



NEWSLETTER

NOVEMBER 2021



a word from elaine

President of LEAF

Happiness and relief are two feelings I had when I saw the words rain and atmospheric river in the forecast this past week. Hopefully these rains will dampen all the wildfires in our state. Rains also signal the transition of fall to winter, planting cover crops and winter veggies, and this tune...

Singin' in the Rain

I'm singin' in the rain, just singin' in the rain
What a glorious feeling I'm happy again
I'm laughing at clouds so dark above
The sun's in my heart and I'm ready for love
Let the stormy clouds chase everyone from the place
Come on with the rain, I've a smile on my face
I'll walk down the lane with a happy refrain
And singin' just singin' in the rain

This month I am happy to introduce Valli Bindana, a persuasive videographer. She wrote and directed [SunGanges](#), a documentary exploring the impact of large scale energy projects on river ecosystems. She is working with LEAF to document how we are protecting the environment through gardening. Valli spent 3 days filming us

while we worked around the garden using simple and easy to learn farming practices to renew the soil and sequester carbon.

Faces of LEAF



Filmmaker
**Valli
Bindana**
visits  LEAF

How did you find out about LEAF?

I had attended a LEAF event a couple years back. I vaguely knew about their work. When I decided to create my own video content about people working to protect habitats, I thought of LEAF. I went to their website and found their goals and mine were in synergy. So I connected with them to see if I could interest them in making videos about their work.

Describe what you are doing with LEAF?

I am making vlog-style videos about all the amazing gardening work that is done at the beautiful LEAF C.R. Stone Garden. We have just begun filming and have covered topics such as sheet mulching, building Hugelkultur beds, beekeeping and even worm composting! The idea is to have a series of videos that will inspire and inform people about connecting with the Earth through their own backyards, full of information and great conversations around projects that are being continuously worked on by the LEAF team.

What excites you about working with LEAF?

In LEAF I found just everything I require for building my video series Backyard Habitats. I was looking for a group of people passionate about the garden who would look at the process in a holistic way, have immense knowledge about ways to connect with the Earth and then carry it all very lightly on their shoulders. So much so that the team's camaraderie, constant laughter and fun conversations while they garden have me thinking/ planning a whole new approach to filming them. I also love the peace and calm of Stone Garden itself. It is a beautiful little place by the hills and the train tracks, and one can have a very meditative experience working there, except when the trains honk! I have met most of the board members and I love how they are so giving of

everything and how they look at their initiatives as a part of a bigger whole.

Describe your professional background?

My training is in advertising. A few years in I found it too mundane and quite against my grain to be pushing products onto people. But the training was incredible. I found I could cut through the clutter and get the message across pretty efficiently with my ad film scripts. So I took a step further and went into film production. I have always loved geography and the land, rivers, oceans and mountains fascinate me. Perhaps it was the reason why I made [SunGanges](#), a film on water, energy and climate. It shook up some people, won a few international awards at festivals and made its way to Netflix.



The film, set around the Himalayan river basins, was a common person's curiosity about all that is going on around us with regard to environment and habitats. Now I plan to take it further, filming stories about people and organizations who are working to protect the last remaining habitats on the planet. Within this plan, LEAF becomes part of the section Backyard Habitats, which inspires people to grow their own food and build living, thriving habitats around their homes.

Besides filmmaking, what are some of your favorite activities?

I love a little adventure. Perhaps it comes from my love of geography. Hmm.. and it could be the reason why I pick filming topics that take me on an adventure into the mountains, rivers and oceans. I love writing and dreaming, stargazing, good company and food. I love to go deep with conversations. It could be any subject and I would have a ton of questions just for the sake of knowing more. Can become annoying sometimes!

What type of gardening do you like to do?

It's just been one year since I started planting stuff around the house. I love growing vegetables around native flower bushes. I am learning and experimenting. Just this morning I learnt from my Dad that my ancestors were farmers! That explains a lot of things going on in my backyard now. :)



What is your next gardening project?

I need to prepare new beds so I can plant all the seedlings I started i.e cauliflower, cabbage, broccoli etc.

My interest just grows and grows. I initially made a few raised beds and thought that would be it. This fall I sowed so many seeds and now I am short of beds! Loving it all :)

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

Get off the rat race and chill. Look around, for there is so much to be in awe of and wonder about. Look out at space through Hubble and soon James Webb telescopes, and when you understand our place in the grand scheme of things, you'll find it's not a big deal, really. Nothing is.



Rebecca's
TIPS FOR SUSTAINABLE LIVING

To exercise your power as a consumer, sometimes you have to actually refuse products.



This came to mind when I was at the dentist the other day. They offered me a goodie bag, and since they are “free,” we usually take them. In reality it’s not really free, it’s included in our exam charges!

I looked at everything in the goodie bag; a plastic toothbrush, plastic tube of toothpaste, dental floss in a plastic container, all nicely placed in a PLASTIC bag. I thought about this free goodie bag for a second and realized that at home I have a perfectly good bamboo toothbrush, a container of toothpaste tabs and dental floss in a cardboard box. I handed back the bag and said “No, thank you, I don’t need the bag of plastics.”

Now you’d think I’d have grown a second head from the look the dental technician gave me. It was something she had never experienced before. I was refusing something “free.” After I left, I thought I should have made them aware of their plastic usage and suggested they substitute a paper bag for a plastic bag. It would be one positive step in reducing plastic usage.

Read more blogs by Rebecca on our [LEAF Blog](#).

Tips for Your Garden



- Tasks for November are pretty much the same as for October.
- Glean your fruit trees of lemons, apple, pears, pomegranates, persimmons. If you have too many and would like to share, see the next article.
- Clean up crop, plant and flower debris from beds to prevent overwintering of unwanted insects and plant diseases.
- Add the plant and flower debris to your compost bin or to a compost heap. BTW, compost heaps are good habitats for overwintering of beneficial insects.
- Continue to plant:
 - Winter veggies like brassicas, lettuce, green onions, potatoes, peas
 - Cover crops such as fava beans, clovers, buckwheat and grasses
 - Spring bulbs like daffodils, hyacinths, grape hyacinths, etc.
 - Perennials, California natives, shrubs and trees
- Cut back woody perennials (i.e. lavender, sage, rosemary, thyme) to about 1/3 of the size of the plant.
- Stop fertilizing. Cut back on water usage as temperatures decrease and rain increases.
- Spray dormant deciduous fruit trees, roses and berry bushes with a dormant oil spray. Here's a good article on caring for your deciduous fruit trees in the winter:
<https://anrcatalog.ucanr.edu/pdf/8368.pdf>

Get Cookin'!

OUR FAVORITE RECIPES



Ingredients

$\frac{3}{4}$ cup neutral vegetable oil (olive, coconut, canola)
1 $\frac{1}{2}$ cup white sugar
4 eggs
1 big can of canned pumpkin (27oz) (Fresh pumpkin puree can be substituted. See directions below)
2 tsp pure vanilla extract

4 cups of flour
1 tbsp baking powder
1 tsp baking soda
 $\frac{1}{2}$ tsp salt
1 tsp cinnamon
 $\frac{1}{4}$ tsp cloves, nutmeg and/or allspice (optional)

1 $\frac{1}{2}$ chocolate chips
 $\frac{1}{2}$ cup shelled pumpkin seeds

Instructions

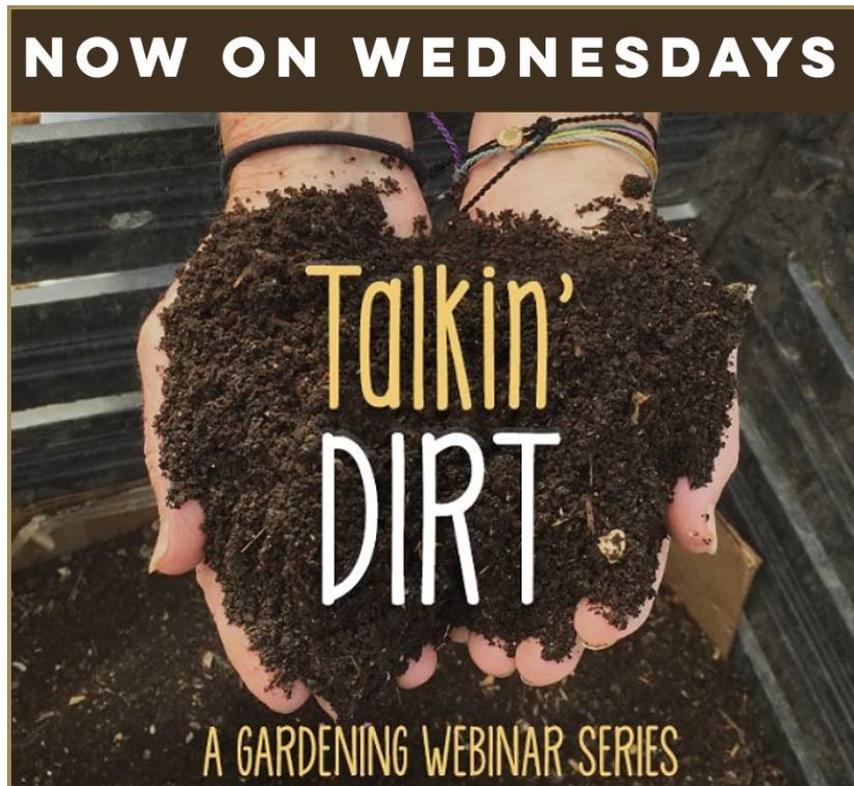
- Preheated oven to 350°F.
- Mix wet ingredients: oil, sugar, eggs, pumpkin, vanilla in a mixing bowl. Mix well.
- Mix dry ingredients in a large bowl: flour, baking powder, baking soda, salt, cinnamon with a large bowl whisk.

- Add wet ingredients to the dry ingredients. Mix together using a spatula. Do not over mix.
- Mix in chocolate chips.

- Prepare either two large loaf pans lined with parchment paper **OR** two 12-muffin tins with paper liners. Fill with mixture $\frac{3}{4}$ full
- Sprinkle with pumpkin seeds
- Bake loaf pans for approximately 1 hour, muffins for 18 minutes. Check doneness with a toothpick.

To Prepare Fresh Pumpkin:

- Wash outside of the pumpkin with soap and water
- Cut the pumpkin in half and remove the seeds
- Place pumpkin cut side down on a baking sheet lined with parchment paper
- Cook pumpkin in a 350F oven approximately one hour until the skin depresses easily with your finger
- Let pumpkin cool completely. Drain off any excess water.
- Remove flesh from pumpkin skin and either mash it in a large bowl with a potato masher or put it in your food processor and process until it is smooth.



**We changed the day to the first Wednesday
of every month!**

Join our next Talkin Dirt Webinar on Wednesday, Nov 3 from 7 to 8 pm

Guy and Michele, Master Gardener Volunteers, and Rebecca from LEAF will be talking about transitioning your garden from summer to winter, what to grow in your winter garden and any other gardening questions you have.

Rebecca will follow up on questions from this webinar, plus any gardening and recycling questions you may have, on our [LEAF Blog](#).

[CLICK HERE](#) to register in advance!

LOVE GIVING GARDENING ADVICE? Become a UC Alameda County Master Gardener Volunteer

Informational sessions will be held on November 4, 6, 9.
To register and learn more visit [ACMG website](#)



Got Extra Apples, Lemons, Persimmons or Pomegranates? Contact the GLEAN TEAM

We are partnering with the [NEW Garden Farms](#) who will come to your home, glean your trees and then take your fruit to the Food Bank. Contact them at info@newgardenfarms.org to arrange a time.

Or harvest your edible fruits and veggies (no damaged, shriveled or moldy fruits) and drop them off at [LEAF C.R. Stone Garden](#) and we will take them to the food banks. We are open for drop off Monday and Thursday mornings from 9 to 10:30 am. For more info, contact LEAF at Info@fremontleaf.org. Stone Garden is located next to Mission Valley Vet Clinic at 55 Mowry Avenue near Mission Blvd.



ONE SAVES WATER

Action. Person. Community.

Alameda County Water District (ACWD) in partnership with the Bay Area Water Supply and Conservation Agency (BAWSCA) is hosting an online workshop.

Landscape Maintenance and Tree Care During Drought

**Learn about best practices for maintaining various
landscape types**

so that they can survive during drought!

**Saturday, November 6 from 10 to 11:30 am
by Charlie Dreschler.**

**Event is free. Registration is required. [REGISTER
HERE.](#)**

Zoom link will be emailed the day of the event.



PRODUCE DONATIONS AS OF
October 31, 2021
4,805LBS

A green rounded rectangular button with a white border. On the left is a circular icon of a hand holding a leaf. To the right of the icon is the text "DONATE NOW" in white. Below the text are four small icons for payment methods: a generic card icon, VISA, DISCOVER, and AMEX.

DONATE NOW

VISA DISCOVER AMEX