



“Helping the community where we can and bringing people together to do good things... Imagine the community you want to live in, and then spend a little time every day taking small steps to create it!”

The Caring Community
Summer/Fall 2024 Newsletter issue
www.thecaringcommunity.love

Gardens Matter Day – Saturday October 5, 2024 – 10 a.m. to 1 p.m.!

TOWN OF DAVIE HOSTS GARDENS MATTER DAY

DAVIE, Fla. – The Town of Davie is excited to announce the return of Gardens Matter Day, a spectacular event dedicated to celebrating the art of gardening. This free event promises a day filled with fun activities, educational workshops and hands-on experiences for gardening enthusiasts of all ages and skill levels.

Gardens Matter Day will take place on Saturday, October 5, 2024, at the Davie Community Gardens, located at the Robbins Lodge Preserve Park, 4005 S. Hiatus Road. The event is scheduled to run from 10 a.m. to 1 p.m. and includes outdoor exploration and learning opportunities.

Workshops will be hosted by gardening experts who will share their knowledge over a range of topics including:

Intro to Gardening by Dylan Bastos

Vermi Composting by Lorna Bravo

Microgreens vs. Sprouts by Jeannie Schmidle

History of Agriculture in Davie by Kim Weismantle

Additional activities include food trucks, vendor booths and planter kit giveaways. Registration for the event is not required.

For more information, contact the Parks, Recreation and Cultural Arts Department at 954-797-1181 or email specialevents@davie-fl.gov



“Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace.” ~ May Sarton

Claire Measel/Jessica Vella/Robin Anderson/Susan Moss, HOPE Outreach Food Bank Garden Co-Leaders hopeoutreachfoodbankgarden@gmail.com

Summer is a time of slowing down, so some of us took advantage of the opportunity to attend a Cover Cropping class at Tree Amigos Growers. Those guys know their... uh... stuff! Enough already with the 95-degrees-feels-like-105 heat advisories. Bring on the funk, bring on the Fall. It's time to start planting again, so we can follow our Mission Statement: Grow/Harvest/Donate to Food Pantries. Can't wait... 😊



Despite the heat, we've been lucky to garner a few new volunteers over the summer. Welcome Rebekkah, Eileen (not pictured), and Luiza (Claire intentionally decapitated herself (ha!)). We haven't forgotten about the Reading and Weeding event, which was a lovely gathering last year. Probably late-Fall, early-Winter.



Dylan Bastos, The Caring Community Davie Educational Garden at Robbins Park, dylanbastos2008@gmail.com

The Robbins Food Forest has experienced quite a few changes over the past three months! First and foremost, I'm proud to be taking over the role as Robbins Garden Leader as my older brother Kyle will be heading off to the University of Florida in the fall where he will get his Bachelor's degree in Microbiology and Cell Science and go on to medical school. Having volunteered with him at the Robbins Garden for the past 2.5 years, I've enjoyed seeing how much our weekly efforts have transformed the food forest. We've been fortunate to have a large number of volunteers recently who have helped us plant butterfly pea, dragonfruit, turmeric, aloe, pigeon pea, okra, cowpeas, sunflowers, sweet potatoes, and Everglades tomatoes. We hosted a private workshop for a local Montessori school in April, and students from age 3 to 14 enjoyed eating mulberries, digging for sweet potatoes, and tasting a variety of foods throughout the food forest. We've painted new signs, harvested over 70 pounds of papayas and bananas for the food pantry, and kept up with the regular maintenance of weeding, watering, mulching, and adding nutrients through aged compost.



As we look ahead to the fall I'm looking forward to working with the Town of Davie on hosting our second annual Gardens Matter Day and hosting our third series of Garden Workshops. I'm also looking forward to working with other high school volunteers on expanding the presence of community gardens in Davie and our surrounding areas, continuing to apply knowledge learned about nematodes and carbon/nitrogen ratios through attending Tree Amigos workshops, and further diversifying our selection of fruits and vegetables for the food forest. I hope you'll join us!

Injie/Scott Holtzman, South Creek Sanctuary Food Bank Donation Garden, scottholtzman@mac.com



Volunteer Days are Tuesdays, 4-7 p.m. The sanctuary garden is always flowing and needs/work will vary from week to week. Depending on the week there is also a possibility to have a nice community meal after and perhaps a fire - and maybe some musical jams! Please bring, most importantly, your enthusiasm, an open heart and a desire to serve each other and have fun! Direct-message Injie to confirm attendance: <https://www.facebook.com/groups/686570185959258/user/851114522/>

Katy Cain, Gleaning for Good/Society of St. Andrew (soSA) SE Florida Area Coordinator, sfgleaning@endhunger.org 954-643-4502

After two bonkers years for mangoes, the trees have decided to rest this season. The pickings for mangoes may be slim, and the avocados are slowing down and will be finished in October. We'll have a break and reset before our winter vegetable season begins in December. If you are interested in gleaning with us, please reach out to our area coordinator: Katy at 954-643-4502. I will be posting dates here as soon as I have them: <https://www.mobilize.us/endhunger/>



Calendar of Events – October/November/December 2024

HOPE Outreach Food Bank Garden, Marando Farms (behind the barn), 5151 SW 64th Ave., Davie FL
Workdays every Saturday from 9-11 a.m. to plant, weed, harvest, mulch (whatever needs doing!); the first Thursday of each month as well!

Robbins Lodge Park, 4005 S. Hiatus Rd., Davie FL (across from the playground)
Workdays every Saturday from 9-11 a.m. to plant, weed, harvest, mulch (whatever needs doing!)
Classes will resume in the fall... 😊

Teacher Self-Care Stations, Pioneer Middle School, Employee Assistance Program building, 5400 SW 90th Avenue, Cooper City (2nd portable on the right): Still hoping for new funding (fingers crossed); volunteer dates announced soon!

South Creek Sanctuary Food Bank Donation Garden, 551 Palmetto Dr, Coconut Creek FL
Workdays every Tuesday, 4-7 p.m. to plant, weed, harvest, mulch (whatever needs doing!): If interested, contact Injie at scottholtzman@mac.com

Gleaning for Good (various locations, various hours); if interested, contact Katy (see p. 3)

For All Outdoor Events: Bring your water and gardening gloves. Optional items: trowel, pruners, if you have them.

La Zoola Pop-Up Market

Sunday, October 20, 1-4 p.m.: Hollywood Uni Community Garden, 2210 Pierce Street, Hollywood FL
Come buy, barter, or trade local! Fresh-grown fruits and veggies, plants, prepared foods, tinctures, tonics, arts and crafts, and much more! FREE to vend and attend!!!
November 2024-April 2025 TBA... 😊

To volunteer, please go to the link below to fill out and submit the form. After your response is received, someone from our organization (another volunteer) will contact you to discuss upcoming events/volunteer opportunities:

<https://love.us1.list-manage.com/subscribe/post>



(Garden by Piet Oudolf)

You as a Garden by Patti Digh

"On the day you're born, you're given a little plot of rich and fertile soil, slightly different from everyone else's. And right away, your family and your culture start to plant things and tend the garden for you, until you're old enough to take over its care yourself.

They plant language and attitudes and knowledge about love and safety and bodies and pleasure. And they teach you how to tend your garden, because as you transition through adolescence into adulthood, you'll take on full responsibility for its care.

And you didn't choose any of that. You didn't choose your plot of land, the seeds that were planted, or the way your garden was tended in the early years of your life.

As you reach adolescence, you begin to take care of the garden on your own. And you may find that your family and culture have planted some beautiful, healthy things that are thriving in a well-tended garden.

And you may notice some things you want to change. Maybe the strategies you were taught for cultivating the garden are inefficient, so you need to find different ways of taking care of it so that it will thrive. Maybe the seeds that were planted were not the kind of thing that will thrive in your particular garden, so you need to find something that's a better fit for you.

Some of us get lucky with our land and what gets planted. We have healthy and thriving gardens from the earliest moments of our awareness.

And some of us get stuck with some pretty toxic crap in our gardens, and we're left with the task of uprooting all the junk and replacing it with something healthier, something we choose for ourselves."

—Emily Nagoski from *Come As You Are*

A friend always told me a garden is a 10-cent plant in a 10-dollar hole. Maybe we need to nourish our soil first.

Garden well, my friends. Perhaps it is time to weed in the mornings before the hot sun of midday? Is it time to choose your own plants and the ways you will nurture them?

Love, Patti

Movie and Book Recommendations

The Need to Grow (Prime Video):

With only sixty years of farmable soil left on Earth, and the increased threats of climate change, the need to rethink how we use earth's natural resources has never been more important. The Need to Grow takes an intimate look into the hearts of activists and innovators in the food movement who are redesigning our future; an eight-year-old girl who challenges the ethics of a beloved organisation, a renegade farmer struggling to keep his land as he revolutionises resource-efficient agriculture, and an accomplished visionary inventor facing catastrophe in the midst of developing a game changing technology." grow.foodrevolution.org

Thus Spoke the Plant: A Remarkable Journey of Groundbreaking Scientific Discoveries and Personal Encounters with Plants by

Monica Gagliano "In this "phytobiography"—a collection of stories written in partnership with a plant—research scientist Monica Gagliano shares genuine first-hand accounts from her research into plant communication and cognition.

By transcending the view of plants as the objects of scientific materialism, Gagliano encourages us to rethink plants as people—beings with subjectivity, consciousness, and volition, and hence having the capacity for their own perspectives and voices. The book draws on up-close-and-personal encounters with the plants themselves, as well as plant shamans, indigenous elders, and mystics from around the world and integrates these experiences with an incredible research journey and the groundbreaking scientific discoveries that emerged from it.



Spring Green Pea Soup (submitted by Susan Moss)

My daughter began working at the Ann Stork Center about six months ago, and inherited the herculean task of coordinating their Celebrity Chefs event (28th annual). She made sure there were plenty of vegetarian/vegan options too, and my favorite of the night was this soup, presented by Burlock Coast at The Ritz-Carlton (this is not their recipe; but you can bet I went in search of a culinary blueprint, and it sustained me throughout the remainder of Spring and Summer). It's October now, but... still delish... 😊

Ingredients:

- 5 cups fresh shelled peas or 20 ounce bag of frozen peas
- 2 cups vegetable stock (low sodium, organic)
- 2 cups filtered water
- 1 cup chopped sweet onion
- 1/2 cup pea shoots (for garnish)
- 1/3 cup fresh mint, chopped
- 1/3 cup fresh parsley, chopped
- 1/4 cup fresh chives, chopped (for garnish)
- 2 tablespoons coconut oil
- 2 teaspoons sea salt
- 1/2 teaspoon ground black pepper

Directions:

1. In a large saucepan add the coconut oil and onion, cook over medium-low heat for 5 to 10 minutes, until softened.
2. Add the vegetable stock and water and increase the heat to allow the mixture to come to a boil.
3. Add the peas and cook for 3 to 5 minutes (very quick cooking), until the peas are tender. If you're using frozen peas it will only take 2-3 minutes.
4. Taking the pot off of the heat, add in fresh herbs, salt, pepper, and adjust for seasonings.
5. Next, pour half of the mixture into the blender (or divide the mixture in thirds) and puree/blend a little at a time until the entire mixture is creamy.
6. Garnish with fresh cut chives, classic cashew cheese (recipe on blog), pumpkin seeds, hemp seeds, or pea shoots.
7. Enjoy!

Another new Caring Community seedling! From our dear Aileen Leija:

"Happy 26th B(earth) Day to me! My greatest gift is having baby girl in my life; she came last week and I couldn't be happier! First birthday as a mother. Welcome Naya Rose Gales (say her initials NRG = energy), my precious baby girl!"



Rewild Yourself by Caroline Mellor

There are places in you
 Where thousands of bright, tiny flowers
 Open each morning to the sun
 In meadows as vast as the sky.
 An ancient alchemy courses through your bones.
 It speaks in feathers and stones and
 precious metals and the footprints of mandalas
 left by the stories we tell with our lives.
 Rewild yourself.
 Until green tendrils sprout from your fingernails
 And lichen swathes your eyebrows.
 Rewild yourself.
 Until your roots spread and uncoil and
 Writhe down through soil and rock.
 Rewild yourself.
 Rise up into your magnificence and
 Take your place among the constellations.
 Rewild yourself.
 The Earth is her own medicine.
 Be yours.

Did you ever wish you had a magic bowl that you could put two things in and come up with the perfect blend of both?

That's what I'd like to do with rural and urban America. There are aspects to each that are great, and not so great. In South Florida, where food grows SO well for most of the year, it's a struggle to find any land to plant a garden.

The intensity of urbanization is making it even harder because growing healthy food is more than just putting seeds in the soil. It requires an ecosystem of pollinators, fungi, and bacteria, to name a few. As cement replaces soil and lawns replace wild areas, these populations struggle. This makes everything related to growing things harder.

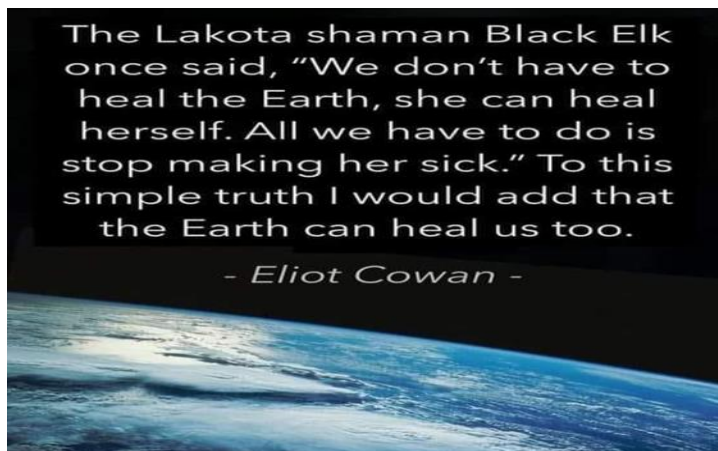
In rural areas, people have large lots, but because they don't have the skills or manpower to do much with them, they default mostly to growing lawns. Nature has a strong foothold, but humans waste a lot of space and resources by mowing acres and acres of grass.

Imagine a world where cities had more land dedicated to growing food or supporting nature and where those areas were protected forever. Imagine the best of both worlds; the excitement and resources of a vibrant city with the space for nature and food growing. We can shorten supply chains, create thriving local economies, and create a healthier, happier population.

I know it seems that development has already taken every square inch from South Florida. Things usually go to one extreme or the other before they revert to a balance. We believe balance will return.

The Caring Community holds the vision of greener cities and more balance in the development of those cities. Our garden teams do amazing things in the small space they are given. Come and join us!

Cynthia Schaefer is an herbalist, homesteader, founder of Flurban Paradise, and community organizer for various organizations such as The Caring Community and South Florida Edible Gardening and Sustainable Living. Find her at Flurbanparadise.com



"It was as though the plants wanted me to write a different kind of book and sent gentle roots deep into my brain. They wanted me to fully acknowledge their importance in human history, their amazing powers of healing, the nourishment they provide, their ability to harm if we misused them, and, ultimately, our dependence on the plant kingdom. The plants seemed to want me to share with the world my own understanding of their beingness, so that people might better honor them as important partners in so many of our endeavors." ~ Jane Goodall, Seeds of Hope: Wisdom and Wonder from the World of Plants

Join our Meetup group and check our Facebook pages to get announcements on upcoming garden events!



Susan Moss, Newsletter Editor/Volunteer Coordinator, ozwoman321@aol.com