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## February 2020 Newsletter

### Letter from the President



Hilary Bass, Alameda Co. Sheriff's Office, project lead, giving a toast

A couple of weeks ago I attended the grand opening of a pioneering new facility, Dig Deep Farms Food Hub (see NEWS). LEAF will be joining Dig Deep Farms as a local farm supplying nutrient-rich produce to local clinics with food-as-medicine programs. 'Pharm boxes' will be prescribed for primarily low income patients with diseases like diabetes, acquired from reliance on fast food diets.

LEAF's continued commitment to addressing food security and social justice issues can be seen with the development of LEAF's Urban Farm. The first step in the process is sheet mulching. We could really use your help by participating in a work

party (see EVENTS below). We're also looking for cardboard for sheet mulching and funds to fence the perimeter of the farm.

We encourage you to [sign up to volunteer](#) or [contribute](#) to these projects!

## Upcoming LEAF Events



### [SHEET MULCH WORK PARTY](#)

**Sunday, February 9 // 9 AM - Noon // No fee**

Help us build healthy soil at our new urban farm. We'll suppress weeds and build soil by covering the weeds with cardboard and mulch. We need **BIG** pieces of cardboard. You can drop off cardboard any time at the site next to the "CARDBOARD" sign by the blue dumpster at 55 Mowry Avenue near Mission Blvd.

### [LEAF GARDEN SCIENCE WORKSHOP: PLANT NEEDS AND PARTS](#)

**Thursday, February 13 // 3:45 - 4:45 PM // No fee**

Join us at the library for our monthly garden science workshops for kids. This month's theme is plant needs and parts. We'll talk about what a plant needs to grow strong and healthy and explore the different parts that make up a plant. The activity will include an art project to make a plant sculpture. All materials will be provided.  
*Fremont Centerville Library at 3801 Nicolet Avenue*

### [COOKING WITH HALI: HEALTHY DESSERTS](#)

**Saturday, February 15 // 5 - 7 PM // \$57**

Carrot muffins and zucchini brownies may sound odd, but when balanced just right with other tasty ingredients, they can be a great way to sneak more veggies into your family's meals. After cooking, we'll sit down together and enjoy our efforts!

*Odd Fellows Lodge at 40955 Fremont Blvd*

**SEWING MAKER WORKSHOP**

**Saturday, February 22 // 10:30 - 12:30 PM // No fee**

Learn sewing skills and make a small blanket to take home.

*Fremont Centerville Library at 3801 Nicolet Avenue*

**BUILDING A WORM BIN**

**Saturday, February 29 // 10:30 AM - Noon // No fee**

This workshop, a collaboration with StopWaste, will teach you how to bin a worm bin.

*Fremont Main Library, Fukaya A*

## What to do in the Garden: February



Poppies are one of our favorite wildflowers because they bring bumblebees into our garden.

Go WILD for Wildflowers. Sow a variety of wildflowers into your garden a day before a rainstorm hits. Cover with a layer of compost or mulch. It's important to keep the seeds moist during the germination period which can range anywhere between 14-21 days depending on the mix.

## LEAF C. R. Stone Garden



Our new Tazz Chipper is running at Stone Garden. Chipper was purchased along with a chainsaw, pruners and other tools from a grant awarded to us by Alameda County Resource Conservation District (ACRCD). The chipper is being used to chip green waste from last season's plants into mulch for next season's garden beds. We are integrating regenerative farming practices by using materials inside the garden thus reducing inputs from outside. Thank you ACRCD for this grant.

## LEAF Center



Gardener of the Month - Debbie Brown planter #26

Lisa Wills, LEAF Center Garden Supervisor, reports, "her planter is popular, getting the most glances in appreciation for the zen-like nature of her garden. It's full of life!"

There are still planters available for rent in both sizes. If interested, contact [LEAF Center Garden Supervisor](#).

## Urban Farm



Dig Deep Farms Food Hub, San Leandro

The grand opening of the County's new Food Hub increases the scope of Alameda County's ALL IN program. The new facility supports the county sheriff's program of

food recovery, food-as-medicine and business incubation. LEAF will sell veggies from the Urban Farm to Alameda County for processing at this facility.

[KCBS coverage here.](#)

## LEAF News



**EDEN HEALTH  
DISTRICT**  
INVESTING IN THE HEALTH OF OUR COMMUNITY  
SINCE 1948

Eden Health District has awarded LEAF \$25K towards hiring a nursery Propagator, building a new greenhouse and first year supplies for growing row crops for Alameda County's new food-as-medicine program. Thank you Eden Health!

## Opportunities to Participate



- We need LOTS of big **cardboard** (3 x 3 ft minimum) needed for sheet mulching. Drop off at 55 Mowry (vet clinic) for Urban Farm - see sign by blue dumpster.
- Interested in **supervising a sheet mulch work party**? We need you!
- **Bloggers** - contact LEAF's [blog editor](#) if interested.
- Join the **Grant Team**! Need help with reporting on completed grants, review & writing. The **Membership Team** also needs assistance!
- Please [contact us](#) if you can help with any of the above.

Want to get involved? Become a Member of LEAF today!



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