



# NEWSLETTER

## JUNE 2021



*a word from elaine*

Spring is the busiest time for all gardeners. That's especially true for the small band of volunteers who tend the LEAF Stone Garden, which spreads over a full three-quarters of an acre. Over the past few months they've been propagating and nurturing thousands of seedlings in our nursery and in the gardens they've been removing the winter crop, preparing the land for summer crops, weeding,

composting, transplanting and watering. Once the summer crop is harvested and delivered to local food banks, they'll start all over again propagating and preparing the ground for winter crops. Whatever needs to be done, they do it.

Volunteering is a lot of work, but it's productive and rewarding work that promotes camaraderie and a sense of purpose. I am really proud to be part of the Stone Garden team. BIG HUGS and BIG THANKS to all the volunteers for putting your hearts and muscles into LEAF's mission of growing healthy food for our community.

There are also many volunteers within our Tech/Education and Marketing teams working equally hard behind the scenes to promote LEAF and events like our Spring Plant Sale. Last month, we announced our new **Fremontleaf.org** website. This month, we are adding a new feature to the website—our new **LEAF Blog**. Below, I'll introduce you to Glenda who, in addition to being our Editor-in-Chief, is our Blog Editor.



# Faces of



# LEAF



a visit with  
LEAF Editor  
Glennnda

**Elaine:** Hi Glennnda! It's so nice to be interviewing you. My first questions . . . do you garden and, if so, what type of gardening do you like to do?

**Glennnda:** Yes! I have raised beds where I grow veggies in spring and fall. Last year I added zinnias, lavender, a giant snapdragon and hyssop. Now that I'm working from home and don't spend hours commuting I have a lot more time to spend in the garden, which as you know is the key ingredient for success.

**Elaine:** What is your next gardening project?

**Glennnda:** A friend is helping me adjust my drip system and I'm about to plant veggies and flowers from the LEAF seedling sale. I also need to get rid of my lawn; and that's a BIG project.

**Elaine:** What are some of your favorite activities?

**Glennnda:** I sing in two choirs, and I hope we can get back to singing in person soon. I also love nature—hiking, watching birds, taking walks in the city,

experiencing art of any kind, listening to music in small venues, cooking, reading—there's always something to do.

**Elaine:** Describe your educational and professional background.

**Glennnda:** I started taking journalism classes while working on my biology degree at Cal State Hayward and got hooked! After college, I got a reporting job at my hometown newspaper, the Hayward Daily Review, then wound up at the San Jose Mercury News covering science for 20 years. Now I'm a science writer and editor at SLAC National Lab up above Stanford. What I love about all these jobs is that I get to learn something new every day and share it with others.

**Elaine:** How did you learn about LEAF?

**Glennnda:** I started getting involved back when LEAF had its first garden in a vacant lot on Niles Boulevard. I didn't garden there but I helped Bruce Cates clear everything out when it was time to leave. I then wound up hauling rocks and hacking weeds during the installation of the new LEAF Center while attending workshops and generally getting a lot out of LEAF's programs.

**Elaine:** Describe your role at LEAF.

**Glennnda:** I've been editing and writing for the LEAF blog. Our new website will make it much easier for members of the LEAF team to write and publish their own blog posts, which is really exciting and should kick things into high gear. Stay tuned for a lot more news about LEAF and about gardening and sustainability!

**Elaine:** What excites you about working with LEAF?

**Glennnda:** I enjoy working with people at LEAF who are really dedicated to spreading the joy of growing your own food and the importance of gardening sustainably. They're just great folks! I'm proud that our volunteers grow tons of fresh produce for the community, create a sanctuary for bees, give educational workshops, and offer people opportunities to be part of a gardening community.

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

**Glennnda:** We're in a slow-motion tumble off of a very steep cliff when it comes to climate change. I don't think most people realize how many of the things we love will be lost and are already being lost, for instance, our dead and dying forests in California that are facing another year of drought and devastating wildfires, or the dramatic declines in insect, ocean and bird life. We need to do

every possible thing we can to stop this now, from changing our own lifestyles to taking action with our communities and putting pressure on the government at every level.



# What's New?





# LEAF BLOG

Hear from LEAF staff members and advocates as they share fun and informative topics that you care about. Join each discussion by sharing your own thoughts in the comments section of each blog entry.

We look forward to interacting with you!



Mayank  
May 18 • 1 min

## Homemade roasted tomatillo salsa!!!

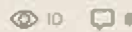
Ingredients: 8-10 tomatillos, husked and washed 1-2 tomatoes, washed. Any tomatoes are fine but the juicier the better. 2 large...



Elaine  
May 16 • 1 min

## Getting your paws dirty

Every LEAF Day is Earth Day when our farm puppy gets down and dirty. Puppy taking a breather after a busy morning at Stone Garde



Blogging is not just a means for us to share the things we're passionate about. It allows us to interact with you. For every tidbit of info we share, we look forward to your responses. For example, when we share a favorite recipe, we're eager to know how you enjoyed it. And we'd equally love to hear about one of your

own favorite recipes. You might even have gardening question related to one of our posts. If so, this is your forum! We want our blog to be full of two-way discussions about the fun and informative topics that matter to all of us.

**Visit our LEAF Blog today at [fremontleaf.org/blog](http://fremontleaf.org/blog)**

A promotional banner for the LEAF Spring Plant Sale. The background is a grid of small black plastic pots, each containing a young green seedling in dark brown soil. In the center, there is a dark circular overlay with the LEAF logo (a green leaf with a yellow center) and the text "LEAF Spring PLANT SALE" and "FREMONTLEAF.ORG/SHOP". At the bottom of the banner, a dark green horizontal bar contains the text "ALL PLANTS \$3.00" in white, bold, sans-serif font.

**LEAF**  
*Spring*  
**PLANT SALE**  
FREMONTLEAF.ORG/SHOP

**ALL PLANTS \$3.00**

## **Spring Plant Sale Extended to June 5th**

So far, we've sold over 3000 plants in 6 weeks! And we've still got plenty to choose from; each one discounted to \$3.00!



If you'd like to follow up with us about the care of your plants, we invite you to attend our next Talkin' Dirt webinar on June 12th. See details and a link to register your attendance below!

Shop Now!





# Outdoor Fundraiser Event in Niles

Join LEAF Founder, Bruce Cates at his private outdoor venue (aka front porch) for an evening of music benefitting LEAF and Essanay Silent Movie Museum. The event is on **June 5th** from **3pm to 8pm** with Bruce and his band performing as the event's finale. While you are enjoying the live music, stop by the LEAF table and say hello! Pick up a free plant from our LEAF Nursery (while supplies last) when you **make a donation** or **become a member**. It's easy to do from our new LEAF website at [fremontleaf.org](http://fremontleaf.org).

## Address:

37978 Second Street, Niles, CA





## OUR RECYCLING CAMPAIGN WAS A SUCCESS!

Special thanks to Sara of Eeviee who greeted customers each Saturday, to our customers who dropped off their recyclables when picking up their plants, and to Girl Scout Troop 31033 who collected recyclables as part of their Taking Action Project.

### WHAT WE COLLECTED

- **706 large paper bags**
- **2,168 CD's/DVD's**
- **89 lbs of socks**
- **230 bras**
- **25 lbs of writing utensils + a HUGE box of crayons**
- **27 award medals**
- **22 Brita water filter products**



# Tips for Your Garden



## **Did You Know...**

Bumblebees are important pollinators for edible plants and many native plants and wildflowers. There are 26 species of bumblebees in California. Bumblebees are classified by the size of their proboscis, their tongues. The size of their proboscis determines the different sizes and shapes of the flowers they can collect pollen from. They pollinate flowers by “buzzing” which is vibrating their wing muscles to shake pollen grains out of the plant’s anthers.

## **Gardening Tasks for June**

- Soil temperatures have hit the mid 60s so it’s time to plant your veggies ; )
- Deadhead flowers to keep them blooming



- Harvest your fruits and veggies to keep them producing
- Check your plants for insects, especially aphids. We have seen them on eggplant and peppers. A pesticide-free method to manage aphids is to smooch them and then spray the new growth and leaves with water.
- Check your irrigation system for leaks and your plants to see if they are getting the right amount of water. We have had fluctuations in temperatures with cooler windy days mixed in with warmer sunny days. Plants need much less water when the days and nights are cooler versus when it's hot and dry so irrigation timers should be adjusted accordingly.



# Get Cookin'!

## OUR FAVORITE RECIPES

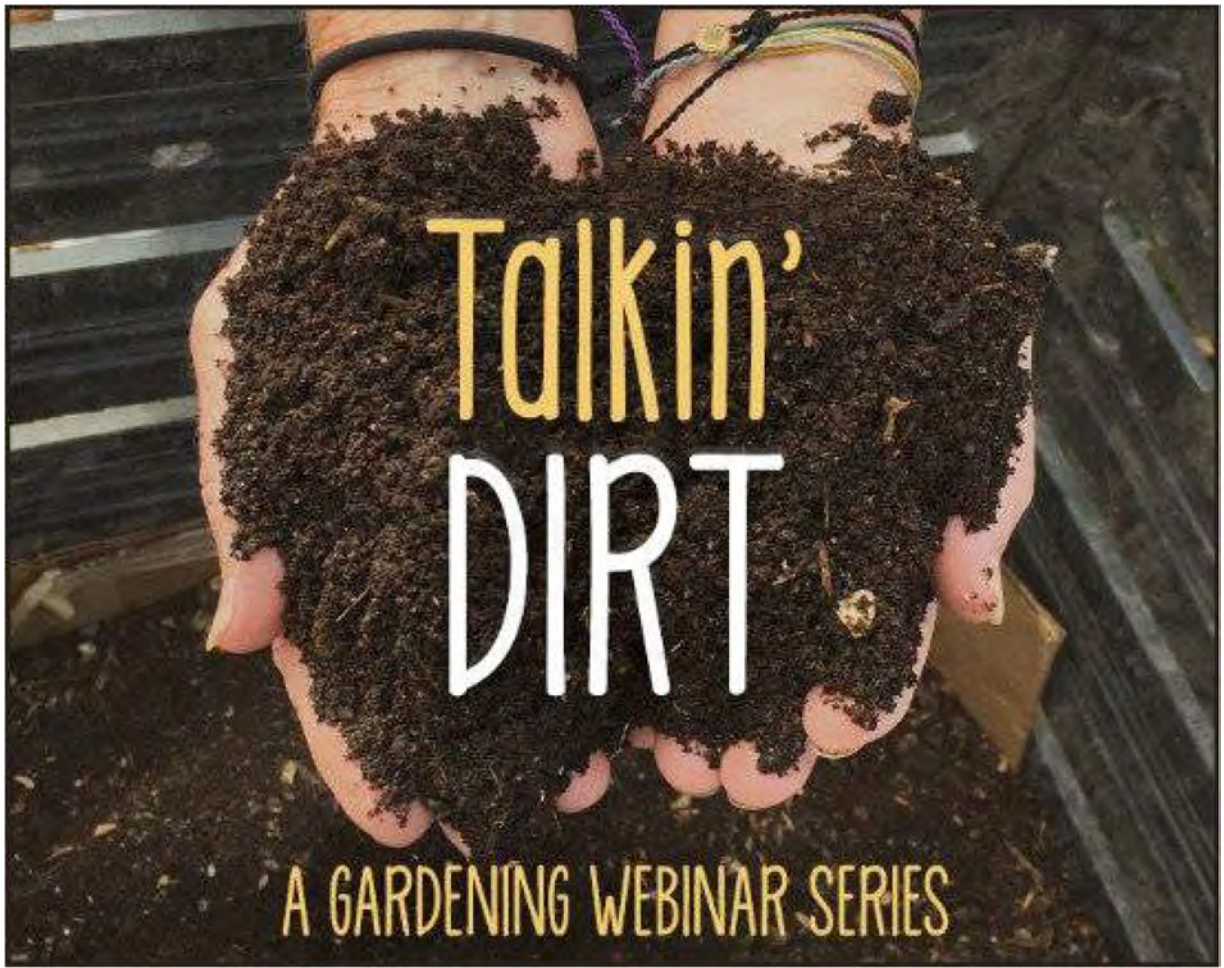
### CAROL'S YUMMY ZUCCHINI BREAD

2 1/2c zucchini  
 1 1/2c sugar  
 6tbsp unsalted butter  
 2 large eggs  
 1/4c plain yogurt  
 1tbsp lemon juice  
 2c flour  
 1tsp baking soda  
 1tsp baking powder  
 1tsp cinnamon  
 1tsp allspice  
 1/2tsp salt  
 1/2cup pecans  
 raisins and/or dried  
 cranberries (optional)

Preheat oven to 375 degrees.  
 Shred zucchini. Remove any large seeds. Squeeze the zucchini between several layers of paper towel to absorb excess moisture. Whisk sugar, melted butter, eggs, yogurt and lemon juice together in a large bowl. Mix flour, baking soda, baking powder, cinnamon, allspice and salt together. Gently fold the zucchini and yogurt mixture into flour mixture. Do not over mix. Fold in the optional nuts, raisins, etc. Grease a loaf pan. Scrape batter into the pan. Bake 55 to 60 minutes until golden. Test consistency with toothpick to be sure there is no uncooked batter. Let cool before eating.







Join our next webinar on **June 12th** from **9am to 10am PDT**. Join Elaine along with Master Gardener Volunteers, Guy and Michele, as they provide helpful gardening tips and answer all of your questions. They're excited to hear about your experience at our **Spring Plant Sale!**

**[Click Here to Register In Advance](#)**



# Sharing Our Gratitude



**Our local electricity provider generously donated \$2500!**

Thank you to **East Bay Community Energy** for their wonderful showing of generosity! We will gratefully use their donation to install an irrigation system to further increase LEAF's donations of fresh fruits and vegetables to our local food banks. Donations like this allow us to continue the important work of promoting food justice and eradicating hunger in the East Bay area.

You too can make a donation to LEAF's mission by visiting [fremontleaf.org/donate](http://fremontleaf.org/donate).or by clicking the **DONATE NOW** button below.



# PRODUCE DONATIONS AS OF June 1, 2021

**1,415LBS**



**DONATE NOW**

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