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As part of our 2021 "Turning Over A New Leaf" campaign, we are enhancing the format and content of our LEAF Newsletters. Each month, I will interview one of our key LEAF volunteers, staff members or friends so you may get to know those who drive and support our mission. We'll also keep you up to date on our major projects, sustainable living tips and all the goings on in our wonderful gardens. This month, I interviewed our tech guru, Mayank Malik. He is one of the key members of the Education and Technology Team who is behind many of our exciting online educational initiatives. I look forward to the many updates we'll be sharing with you in the months ahead!



Elaine: Hi, Mayank! Thank you for joining me.

Mayank: My pleasure. It's nice to speak with you.

Elaine: I'm happy to be speaking with you as well. Let's jump right in with the first question. What are some of your favorite activities?

Mayank: I love reading, gardening and just being outdoors.

Elaine: Will you describe your professional background?

Mayank: My background academically and professionally has been technology; mainly software development. I started on Wall Street, worked in finance for quite a bit, moved on to software product development, and, eventually, to academia.

Elaine: How did you learn about LEAF and how long have you been involved?

Mayank: I learned about LEAF when my daughter took up gardening. We rented a planter at the LEAF Center for one year and then I became a Board Member. So, it's been three years total.

Elaine: What is your role at LEAF?

Mayank: I am the CTO and this year took on the additional role of Board Secretary. My most important role is to do whatever Elaine tells me to do (laughing).

Elaine: (laughing) Good answer! So, what excites you the most about connecting with LEAF?

Mayank: LEAF's mission to educate our communities is very near to my heart. I think more young people need to be involved in understanding where their food comes from. They need a diverse course on the health epidemic that we have going on as it affects our food supply. Plus there is a meditative aspect of gardening which I think everyone needs to experience at least once in their lifetime. I would say that no one can experience it just once because it's addictive and satisfying.

Elaine: What areas are your skills going to help LEAF?

Mayank: Technology mostly. I've been helping with improving our digital footprint by building a new website, adding a blog and setting up an online store for last year's LEAF Spring Plant Sale. In addition, I will be coming up with new surprises throughout the year but I don't want to give them all away right now. Today's surprise is that we are launching the LEAF Wiki!

Elaine: I totally agree. I can't wait for people to discover what an awesome resource the LEAF Wiki is. Ok, here's a fun question. If you were given a microphone and the whole world was listening, what would you say?

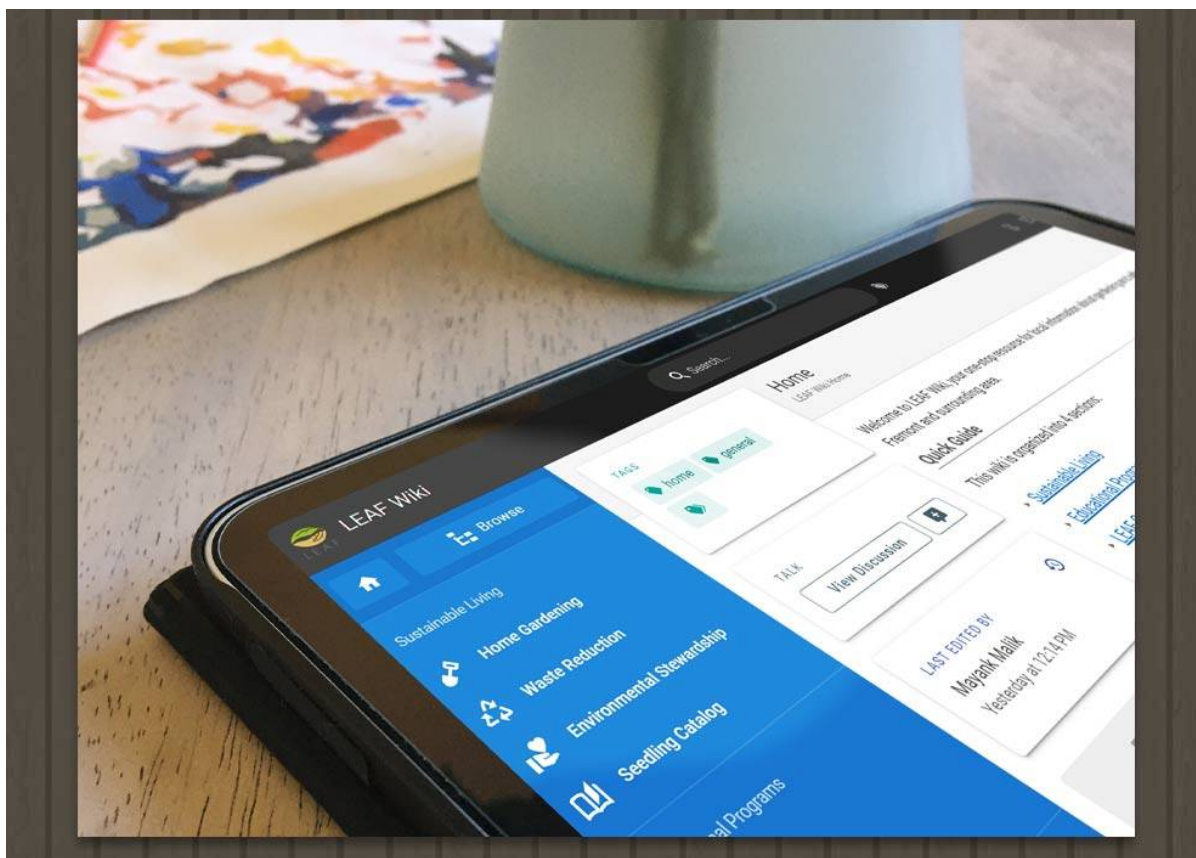
Mayank: I would say, "take a pause" and "slow down for one minute." Doing this allows us to appreciate the world around us.

Elaine: Exactly. You taught me this lesson yourself. Ok, final question. Is there anything you would like readers to know about LEAF that you haven't said already?

Mayank: Absolutely. LEAF is composed of incredible people. If you live in the proximity of Fremont Tri-City area and haven't experienced LEAF, make some time and find your way there. You won't regret it!



We are HUGELY excited to introduce LEAF Wiki! If you're unfamiliar with the Wiki platform, it is an interactive network for sharing knowledge among enthusiasts of any given topic or trade. LEAF Wiki was designed specifically for home gardeners, urban farmers, and anyone who has an interest in healthy and sustainable living.



Interacting with each other and sharing our knowledge and experiences promotes cohesion between like minds in our community that drive the success of LEAF's mission. Here are just a few elements you'll find at LEAF Wiki.

Fremont Seasonal Planting Guide

If you'd like to know what vegetables and herbs to plant in your garden and the best times to plant them, we've got you covered! This guide will be an asset to gardens that lie within USDA Hardiness Zones of 9b and 10a. You can check it out [HERE](#).

Learning Opportunities

All of our learning opportunities are online right now. We will resume onsite classes when it's safe to hold them. We have a live webinar, Talkin' Dirt, the second Saturday every month from 9 to 10 am with two Alameda County Master Gardener volunteers. Please see zoom access details below. We have also started creating and posting some educational videos on YouTube. You can access them by clicking [HERE](#).

Seedling Catalog

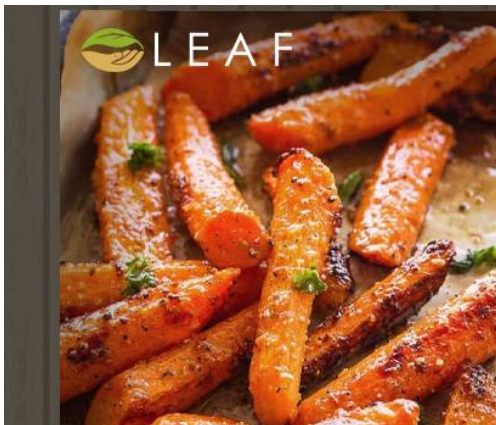
Speaking of things on our plates, our entire catalog of vegetables and herbs that we will be offering for sale is ready for you to view now. So, you can begin planning your spring garden. We will be announcing our schedule of our LEAF Spring Plant Sale in our April Newsletter. Check out the catalog [HERE](#).

We want LEAF Wiki to be a living breathing resource that grows and evolves each and every day. You can begin using LEAF Wiki right now at [Wiki.FremontLeaf.org](https://www.fremontleaf.org/wiki).

THIS MONTH IN YOUR GARDEN & KITCHEN



March is the month to plant peas and root veggies. Examples of root vegetables include carrots, beets, turnips, radishes, and potatoes. March is also the time to start propagating seeds indoors and then transplant the seedlings to your garden when it's warmer in your garden. Now for the good part! Here's a quick and yummy recipe for preparing carrots as a side to complement virtually any meal. This recipe comes from Eddie, our Marketing Manager.



Garlic & Parmesan Carrots

- 2 pounds carrots
- 4 tablespoons butter
- 4 cloves garlic (minced)
- 1 teaspoon Italian Seasoning
- 4 tbsp grated parmesan
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tbsp fresh parsley (chopped)

- Preheat oven to 425F.
- Wash and cut carrots diagonally into 3" pieces (cut large carrots in half lengthwise beforehand).
- Heat butter and a drizzle of oil in a small saucepan on your stovetop on medium high heat.
- Add garlic and cook until fragrant (about 1 minute). Remove from heat.
- Toss carrots with butter/garlic mixture, Italian seasoning and an extra drizzle of oil in a large bowl until carrots are well coated. Sprinkle with 4 tbsp of grated parmesan. Season with salt & pepper.
- Bake carrots in a single layer on a cookie sheet in preheated oven for 20 minutes or until edges of carrots are lightly browned.
- Remove from oven and sprinkle carrots with fresh parsley.

Bon Appétit!

LEARNING WITH LEAF



Huh, what does that mean? Translation—removing hard water spots from your water kettle. The spots are simple to remove, simply add an acid like vinegar or citric juice and voila your spots will disappear.

Vinegar + Hard Water => Water + Calcium (in solution) + Carbon Dioxide (gas)

Directions:

- Cover the hard water spots by pouring equal parts of water and distilled white vinegar into kettle.
- Let sit an hour or so until the hard water spots disappear.
- Swirl the solution the inside of the pot then pour the water out with suspended calcium bits.
- Rinse with plain water to remove vinegar odor and suspended calcium.
- Boil with plain water to thoroughly remove vinegar odor and taste.



Don't miss our next Talkin' Dirt webinar on **March 13 from 9 to 10 am**. We'll discuss the do's and don'ts in the garden for the month of March plus answer all your questions. Save **THIS LINK** to your favorites so you can come back and join us on the second Saturday of each month.

Meeting ID: 852 9388 8581 Passcode: 298542

IN THE WORKS

LEAF Center Relocation

The LEAF Project Team is having regular discussions with the City of Fremont (COF) on the LEAF Center Move Project. The current plan shows the construction to begin in Fall/Winter 2021 and is expected to be completed by March 2022. The Project Team is trying to find creative ways to have the construction begin earlier so we can move in by the end of this year.



New Urban Garden Development

The landscape designs were submitted to the City of Fremont and Alameda County Water District (our landlord). We are now awaiting their approval. The goal for this parcel is two-fold; to build healthy soil by using an innovative regenerative agricultural practice like biochar, a fine-grained, highly porous charcoal that helps to enhance the soil by holding carbon and retaining nutrients and water; 2) to grow produce to donate to our local food banks.



C.R. Stone Garden and Bee Sanctuary

Last year we donated over **5000 pounds** of fresh biocide free produce to Tri-City Volunteers in Fremont and Centro De Servicios in Union City. Our goal this year is to surpass last year by 1000 pounds while providing culturally relevant and perishable produce. We can grow culturally specific produce by growing seedlings in our nursery.

We can donate fresh perishable produce by delivering the produce within 2 to 3 hours after we harvest from our gardens. Talk about LOCAL and FRESH! ;)



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