



from elaine

PRESIDENT of LEAF

Your Community-Powered Volunteer Organization Hills are green, trees are blossoming, and my favorite flower, the California poppy, is just starting to burst with color. This is all due to the amazing amount of rain we received over the last couple of months. Hopefully, the powerful winds are all past us. At Stone Garden, the wind had become so fierce that it blew the cover off of our greenhouse, knocked down the wall of our stage, and sent two trees to the ground. Surprisingly, all of the cover crops, edible greens, and seedlings in our food gardens are still thriving.



We are now heading into my happy time of the year—SPRING, which brings us Earth Day! This year, LEAF will be celebrating as we take part in the City of Fremont's Earth Day Event. Like last year's event, it will be held at the Downtown Event Center from 11am to 3pm. LEAF will have 20 booths sharing information about our gardens and sustainable living practices, including gardening, tree pruning/planting, food distribution, and reducing waste. And we'll be bringing along our pet worms and bees for your enjoyment. We can't wait to see you there!



recycling

Our Recycling Campaign last year was super successful! We are so thankful to have Sara from eeviee, an organization focused on textile recycling and the Girl Scout Troop, Coyote Hills Service Unit collaborating with us. And we're doing it again this year with Sara and the help of not one, but TWO Girl Scout Troops! Here are the items we will be collecting on Earth Day, and that you can begin collecting now to bring with you to the event.



BRAS



CRAYONS



SOCKS



FABRIC

Crayons (170 lbs collected in 2022)

- New crayons are redistributed to local teachers and schools.
- Old crayons are delivered to The Crayon Initiative in Danville where they are melted down and recast into new large crayons and distributed to hospitals around the country.

Socks (155 lbs collected in 2022)

- New socks will be donated to a local non profit organization.
- Used/Old/Tattered socks will go to recycling programs like emi-g knitting in Alabama that repurpose the socks into insulation material for the automotive industry.

Bras (216 bras collected in 2022)

- All Bras are sent to The Bra Recyclers in Arizona where they are sorted and then sent to various organizations supporting women. If the Bras cannot be reused they will be recycled into insulation material or carpet padding.

Fabric (NEW THIS YEAR)

- Scrap or unneeded cloth from crafters, quilters, seamstresses, etc. will be reused.



LEAF Center has planters available to you! Lacy, our LEAF Center Community Coordinator will be at LEAF Center during our "Open Garden" hours on the first and third Sunday of every month from 11 am to 2 pm to answer all your questions about obtaining year-long access to a planter. Come meet Lacy and the LEAF Center Team on April 1st and April 15th. In the meantime, you can visit our [LEAF Center](https://leafcenter.org) website or contact Lacy at leafcenter@fremontleaf.org.



You can also inquire about a planter by completing a brief questionnaire at fremontleaf.org/inquire. Once you submit it, we'll be in touch!

How Well Do You Know Your Produce?

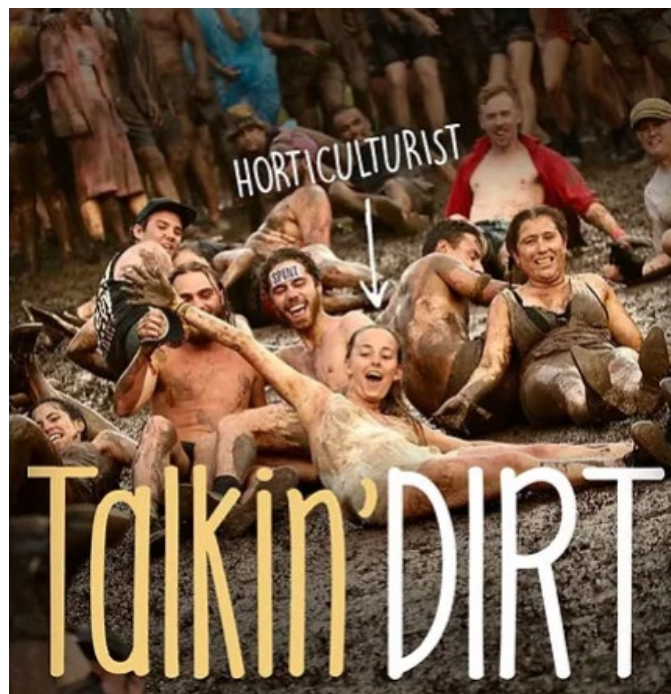
Q&A Courtesy of New York Times



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

A: Beets are rich in dietary nitrates, Dr. Michels said, nitrogen-based compounds that have been linked to a range of health benefits, including lower blood pressure. Beets also contain betalains — pigment compounds that give beets their signature deep hue and that have antioxidant, anticancer, anti-inflammatory and liver protective properties — as well as flavonoids.

But you won't get as many of these benefits if the beets are overcooked, Dr. Michels said — especially if they are boiled. Studies suggest that boiling can reduce the levels of vitamin C, folate, flavonoids and betalains.



At Talkin' DIRT, we envision that the actual dirt you'll encounter during our online gathering of gardeners may be limited to what's on your hands. But there'll be those who take it a step further, and that's ok. Regardless of your level of involvement in gardening, we'd love to have you. And we think you'll feel right at home with your fellow enthusiasts who'll answer all your gardening questions on the first Wednesday of each month from 7PM to 8PM.

Our next online gatherings are . . .

WEDNESDAY APR 5 & MAY 3

MORE INFO at fremontleaf.org/talkindirt

REGISTER AT fremontleaf.org/events



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 works day are . . .

SATURDAY APR 8 & MAY 13



Every Monday and Thursday morning from 9am to 10:30am, you are invited to bring us donations of fresh fruit from your trees to the LEAF C.R. Stone Garden. Your donations will be added to the volumes of produce we grow and deliver to our food banks to help out our friends and neighbors.

Your donations in 2023: 196 lbs

Here's what's growing in the neighborhood!

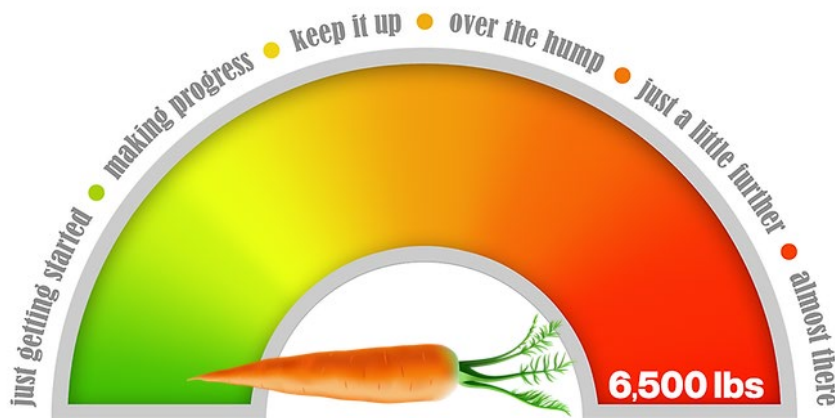


LEAF CR Stone Garden is located behind the Mission Valley Veterinary Clinic at 55 Mowry Ave. More info at fremontleaf.org/glean.

Food Bank Donations

On January 1st, our carrot meter was reset. Our efforts to fill the shelves of our local food banks are still going strong. 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: 308 lbs.



Is there anything you *wouldn't* do for the people in your community who need food?

No? Great.

DONATE NOW 