



A PROGRAM OF THE GREATER LANSING FOOD BANK

GARDEN NOTES

from The Garden Project



The Garden Project distributes over 20,000 plant starts and nearly 8,000 seed packets at our Resource Center in Foster Park each season!

Growing Healthy Food - Cultivating Connections

What's Inside:

Resource Center Information

Calendar of Workshops, Classes & Events

Favorite Recipes

Volunteer Feature

Wish List

And more!

30 Years, Still Growing...

In 1983, the Self-Help program of the Greater Lansing Food Alliance began to coordinate a network of around nine garden projects. Today, in 2013, The Garden Project of the Greater Lansing Food Bank helps a network of over 90 community gardens and almost 7,000 individuals access food through gardening. There have been a few name changes along the way, from staff to organization name, but we still do many of the same things, all so we can help people in our community grow their own food. **Our continued existence and growth over the past 30 years has only been possible with the support of this generous community that we live and work in.**

As we look to the future, we see room for more expansion and growth in the new counties (Shiawassee, Gratiot, Clare, and Isabella) that the Greater Lansing Food Bank now serves and wonder how many more gardeners and families we can help grow healthy, nutritious food.

Speaking of name changes, we've had a few this spring and I want to make sure everyone knows who is on our staff this season.

Alex Bryan – Garden Project Manager

Julie Lehman – Garden Program Coordinator

Ramona Spencer – Garden Outreach

Brad Graham – Garden and Gleaning Coordinator

Laura Wies – Lansing Roots Manager

Neal Valley – Gardens and Growers Coordinator (Americorps)

Anna Kaschner – Roots Markets and Sales Coordinator

Dilli Chapagai – Garden Services Coordinator (Americorps)

Kellie Green – Garden Services Coordinator (Americorps)

Courtney Kosloski – Communications and Administration

By embracing our past and growing into the future, we are excited to be helping our community. Thank you for growing with us.

Sincerely, Alex Bryan

JUNE 2013

June 1: RC OPEN
10am-1pm

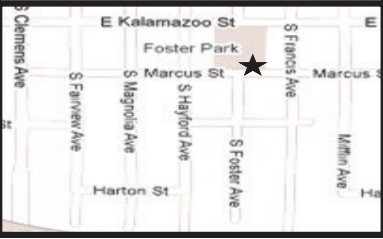
MON	TUES	WED	THURS	FRI	SAT
3	4 Resource Center Open 5-7pm	5 Resource Center Open 10am-1pm	6 Resource Center Open 5- 7pm	7	8 Resource Center Open 10am-1pm
10	11 Managing Cover Crops Effectively 5:30pm @ Flood Plain Farms—705 S. Francis Resource Center Open 5-7pm	12 Resource Center Open 10am-1pm	13 Resource Center Open 5-	14	15 Resource Center Open 10am-1pm
17 Marketing & Selling Produce 6pm @ Urbandale Farm— 700 block of S. Hayford	18 Herbs: From Garden to the Kitchen 6pm @ Resource Center Resource Center Open 5-7pm	19 Resource Center Open 10am-1pm	20 “Third Thurs” Potluck 6pm @ Prospect Place ~ 1425 Prospect St. Resource Center Open 5-	21	22
24	25 Resource Center Open 5-7pm	26 Resource Center Open 10am-1pm	27 Resource Center Open 5-	28	29

What's at the Resource Center?

- **Tools:** for you to borrow—shovels, hoes, rakes, and more.
- **Seeds:** select some to get your garden started. We have some but not all varieties. Support local businesses if you're able.
- **Plants:** as they become available, mostly after Memorial Day.
- **Educational resources:** books, videos, fact sheets and more. Meet other gardeners.
- Please note, we may limit distribution to ensure fairness.

2401 Marcus St. (48912)

Corner of Foster and Marcus, one block south of Kalamazoo. On Lansing's East Side.



JULY 2013

MON	TUES	WED	THURS	FRI
1 RESOURCE CENTER CLOSED	2 RESOURCE CENTER CLOSED	3 ALL WEEK →	4 Happy Independence Day!	5
8	9 Resource Center Open 5-7pm	10 Resource Center Open 10am-1pm	11 Managing Common Veg Diseases 6-7:30pm @RC	12
15 Weed Management & Cultivating 6pm @ Lansing Roots Farm ~ 1084 S. Hagadorn	16 Resource Center Open 5-7pm	17 Resource Center Open 10am-1pm	18 “Third Thurs” Potluck 6pm @ Riddle Elementary ~ 221 Huron St.	19
22	23 Resource Center Open 5-7pm	24 Resource Center Open 10am-1pm	25 Annual Community Garden Tour! 5:30-7:30pm @ Resource Center	26
29	30 Resource Center Open 5-7pm	31 Resource Center Open 10am-1pm	* Resource Center open by appointment only in August.	

Resource Center Summer Hours

June...

- Every Tues & Thur, 5.00 pm - 7.00 pm
- Every Wednesday, 10.00 am - 1.00 pm
- Saturdays: June 1st, 8th & 15th from 10 am- 1.00 pm

July...

- Every Tues, 5.00-7.00pm
- Every Wed, 10am- 1pm
- Closed the 1st week of July

August... By appt. only

WORKSHOPS, CLASSES & EVENTS

FOR MORE, VISIT:

**WWW.LETS
GARDEN
LANSING.ORG**

HERBS: From the Garden to the Kitchen Workshop

TUES 6/18 6 -7:30 pm

@ Foster Park Resource Center
Call (517)853-7809 to register

Learn about culinary, medicinal & therapeutic uses of locally grown herbs!

"Third Thursday" Potlucks!

6pm on the 3rd Thursday of every month from April - September

Meet others interested in growing food & cultivating connections. Everyone brings a dish and shares in a wonderful meal! Each month at a different garden. You'll talk, laugh & connect with other gardeners and neighbors.

- 6/20 Prospect Place @ 1425 Prospect St., Lansing
- 7/18 Riddle Elementary @ 221 Huron St., Lansing
- 8/15 Rainbow Homes @ 2111 Adelphia Avenue, Holt
- 9/15 Roots Incubator Farm Harvest Celebration @ 1084 S. Hagadorn Rd., Mason

MANAGING Common Vegetable Diseases Workshop

THURS 7/11 6 -7:30 pm
@ Foster Park Resource Center & Demo Garden
Call (517)853-7809 to register

Learn to identify and manage common garden diseases with organic and chemical methods. Bring your own samples to be identified!

Salsa Making Workshop

WED 8/21 6 -7:30 pm
@ Foster Park Resource Center
Call (517)853-7809 to register

Learn the basics of creating your own perfect garden-grown salsa in this hands-on workshop.



PERENNIAL PLANT Workshop & Exchange

SUN 9/15 4 - 7 pm
@ Foster Park Resource Center
Call (517)853-7809 to register

Learn about the benefits of adding perennials to your garden with a hands-on workshop from 4-5pm, followed by an exchange from 5-7pm. Bring divided plants to share or select from our demo garden.

Lansing Roots Workshops

- **Marketing and Sales of Produce**
MON 6/17 6-7:30 pm ~ @ Urbandale Farm
653 S. Hayford, Lansing
- **Weed Management and Cultivating Tools**
MON 7/15 6-7:30 pm ~ @ Lansing Roots Farm,
1084 S. Hagadorn, Mason
- **Organic Pest Management**
MON 8/12 6-7:30 pm ~ @ Lansing Roots Farm,
1084 S. Hagadorn, Mason
- **Cover Crops for Gardens & Small-Scale Farming**
MON 9/16 6-7:30 pm ~ @ Lansing Roots Farm,
1084 S. Hagadorn, Mason



Lansing Roots— A new program of the GLFB focused on helping growers sell produce and starting small-scale farm businesses. For more information contact Neal at neal@greaterlansingfoodbank.org or at 517-853-7814.

GREATER LANSING
foodbank
LANSING ROOTS

Please join us for our

Annual Community Garden Tour


Thursday, July 25th, 5:30 –7:30pm
Starting at Foster Park Resource Center
(2401 Marcus St., Lansing 48912)

By bus, bike or foot, tour some of the community gardens that make our Lansing neighborhoods unique. Guided tours will feature the stories, people, plants and food of new and established gardens. Don't miss this local, summer tradition!



Important DATE!

Recipes
From the
Garden



— Easy Breezy Mediterranean Vegetable Salad —

(Recipe courtesy of hungrypoodle.com)

Ingredients:

-1 bunch of scallions, white and green parts, thinly sliced	-1/4 cup fresh basil, julienned
-1 pint grape tomatoes, halved	-1/4 cup fresh mint leaves, chopped
-1/2 to 1 seedless cucumber, quartered lengthwise and diced into 1/2" pieces	-1/2 cup fresh lemon juice
-1 (15-oz.) can chickpeas, drained and rinsed	-2 garlic cloves, minced
-1/4 cup parsley, chopped	-1/2 cup olive oil
	-4-to-8 oz. diced feta cheese

Directions:

Place scallions, tomatoes, cucumber, chickpeas, parsley, basil and mint into a large serving bowl.

Whisk together lemon juice, garlic, 1 t. salt and pepper. Slowly whisk in olive oil, or just shake up in a jar.

Lightly dress the salad and taste for seasoning. Add the feta cheese and toss gently. Serve with toasted pita bread.

We Our Volunteers



The Garden Project celebrated Earth Day at the Village Summit Gardens. Thank you to the 100 Comcast Cares Day volunteers for their great work and to the Land Bank for their ongoing partnership.



MSU
Volunteers



LILAC GARDEN.
Thank you MID-MEAC!

Summertime Gardening Tips!

- Water during the morning or early evening if you can and direct water toward the root system, not the leaves. **Once established, most plants will do better with a few deep soakings rather than repeated light watering.** However, don't let freshly planted seeds and seedlings dry out.
- **Hoe out weeds while they're small**, and cover (mulch) the bare soil in rows, beds, and pathways to keep moisture in and weeds down. Grass clippings, shredded paper, and leaves make great free mulch. We will have straw available at our Resource Center after Memorial Day.
- If you're growing vine-type (indeterminate) tomatoes, prune off side-shoots to leave only one or two main stems for best production.

VOLUNTEERING - *An Intense Satisfaction*

Sekhar Chapagai, a former Bhutanese Refugee who settled in Lansing in 2009, started volunteering at the Garden Project in 2010. As the son of farmer, he was interested in volunteering to share his experience with other growers from different multi-cultural and ethnic communities.

Furthermore, Sekhar acts as a mediator between non-English speaking Bhutanese and English speaking peoples during our garden programs. According to him, "Volunteering for the Garden Project is a means of 'meeting and greeting' which helps new people to interact, share ideas, and develop broader views of oneness. It also gives me an intense satisfaction. Satisfaction comes from the bottom of the heart when people appreciate your service. Beyond these reasons, I also want to let people know that volunteering is giving, so don't be mean. Give what you can because it will give you something back."

His incredible services, diligence, and positivity are praiseworthy and will always be appreciated. We are fortunate to have great, hardworking volunteers at the Garden Project; Sekhar Chapagai is one of our dearest. We are grateful for his continued support in the forth coming days.

- Dilli R Chapagai



Volunteers helped us with our first big project on May 6th when we constructed a **hoophouse** with the experts from **Nifty Hoops** out of Ann Arbor. Staff, interns, *AmeriCorps* members with the Power of We Consortium & community supporters put up a whole structure in a day, & shared a delicious lunch prepared by GLFB's Alex Bryan.



On the eve of the 30th anniversary of the Garden Project, we're excited to finally debut the **farm-site** for our new program, "**Lansing Roots.**" Roots, launched in October 2012, is a farm incubator, where new farmers can launch their businesses with access to training, shared tools, technical assistance, and marketing support. There will also be a half-acre, educational **Demonstration Farm**, meant to showcase different growing strategies and crops, while producing produce for donation and distribution through our network of food pantries.



For more information about the program, or to find out about volunteer opportunities, contact the Lansing Roots Program Manager, Laura Wies, at Laura@GreaterLansingFoodBank.org or 517.853.7813.

The Garden Project continues to GROW! TEN new gardens are granted startup funds!

- 1) St. John-Ovid Masonic Lodge; victorygardensclintoncounty@hotmail.com
- 2) St. Stephens Church- Coronado Garden, Delta River Twp.; kmranger@frontier.com
- 3) Harrison Co. Library's Read & Feed Garden; <https://www.facebook.com/ReadandFeed>
- 4) STEM Academy, Lansing; marybeth.braddick@lansingschools.net
- 5) Leslie Congregational; revbethie@mac.com
- 6) Lansing's EVE House
- 7) Eaton Rapids Husky Horticulture Program
- 8) Grand Ledge Community Garden; skutief lutie@gmail.com
- 9) Shiawassee Hunger Network; rparsons@shiawasseeunitedway.org
- 10) Eaton Rapids High School Science Department



MAY 5th
work day at
Leslie
Congregational!



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***Growing Healthy Food,
 Cultivating Connections***

P.O. Box 16224

Lansing, MI 48901

PHONE (517) 853-7809

FAX (517) 853-7817

gardenproject@greaterlansingfoodbank.org

www.GreaterLansingFoodBank.org

THANK YOU to our donors and volunteers for all of your hard work and generosity!



Garden Project's Wish List:

Garden Equipment

Garden Tools (Hoes, Rakes, Shovels, etc.)

Drills (corded or cordless)

Wheelbarrows

Compost Buckets/
Composter

Rain Barrels

Services

Fruit Tree Pruning Services

Trucking, 5+ yard capabilities for compost and debris hauling (free or heavily reduced fee)

Volunteers at the Resource Center

Extras

Potting Soil

Extra Plant Starts

Canning Jars and Coolers

Large, plastic bins with lids, 40+ quart

- We are in need of some donated resources (listed to the right)
- Your donations are **tax – deductible**
- Please share with others who may want to help
- Any size donation is greatly appreciated!

THANKS!

If you have materials to donate from the list, please contact us at gardenproject@greaterlansingfoodbank.org with item, quantity, and your contact information or call 517-853-7809.