



LEAF news

FEBRUARY 2023 • FREMONT, CA

Happy Lunar New Year

THE YEAR OF THE RABBIT



from elaine

PRESIDENT of LEAF

Your Community-Powered Volunteer Organization

As everyone in California knows, January was an incredibly wet month. We were literally rained out of our gardens for the first two weeks of the year. Bad news for us, but good news for our gardens. Our cover crops went wild.

What are cover crops? They are one of regenerative agricultural practices used to build healthy soil by planting specific plants to provide nutrients, improve water availability, smother weeds, help

control pests and diseases, and increase biodiversity. They are planted in-between seasons. We used a mixture of both legume and non-legume cover crops.



Cover crops, poppies and nasturtiums at LEAF CR Stone Garden.

Our legume crop consisted of clover, vetch and fava beans to fix nitrogen (N) for our upcoming spring edible crops, to support beneficial insects and pollinators, and to increase the amount of organic matter in soil. We used triticale and white oats (cereal grains), brome (grass) and phacelia as our non-legumes. These cover crops suppress weeds, produce large amounts of “green mulch” that adds soil organic matter, and scavenge nitrogen and other nutrients that were left in the soil from the previous season’s plants.

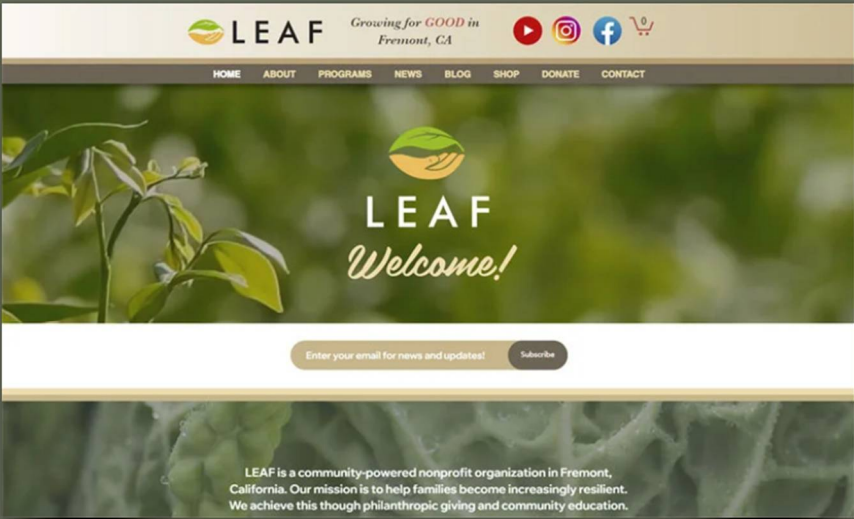
I am also pleased to announce that we have redesigned our website to dedicate more information pages where you had questions. Our creative Marketing Manager, Eddie, will highlight some of the new features of our website. Check it out!



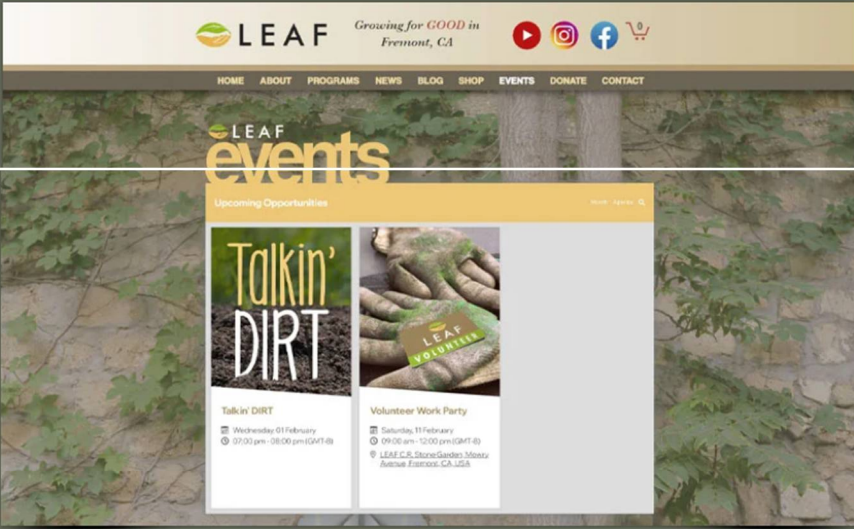
Website Refresh

Eddie Turner

LEAF Marketing Manager



LEAF inspires creativity in me. The more vested I become in our mission, the more I want to capture the good work being done here. In addition to fresh colors and images, I made an effort to show LEAF in action in our community through video. I also felt it was important to dedicate a page to the worldview we share. LEAF Center and LEAF C.R. Stone Garden are also prominently featured, as is a new events page you can visit to sign up for learning and volunteer opportunities.



There are many more new features as well. Instead of naming them all here, we invite you to do some exploring on your own. Should you have an idea for our site, let me know at marketing@fremontleaf.org.



HOW WELL DO YOU KNOW YOUR PRODUCE?

Q&A Courtesy of New York Times



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

A: Cooked. There's a reason this leafy green is called "the Popeye vegetable," Dr. Ho, a professor of nutrition and director of the Linus Pauling Institute at Oregon State University said. It's packed with vitamin C, magnesium, vitamin B6, iron and calcium. And when eaten cooked, you'll absorb more iron and calcium. Spinach is loaded with oxalate, a compound that binds to and blocks the absorption of calcium and iron in the gut. But high temperatures from cooking help remove some of that oxalate, reducing this effect.

Evidence suggests that most forms of cooking will make spinach healthier, but of course 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, Dr. Ho said. Though on the whole, cooked spinach has a higher nutritional value, she said, especially because cooking shrinks the leaves down, allowing you to eat more of them.



Leave your dirty shoes on.

Come as you are to Talkin' DiRT, our online gathering of gardeners on the first Wednesday of each month from 7PM to 8PM. Have an eggplant that isn't growing just right? Maybe you're wondering why your greens just aren't...green! Bring us these inquiries and more. We're here for YOU.

Our next meetings are ...

WEDNESDAY, FEB 1ST & MAR 1ST

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 ...

FEBRUARY 11 AND MARCH 11



Fruit Tree Gleaning

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 at fremontleaf.org/glean.



Food Bank Donations

On January 1st, our carrot meter was been reset. Our efforts to fill the shelves of our local food banks are full steam ahead.

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: **42 lbs.**



Love giving?
Why not do it every week?

[DONATE NOW](#) 

