



 **LEAF news**
AUGUST 2023 • FREMONT, CA



from elaine

PRESIDENT of LEAF

Your Purpose-Driven Volunteer Organization

The summer heat has finally arrived and with it our veggies are thriving, our flowers are bursting with color, our weeds are exploding, and our gardeners are wilting U. Summer is such a nice time to be working outdoors together in the garden while snacking on our ripe cherry tomatoes and blackberries from our vines. Our Students for LEAF kids have been busy helping us in the garden and harvesting herbs to make cordials, smudge sticks, and yummy pesto.



We've also been busy holding our weekend classes at both LEAF Center and LEAF Stone Garden. In August, we will continue to offer Beginning Yoga and Part 2 of our Herbal Medicine class plus much more. Details and class schedules are below. We hope you'll come join us!



LEAF

Weekend Fun

CLASSES



Are you interested in taking an outdoor yoga class to stretch your muscles? Or how about learning about making your own worm composting bin or learn about how honey is made and then journey into our beehives and hold a frame of buzzing honeybees? We will be holding classes all summer. Check out our Weekend Fun Class schedule from August through September below.

LEAF Supporters who have a LEAF Annual Membership or a LEAF Community Gardener Membership get a 30% discount on all classes. The memberships and class fees are used to pay for supplies as well as our ongoing efforts to develop our Community Garden and Food Gardens.



Beginning Yoga

with Sejal and Aarti

Become refreshed and renewed in this outdoor yoga class.

Saturdays, 9:30am - 10:30am @ LEAF Center

CLICK ON A CALENDAR DATE BELOW TO REGISTER

INSTRUCTORS: AARTI (AUG 5), SEJAL (AUG 12-SEP 16)





Herbal Medicine Part 2: Maker's Class

with Katie

Sunday, Aug 6th, 10:30am - 12:00pm @ LEAF Stone Garden

Make practical medicines to keep in your first aid kit. These include; a smudge stick, thyme honey, and a first aid ointment using calendula infused oil. Take home the ointment that you make!

CLICK ON A CALENDAR DATE BELOW TO REGISTER



Intro to Beekeeping

with Syndee

Sunday Aug 13th, 10am - Noon @ LEAF Stone Garden

Learn about honey bee superpowers, their anatomy and daily jobs. Then suit up in bee jackets, go into hives and handle hundreds of buzzing bees.

CLICK ON A CALENDAR DATE BELOW TO REGISTER





Makers Class: Create Your Own Worm Bin

with Elaine & Joyce

Saturday, Aug 19th, 11:00am - 12:30pm @ LEAF Center

We will show you several different kinds of worm composting bins and explain the pros and cons of each. Then, we will demonstrate building one, and then you can build one to take home.

We will supply bin, bedding media, and your own pet worms.

CLICK ON A CALENDAR DATE BELOW TO REGISTER



Starting Plants from Seeds and Stems

with Alan

Saturday, Sept 9th, 11:00am - 12:30pm @ LEAF Center

Learn techniques for propagating plants from seeds, cuttings from stems, and leaves of plants. We will demonstrate several methods and then you try it yourself. Take home the sowed seeds and cuttings you've started.

CLICK ON A CALENDAR DATE BELOW TO REGISTER





Botanical Illustration

with Joyce

Saturday, Sept 16th, 11:00am - 12:00pm @ LEAF Center

Anyone can draw with practice and a little inspiration from the outdoors. In this special class, you'll be working with pencil, paper, and plants from the garden to practice some beginning drawing skills.

CLICK ON A CALENDAR DATE BELOW TO REGISTER





Growing Mushrooms in a Monotub

with Katie

Saturday, Sept 23rd, 10:00am - 11:30am @ LEAF Center

This class is for all beginner mycology enthusiasts who want to learn the basics of growing mushrooms at home. We introduce you to the different stages of mushroom growth, accessing spores or culture of the mushrooms you want to grow, colonizing mycelium in sterilized grain bags and fruiting your favorite mushrooms.

CLICK ON A CALENDAR DATE BELOW TO REGISTER



Students

FOR



LEAF



“The Leaflets” enjoying an ice cream break between learning exercises.

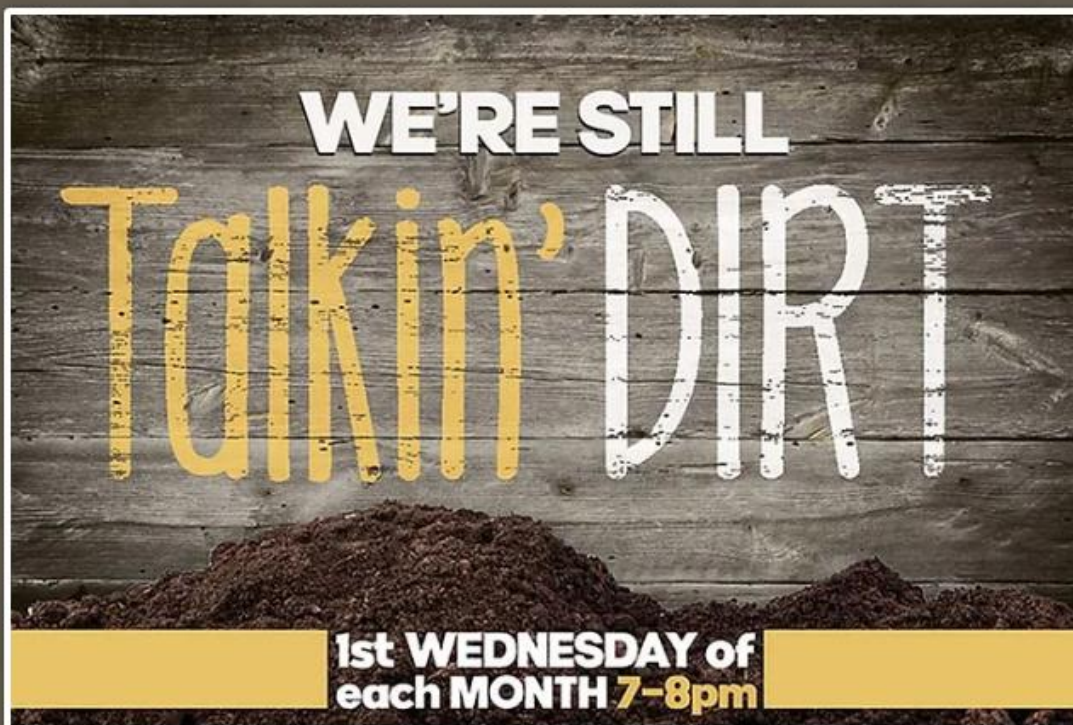
Our 2023 Students for LEAF Summer Program kicked off in June. The “Leaflets”, their new nickname, learned how to create basic landscape designs, clean garden beds, transplant seedlings, propagate seeds and cuttings, harvest veggies and herbs, seal redwood boards with paint, and much more! These will continue to work with us until they go back to school a little later this month.

Earth Day

RECYCLING

Our 2023 Earth Day Recycling Event was a joint effort with Eevie and three local Girl Scout Troops to collect crayons, socks, bras and textiles. The final totals are in! You collected a whopping total 467 pounds of socks, bras, crayons and fabric scraps that will be reused and/or repurposed instead of going to the landfill. Thank you Sara of Eevie, Fremont Girl Scout Troops, and YOU for your contributions!





When the hot sun makes your gardening tools too hot to handle, take refuge indoors and online with your fellow gardening enthusiasts! Join us online on the first Wednesday of each month from 7PM to 8PM. Log on and be enlightened with answers to all your gardening questions. Regardless of your level of experience in gardening, we'd love to have you!

Our next online gatherings are . . .

WEDNESDAY AUG 2ND & SEP 6TH

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 . . .

SATURDAY AUG 12 & SEP 9



Fruit Tree Gleaning



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 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.

Fresh unblemished fruit only, please!

Here's what's growing in the neighborhood!



YTD GLEANINGS: 501 lbs.

Got questions? We've got answers at info@fremontleaf.org.

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



At LEAF, we work year-round to feed our community by planting, nurturing, and harvesting fresh produce that we donate our food banks. If you'd like to be a part of our volunteer gardening team, contact us at volunteer@fremontleaf.org.

DONATIONS YTD: 2,304 lbs.

