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9/11 Day of Service and Remembrance

On September 11th, 2001, our country experienced a great loss. We were not defeated though. If anything, we were made stronger. Many of us can remember how unified we felt as a country in the days and weeks that followed, and now, ten years later, it is our hope that by holding a day of service on the anniversary of that tragic day, we will revive that unity through volunteer-



ing our time in the service of those who have so valiantly served our country.

September 11th is now a National Day of Service and Remembrance. As part of President Obama's call to service, we at Grow Food, Grow Hope would like to give local veterans and their families our thanks. With the help of volunteers from the community, we will be putting together fresh produce

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A House Full of VISTAs By Sarah Bachman



As a non-profit, Grow Food, Grow Hope is dependent on donations and volunteers to accomplish many of its goals. We have been fortunate in recent years to receive grants from organizations like Toms of Maine as well as generous donations from members of the Wilmington community. These funds have helped us to expand our community garden and branch into new areas including our backyard and mobile garden initiatives. When we receive money, it only goes to purchasing supplies like seeds and tools. None of the money goes to paying anyone's salary; however, we do need a full time staff in order to carry out the mission of Grow Food, Grow Hope. That's where VISTA comes into the picture.

If you are at all familiar with GFGH and have interacted with the organization, you have probably done so through a VISTA, which stands for Volunteers In Service To America. They are the face of the initiative in many cases; helping to build raised beds,

planting backyard gardens, hosting workshops, and planning community events.

The VISTAs come to our organization through a grant from AmeriCorps and the Corporation for National and Community Service (CNCS). GFGH and Wilmington College do not pay them; instead these volunteers are paid a modest living stipend by the Federal Government. Over the summer, Grow Food, Grow Hope hosted 20 VISTA Summer Associates. These VISTAs were only here for 10 weeks but were instrumental in the day to day operations of the community gardens and various children's programs including Junior Master Gardener Camp. There are currently six VISTAs who have been granted to the organization. One, Rachel King, will end her term of service in November. The remaining 5 will be here until June of 2012.

If you benefit from any of the services offered by GFGH or participate in any of our events, you will be working with them. Here is an introduction.

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VISTAs

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Rachel King has been with Grow Food Grow Hope since November of 2010. She assists with Youth Outreach and is the Research & Data Analysis Coordinator. She is in charge of monitoring how many people in the community we serve, how much produce we harvest, and how many volunteer hours GFGH is responsible for. She oversees the GFGH preschool curriculums and preschool school gardens at several area pre-schools. She also operates monthly youth days at the farmers' market which introduce kids to healthy eating practices and sustainable gardening methods. On top of all this, Rachel is a mentor to residents who have raised beds at Cape May Retirement Community and she is a liaison to Sugartree Ministries, one of the donation sites for GFGH. When she leaves here, she hopes to get a job at Cincinnati Public teaching kindergarten to third grade.



Bernadette Gallagher comes most recently from Hobe Sound, Florida where she was volunteering in another AmeriCorps program with the Nature Conservancy. She is an Ohio University graduate with a B.S. in Wildlife Biology. She is originally from Avon, Ohio and is happy to be back in her home state once more so that she can visit with her family more often. Her position with GFGH is Backyard Gardens Coordinator. She spends a large chunk of her time doing home visits to 25 area families and helping people with their raised beds. She is also organizing the upcoming Tour de Farm. During her free time, she enjoys outdoor activities, including hiking and kayaking and participating in intramural sports like kickball.



Amy Volz is another WC graduate. She has a B.A. in Education and spent the last 9 months before coming to GFGH teaching preschool. She will be heading up the portion of Youth Outreach focused on elementary aged kids. Amy grew up in the Seattle, Washington area but moved to Ohio about four years ago. She and her husband have been volunteers with Sugartree Ministries for the last 3 years which is where she was introduced to GFGH. They live in Wilmington with their dog, Olive, and are expecting their first baby due in January.



Sarah Bachman is the new Public Relations Coordinator. She is originally from the Dayton area but since high school, has lived in such exotic locales as Burbank, California and Winter Park, Florida. She comes most recently from Portsmouth, Ohio where she was finishing a B.A. in Sociology from Shawnee State University. She also holds an A.S. in Film & Video Production from Full Sail University. She is the editor of this fine publication and oversees the GFGH website, Facebook and Twitter accounts. Sarah is also charged with organizing public events and will aid in expanding the Grow-a-Row program for GFGH over the coming year. She currently resides in Wilmington with her cats, Mojo and Bert and her rats, Gypsy and Ruby.



Michelle Kerschner comes to us from Litchfield, OH. She graduated from WC in the spring with a B.S. in Agriculture. While at Wilmington College she was a member of the Delta Theta Sigma Lil Sis Sorority, and a chair of the Relay for Life Committee. She is a second generation VISTA with the program. You may remember her sister Jennifer, who just completed her second year a few weeks ago and has gone on to a Science position at a local preschool. Michelle is in charge of Youth Outreach with a focus on Camps and Mobile Gardens. She is in the midst of preparing her mobile garden unit and will have it ready this fall so it can make visits to public schools in the area.



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Betsie Sweet is another WC graduate. She has a B.A. in Social Work with a minor in Psychology. She is in charge of Community Outreach. Currently she is working on various workshops that are part of the "Gardening on a Budget" series. She is also the liaison to Mulberry Street and Northland Court Apartments as well as Cape May Retirement Village where there 4 handicap accessible raised beds. While a student at Wilmington, she was a member of the Kappa Delta Sorority where she says she grew as a person and made lifelong sisters. Betsie currently lives in Mason, OH.



GFGH to Visit Area Elementary Schools By Grow Food, Grow Hope

As area students are heading back to school, so are we here at GFGH. We have been a fixture in area preschools for the past two years and have worked with kids of all ages through our Reed and Seed program. We are excited to continue Read and Seed as part of a two-year, rotating curriculum in three local preschools. This year, however, we are thrilled to be able to form new partnerships with the area elementary schools through our Learn + Grow program. With the help of the new GFGH VISTAs, we will be planning and organizing the elementary Learn + Grow program. We have been preparing for these visits by writing lesson plans and researching engaging activities for grades K-5th.

Another exciting program that will be starting in conjunction with our elementary and preschool programs is the Mobile Garden Unit. It will be a fun and enjoyable educational tool for the local schools. The Mobile Garden Unit is overseen by our new

VISTA, Michelle Kerschner. She is working on interactive and involved lessons, as well as making the unit (a truck leased from Wilmington College) a fun fixture in ele-



mentary school parking lots for all to enjoy. In addition to making school visits, the Mobile Garden Unit is also available to make visits to various special events and outings.

Some of the topics being covered by our

elementary Learn + Grow program and the Mobile Garden Unit are pollination, garden design, nutrition, soil, composting, origins of food and many others. These topics are all addressed with grade specific activities that are aligned with the Ohio Academic Content Standards. As always, our lessons will also focus on the benefits of local food production and sustainability.

The Mobile Garden Unit and our elementary Learn + Grow program are sure to get kids outside and in the dirt as they learn how to grow their own food, and the importance of eating healthy.

If you are a teacher or parent interested in more information on our programs, or want to schedule a visit please contact Amy Volz at (937)382-6661 x.596 or at amy_volz@wilmington.edu. You can also contact Michelle Kerschner at the number listed above or at her email, michelle_kerschner@wilmington.edu.

Backyard Gardener Spotlight By Sarah Bachman

Grow Food, Grow Hope oversees 91 garden plots in the surrounding area. There are the community plots on the campus of Wilmington College as well as community beds at two apartment complexes in the city. There are garden sites at Sugartree Ministries and the Demo Gardens at Denver Park. These are probably the gardens that people know us best for, but Grow Food, Grow Hope also oversees garden beds at the homes of over 25 families in Clinton County as part of our Backyard Garden initiative. Bernadette Gallagher, the AmeriCorps VISTA who oversees the backyard beds, makes weekly visits to each family to check up on their progress and answer any questions they might have. One such family with a backyard bed is the Goodhue Family.

Mike and Cindy Goodhue started gardening with Grow Food, Grow Hope in early spring of this year after stopping at our information table at Kroger. They signed up because they liked the idea of saving money and growing fresh food for themselves at home. When asked if their backyard plot has benefited them this summer, Mike responded enthusiastically, “yes. Immensely”, as he gestured to his belly. Cindy rolled her eyes a little and added, “Our granddaughter has learned a lot from the garden. We’ve been teaching her how to grow her own food and there isn’t a vegetable out there that she won’t eat. She doesn’t even wait to bring things inside to rinse them off. She just picks them and eats them.”

They are helping to raise their 7 year old granddaughter, Maggie, but since Cindy was laid off from DHL last year, the Goodhues live on a fixed income. This being said, they both agree that their garden allows them to maintain a more balanced diet. In addition to that, Mike and Cindy say that having a garden at home is more accessible than a plot at the community garden. Free spirits, the pair of them, they admit to checking on their garden in their pajamas. “It’s simply too convenient not to,” says Mike.



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Want more information? Visit us online at www.growfoodgrowshope.com

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Their backyard is on the edge of a wooded area and the deer have been very destructive this summer. Just a few weeks ago, Bernadette came for a visit and saw that their corn (which they had planted in addition to the vegetables in their raised bed) had been trampled and the cobs gnawed on. Local wildlife has been a nuisance for several gardens overseen by GFGH, but depending on the location, some are worse than others. The Goodhues are considering adding a wire fence to the perimeter of their garden so that next year they won't have to worry about anything. In spite of the deer, Cindy says she froze nine pounds of green beans which she harvested from her raised bed and she still has tomatoes and zucchini com-

ing in. Bernadette brought them some cold weather crop seeds a few weeks ago and they are awaiting peas and lettuce now as well.

The Goodhues plan to take part in the backyard program again next year if they can. They would like to get started a little earlier in the season though. This year, there was a lot of rain and things got planted late, which meant that less could be harvested at the peak of the season. Cindy wants to implement a planting rotation next year so that whenever she frees up a space in the bed, she can have something else ready to plant, "after all," she says, "you're planting this to feed your family through the winter, not just right now". We think that's an excellent way to look at it.

Upcoming Fall Events

- 9/11 - National Day of Service & Remembrance
- 9/13 - Read and Seed at Patri-tots Learning Center @ 10 am
- 9/13 - Gardening on a Budget Workshop: *How to build a raised Bed*
- 9/14 - Read and Seed at Clinton County Head Start @ 10 am and 2 pm
- 9/15 - Read and Seed at Clinton County Head Start @ 10 am and 2 pm
- 9/22 - Farm to Table Dinner (\$)
- 9/24 - Tour de Farm (\$)
- 9/24 - Youth Day at the Farmers Market
- 9/28 - Read and Seed at Wilmington Child Care and Learning Center @ 10 am
- 9/29 - Read and Seed at Wilmington Child Care and Learning Center @ 10 am

September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11 	12	13 	14 	15 	16	17
18	19	20	21	22  Farm to Table	23 	
25	26	27	28 	29 	30	

Summer Recipe: Cucumber Melon Smoothie

This is a great way to start the day or cool off after working out in the garden. We recommend trying different variations (for example, use 1 cup of plain yogurt in place of one of the cups of milk or use two kinds of melon). If you want to make it a little sweeter, add a tablespoon of agave syrup or for a less sweet smoothie, use more cucumber than melon or use plain milk instead of flavored.

Ingredients

- 2 cups honeydew or cantaloupe
- 1/2 cup cucumber peeled
- 2 cups vanilla flavored almond or soy milk
- 1-2 cups ice

Directions

Combine all ingredients in a blender and process until smooth. Enjoy.



Grow Food, Grow Hope Needs YOUR Help!

We are in great need of a few items to make our season run a little more smoothly. Needed items are:

- Ziplock Freezer Bags
- Hoses
- Pruning Sheers

If you would like to make a donation of any of these items, please call Meghan Otto at (937) 382-6661 ext. 321 or send an email to:

Meghan_otto @ wilmington.edu



Free Workshop: Raised Garden Beds

At the Friends of Hope Community Garden and in the backyard plots, families grew all of their melons and herbs and tomatoes in raised beds. Raised bed gardening is an excellent way to utilize a small space, as we proved throughout the summer by designating a plant to each square foot. Gardeners also found that weeds were less abundant within the wooden borders of their raised beds.

Many members of the community have expressed an interest in learning how to do raised bed gardening at home and so, we have scheduled a Raised Garden Bed Workshop into our *Gardening on a Budget* series.

The workshop will be held on Tuesday, September 13th on the campus of Wilmington College. There will be a demonstration on how to build a raised bed from scratch and plant fruits and vegetables using the square foot method, as well as a discussion on how to start a few cool weather crops before the onset of winter. Materials will be provided at this free workshop and participants will go home with detailed diagrams for building a raised bed of their own as well as a few seeds to get them started.

Space will be limited so we ask that all interested parties please RSVP by September 6th. Call Betsie Sweet, an AmeriCorps VISTA with Grow Food, Grow Hope at (937)382-6661 ext. 693 or send an email to betsie_sweet@wilmington.edu. We look forward to seeing you there!



What: *Gardening on a Budget*: Raised Garden Bed Workshop
When: Tuesday, September 13th at 6:30 p.m.
Where: The Mason Center in Kettering Hall located on College St. on the Wilmington College Campus. (Don't worry, we'll put up signs)
RSVP to: Betsie Sweet at (937)382-6661 ext. 693 or Betsie_sweet@wilmington.edu
Cost: FREE

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and baked goods baskets for veterans. The fruits and vegetables will come from the College Farm and other local plots operated by Grow Food, Grow Hope, while baked goods will be collected through donations.

The event will begin at 1 p.m. on Sunday, September 11th at the Center for Service and Civic Engagement on the Wilmington College campus. We will be picking vegetables and putting together baskets which we will then deliver to local veterans. We are also hoping to lend a hand at the homes of veterans by doing some light yard work, including weeding, hedge trimming and raking.

If you are unable to help on the day of the event, but would still like to be involved, we are asking for donations of baskets of all sizes and baked goods – (cookies, brownies, jams or jellies, and breads). All homemade foods need to be made fresh the day before the event and volunteers will be available to come to your home on the day of to pick them up. The items can also be dropped off at the CSCE on the 11th by 1 p.m.

In the baskets, we would also like to include words of thanks from k-12 students and members of the community. If you are interested in writing a thank you note to a service man or woman, all letters need to be received by Friday, September 9th. They can be dropped off in person at the CSCE or sent to GFGH.

With the resources we have available, we hope to impact about 15 service men and women and their families in Clinton County. We are reaching out to veterans from all wars and are currently seeking candidates who could benefit from the donations. If you



would like to nominate a veteran or family of a veteran for this event, please contact us. If you have general questions about the Grow Food, Grow Hope Day of Service or would like to sign up to volunteer, please come to the CSCE or contact Sarah Bachman, an AmeriCorps VISTA with Grow Food, Grow Hope at (937)382-6661 ext. 693 or sarah_bachman@wilmington.edu

If you would like to know more about the National Day of Service, please visit the website <http://www.serve.gov/sept11.asp>.





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The **Grow Food, Grow Hope Garden Initiative** is a community food project dedicated to increasing access to fresh and nutritious food for the neediest members of our community. By increasing food security, we aim to eliminate the effects of poverty.

To that end, we facilitate a community garden for low-income families, we grow bulk vegetables for area food banks, we organize and fund backyard garden installations around our community, we teach children how to garden and we promote local farmers' markets and local businesses.

By growing a little food, we can sow a lot of hope.

Come grow with us.

