



from elaine

LEAF PRESIDENT

We received our second award this year. This award was for LEAF C.R. Stone Garden from the Fremont Award Program whose purpose is to support and offer public recognition of the contributions of businesses and organizations in and around Fremont. I'm so proud of our Stone Gardeners who made this happen!



This month, I would like to recognize and thank everyone who supported our work this year at LEAF. This includes our board of directors, volunteers, members, partner organizations, and all who've made a financial contribution toward our mission of educating others about sustainable living and donating healthy produce to our community. The good we achieve together absolutely warms my heart. Thank you all for for making 2022 a very productive year!



board of directors

Bruce
VP | FOUNDER

Irshad
CFO | Treasurer

Mayank
CTO

Lorna
SECRETARY | LEGAL

Richard
DIRECTOR OF
PARTNERSHIPS

Jerry
DIRECTOR OF
INFRASTRUCTURE



volunteers/outreach

Stone Garden Lead Gardeners
Eva, Syndee, Alan

Stone Gardeners

Carol, Lisha, Katie, Sathya, Surendra, Ruchi, David, Heidi

Infrastructure

Mike S, Tom B, Mark A, Steve E

Marketing/Outreach/Volunteer Coordinating

Eddie, Erycah, Rebecca, Valli, Youth4Good, Dave H

Education

Zoe, Phil, Michele, Guy

Students for LEAF Instructors and Students

Sydney, Joyce, Sutharsana, Mallika, and Bridget

Materials/Supplies

Steve L, Madeline W, Roland Z, Rob B



lifetime members

Bruce C Carolyn H Chris S Irshad R
Margery L Mark O Mary N Mayank M Mei O
Neelam C Patricia R Sybil H Valerie S



members

Urv A Bernadette A Marisa A Riva A
Kimberlee A Julie A Isao A Damir B
Zuzana B Sara B Janet B Adam B
Kathi B Manmeet B Annie B Noel BL
Sherry B Ruel B Farah B Peggy C
Shashana C Glenda C Louis C
Jacline D Rachel D Gail D Dawn D
Guy D Carol E Mellicent F Walter F
Shari G Alek GV Elizabeth G Tara G
Rita H Kimberly H Jon H Syeda I
Juliette J Patricia J Sutharsana K
David K Stacey K Samanta K Evelyn L
John L Carolyn L Elizabeth L Suzanne M
Iris N Mary N Tobias P Aarti P
Heidi P Yelena P Venkata P Shalini R
Kristine S Mallika S Susan S Jaime S
Aparna S Monica S John S Revathi S
Kathy SS Robert S Fred T Karen T
Delilah T Joan U Alma U Michele Y Eva Y



financial contributors

Richard G Owen Y Kristen C
Mei O Steven A Tobias P
Carolyn W Rita H Madeline W
Vandana B Tom S John L



funders

Western Digital

Mary A Crocker Trust

National Philanthropic Trust

The Strong Foundation

Niles Rotary Club

County Supervisor Haubert

Mission Peak UUC

Newark Rotary



partners

City of Fremont; Parks and Recs, Environmental Services

Dr. Christine Stone-Payne, DVM

Alameda County Water District

Tri-City Volunteers Food Bank

Centro De Servicios and The Daily Bowl

StopWaste

Tri-City Ecology Center and Urban Forest Friends

Eeviee

TRC Companies

Niles Rotary Club

Newark Rotary Club

Local Chapters of Girl Scouts and Boy Scouts



Holiday Honey Sale!

Give the gift of local honey. 24oz jars discounted at the LEAF Shop through the end of December.

$$2 \times \text{24oz} = \$44 \quad 12 \times \text{24oz} = \$250$$

All I want for Christmas is...



Q&A COURTESY OF THE NEW YORK TIMES

Q: Is it healthier to eat spinach when it's raw or cooked?

A: Spinach is packed with vitamin C, magnesium, vitamin B6, iron and calcium. When cooked, more iron and calcium is absorbed.

Spinach is also loaded with oxalate, a compound that binds to and blocks the absorption of calcium and iron in the gut. Cooking at high temperatures helps remove some of that oxalate, reducing the binding effect.

Evidence suggests that most forms of cooking will make spinach healthier, but there are some trade-offs. While cooking can increase antioxidant capacity in spinach, it can also result in the loss of some B and C vitamins. On the whole, cooked spinach has a higher nutritional value.



Even if you're snowed in, you have no excuse for not joining us **THIS WEDNESDAY** for another **Talkin' DiRT** online gathering of gardeners. Here, you can use big words like *horticulture* and *germination*, and people will actually understand you! Our virtual gatherings happen on the first **Wednesday** of each month from **7PM to 8PM**.

Our next gatherings...

DEC 7 & JAN 4

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, you're invited 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...

DEC 10 & JAN 14



Help local families gain access to healthy fruit by gleaning fresh fruit from the trees in your yard. Drop your fruit off at **LEAF C.R. Stone Garden** Monday mornings from 9am to 10:30am, and we'll deliver your donations to a local food bank. We are accepting fresh fruit all year long.

Currently accepting...

Lemons Persimmons
Apples & Pomagranates



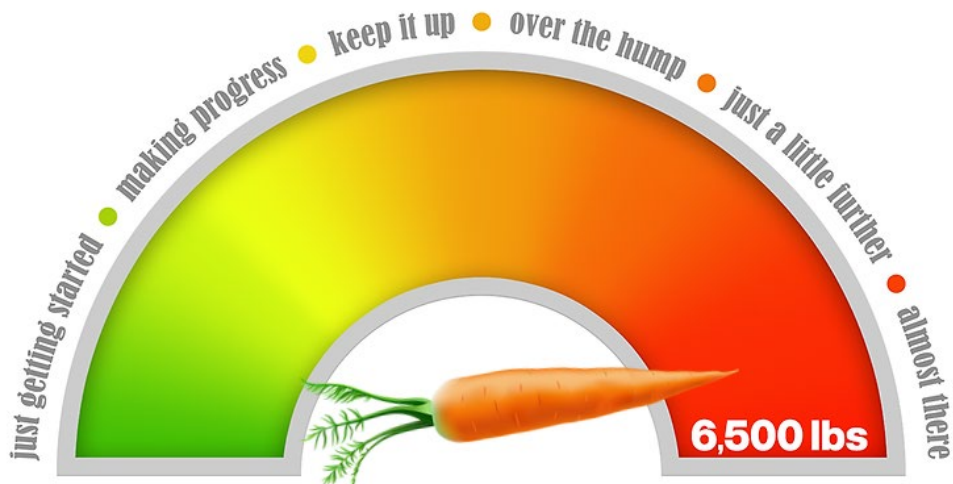
So far this year, you have donated
1593 lbs of fruit!!!

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



Donations

2022 YTD: **6,177 lbs.**



Tis the season of giving.

Feeling festive?

DONATE NOW 

