 5

MORE INFO at fremontleaf.org/talkindirt

REGISTER AT 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.
Sign up info at fremontleaf.org/events.

Our next volunteer work days are . . .

SATURDAY JUN 10 & JUL 8



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!

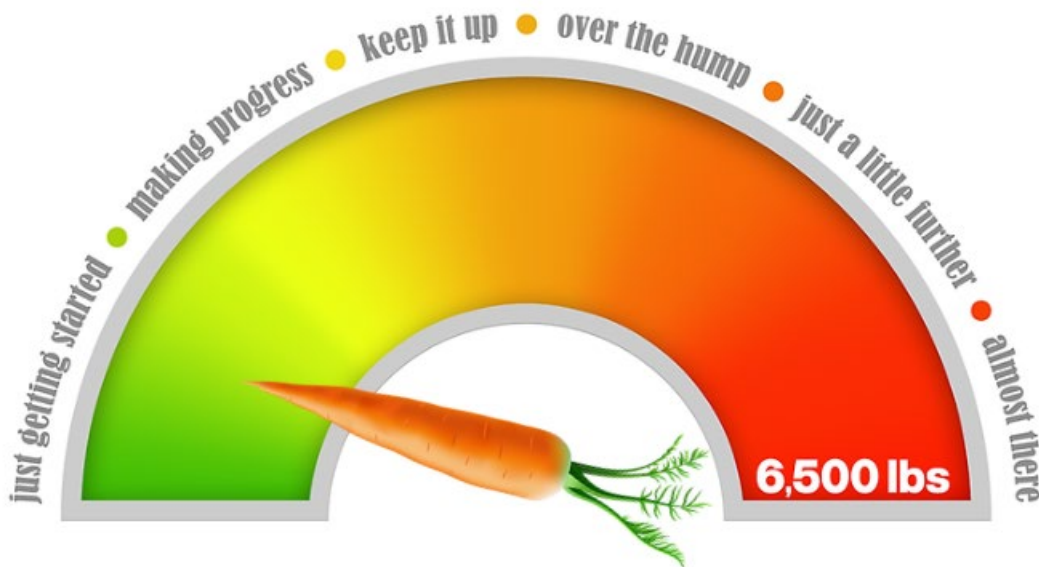


LEAF CR Stone Garden is located behind the Mission Valley Veterinary Clinic at 55 Mowry Ave. More info at fremontleaf.org/glean.

Food Bank Donations

On January 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.

DONATIONS YTD: **858 lbs.**



Instead of relaxing at the pool,
some of **your neighbors** are
waiting in line at the food bank.

DONATE NOW 

