

The More You Sow Newsletter

Vol.03 Oct.. 2022



School Garden Spotlight



Hawthorne Avenue School has been blessed with having Hawthorne Avenue Farm right across the street for the school and students to benefit from. A site that used to be an open lot was turned into a 3-acre plot of land growing local, organic produce for our local communities. The farm has everything from a school garden, huge farm, a massive community garden with over



280 raised beds, and an orchard with all sorts of fruit trees including apples, peaches, pears, figs and cherries!

Recently, students celebrated another successful Fall Harvest Festival with us! FoodCorps Service Member, Bridgette Byrd, took the lead and planned an amazing day filled with all sorts of activities for students including many taste tests around pears, apples, tomatoes, and more. We also had students learn about food waste and composting with Java's Compost and ended with an interactive bugs and insect activity!



Lesson of the Month



September flew by, and we are almost in October! Even though the weather is getting cooler, we still have time to grow a bunch of cool-season veggies through a fun hands-on activity. You will need just a small ziploc bag, cotton ball, string, and a handful of radish seeds. Moisten up the cotton ball and roll a bunch of radish seeds on it and seal it up. You will see a bunch of sprouts in 1-2 weeks to plant outside!



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Newark Heroes

For the past few festivals held at Lincoln Elementary School, we have had the privilege of collaborating with Apiary in the Sky. They are an urban beekeeping organization focused on bringing nutritious food sources to the city and inspiring a shift to food sovereignty, eliminating pollution, and increasing sustainability around Newark. At these festivals, Marcellis has always left

an impression on the students as he wears his beekeeping outfit, showcasing all the tools he works with around bees and giving the students an amazing chance to try fresh, local honey that he harvested from his bee hives.



Upcoming Events

10/5- Prince Street Farm Stand @ 3pm

10/8- Open Doors Kids @ 12pm

10/15- Family Fun in the Kitchen @ 11am

10/19- Prince Street Farm Stand @ 3pm

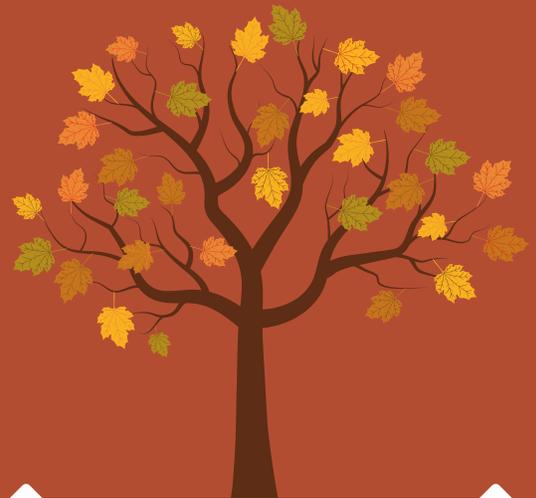
10/29- Clinton Hill Nourish to Flourish Farmer's Market @ 11am

To register, visit our website at <https://www.citybloom.org>

What's Happening Around Newark

On September 24th, Newark Science & Sustainability and Giving One Tenth Community Garden hosted another successful Harvest Table event. Our FoodCorps Service Members had a blast talking with all the great people they met as they handed out

samples of a Summer Farro Salad they made together! They ended the event making a lot of great connections and left with full stomachs!



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Garden Resources

Harvesting the plant you just grew for a while is an amazing feeling. What is even better is being able to dry and store your harvest for years to come! Drying herbs has been done for a very long and can help keep your herbs lasting with longer without compromising the smell and flavor. Simply leave the herbs



in a well-ventilated area with warm, dry air. In a few weeks, they should be all read to store in jars to be put away!

Grants

Check out these opportunities to help kick start your garden program!

[Budding Botanist Grant](#)

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Buggin' Out



Ever take a walk outside and flip over a log or rock and see a bunch of these little critters below? These amazing critters are called pill bugs or roly polys! They are decomposers in nature, meaning they eat dead plant materials and leaves which is super important! And believe it or not, but they are more closely related to lobsters than insects!



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