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October 2020 Newsletter

A Letter from the President

Autumn has definitely arrived in its soft California way. It seems quieter, except for the occasional honking of low-flying geese. Our lush summer gardens have quieted down as veggies shrivel and are pulled out to make way for winter plantings.

As this newsletter lands in your email box with a thump, LEAF's nursery is announcing its first-ever fall seedling sale. There's been much work in the greenhouse and at the computer to make this happen. So follow the link in the announcement below. Take the plunge if you've never grown a winter crop. Do you look forward to spring peas, healthy brassicas and salad greens as I do? If you haven't been able to get your hands on a jar of LEAF honey, this is your chance! You'll find it alphabetized under the letter 'H' in our catalog.

We're entering another heat wave as I write. This summer, climate change has slammed into our lives with record heat, fires, floods, and other major weather events across the country. LEAF is scaling up efforts at carbon sequestration, looking into biochar, and we've formed a new partnership for science-based documentation. You, as a community, can make a big difference by advocating for the environment. Our planet needs your help!

Lastly, did you notice a new look to our newsletter? Karen Ko, whose artwork has graced event flyers including our current plant sale, has turned newsletter production over to our new marketing manager, Eddie Turner. Many thanks to you both!

Mia Mora | LEAF President



Winter seedlings in our lath house ready to go to their new homes. ;)

Our fall plant sale is ON! We have a selection of brassicas, root veggies and leafy greens seedlings available for sale. Did you know that all brassicas originated from the mustard plant and that, through artificial selection, a diverse group of veggies emerged? We have broccoli and cauliflower that were selected from the

flower buds, cabbage from its leaves, and brussel sprouts from the leaf axils. We also have arugula, kale, chard, collards, napa cabbage, pak choi, mizuna from the leaves and stalks, and radish, turnip, rutabaga from the roots. You'll also find beets, carrots, parsnips, mustard, lettuce, spinach, curry leaf trees, narcissus paperwhite bulbs, and honey among the many items available to you.

This year, we have a new streamline online no-contact sales process. Plants can be purchased online with credit cards (yay!). Instructions for picking up your items will be provided upon placing your order at <https://fremontleaf.org/shop/>.

Elaine | LEAF Nursery Manager

Things to do in the garden...
in October?? 



Create a habitat for overwintering pollinators!

Bumble bees nest in empty burrows in the ground underneath flat rocks, fallen trees, porches or decks. Their holes are padded by bits of dry grass, moss, or any such ground litter.

- For [butterflies and moths](#), rake your leaves under shrubs or into piles under your trees, not only are they habitats for the butterflies but mulch for your plants.
- For [butterflies](#), look for chrysalis on branches when pruning. Leave the branch intact with some surrounding leaves and branches or prune the branch and tie it into another section of the plant.
- For [burrowing insects](#) like [ground nesting bees](#), do not turn over soil around native plants, add less than 3" of compost and keep hollows at base of trees clear.
- For foraging bees and butterflies, plant a succession of [winter nectar plants](#) and [bee plants](#).
- For all insects, animals and humans, do not use pesticides. Instead, use [integrated pest management](#).



LEAF
Urban Farm



Collaborators on Soil Improvement

LEAF has begun collaborating with others to improve soil health and fertility, sequester carbon, and transform a compacted weedy field owned by the Alameda County Water District next to the C.R. Stone Garden into a fertile urban farm for growing nutrient-rich crops. Here's an introduction to the collaborators and their roles:

- **UCANR** (UC Agriculture & Natural Resources) - connecting the collaborators, writing & publishing research. Our contact is also providing donations of zoo compost.
- **ASDRP** (Aspiring Scholars Directed Research Program) - nonprofit for youth in STEM. Using an impressive lab here in Fremont, scientists mentor high school students in conducting science-based research.

They'll be testing soil and plant tissue at the Urban Farm, documenting the impact of regenerative practices.

- **Chemists Without Borders** - PhD chemists from Argentina, Australia, Germany, Italy and Switzerland are assisting ASDRP with test design, analysis and recommendations to LEAF.
- **Oregon Biochar Solutions & Corigin Solutions** - representatives are consulting with LEAF on the benefits and application of biochar and wood vinegar.
- **Project Apis m.** - a nonprofit that promotes the use of cover crops by farmers as forage for bees.

Farm Master Plan In Progress

Our landscape architect, **Aja Mathews** and irrigation designer, **Nir Berezovsky** are hard at work on the Master Plan for ACWD's site. The plan is to begin implementation before the end of the year, using recommendations and donations from our collaborators listed above.



Relocation Update

The landscape architect / architect team, **Yadav Design**, is working on the design for the new LEAF Center community garden site within the California Nursery Historical Park. The garden's move to the new site is still on track to occur in late 2021.

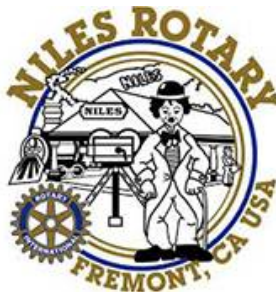




Harry Avila, Francisco Tavares, Irshad Rasheed (LEAF board treasurer) & Aziz Acbary (ACWD board director)

Rototiller Donation from Young Mechanic

Francisco Tavares had just celebrated his 12th birthday the week before donating the tiller he'd refurbished for LEAF. We were all very impressed with his mechanical skills, well honed from having already built a go-kart and worked on the family lawn mower. The tiller wasn't operational when Harry Avila gave it to Francisco, who not only got it running, but painted it a spiffy red and wrote up instructions for operation and maintenance. This young man has a future in mechanical engineering!



Grant Awarded by Niles Rotary

We are ever so grateful for the Niles Rotary's continued support of LEAF in awarding \$4,000 towards the slatted cyclone fence that now surrounds most of

over two acres that comprises both the C.R. Stone Garden and Urban Farm. It provides us with much-needed protection from vandalism.



Grant Awarded by Sprouts

Many thanks to Sprouts for awarding LEAF a second grant—this time helping us get the Urban Farm up and running so we can grow nutrient-rich veggies for Alameda County's food-as-medicine program. Their \$5,000 award is much appreciated in these COVID times when grants are even more competitive.

Employee Donation Matching

Does your employer have an employee donation matching program? If so, you can help get LEAF on their list of approved donor recipients. We're making a big year-end push, with two huge projects underway; starting the Urban Farm and relocating the LEAF Center community garden.



Amazon Smile

Help fill our piggy bank! Use Amazon Smile when you place orders. Just choose **Local Ecology and Agriculture Fremont**. Easy peasy!

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