

The Caring Community



“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
Fall 2022 Newsletter – issue #5
www.thecaringcommunity.love

Operation Propagation for our Gardens Matter Giveaway!



The plants were sent home with various "foster parents", and we will gather again on Friday, October 21 to assemble the kits for our Saturday, October 22 Gardens Matter Giveaway event, where Broward residents who pre-registered for either a Food Forest or a Butterfly Garden can pick up their mini-regenerative gardens at one of four locations: Robbins Park, Monarch 4-H, B.O.Y. Garden, Community Caring/Ali's Garden. With each kit, we will also be sharing information (via Facebook pages and QR codes, so as to minimize paper) on plant care, when/how to harvest, basic preparation, common problems, suggested uses.

For the “big picture”, here’s a TED talk on regenerative farming: [How regenerative farming can help heal the planet and human health | Charles Massy](#)



Kudos to all involved who helped Cynthia’s vision of a Gardens Matter Giveaway move forward, especially Aileen, who did so much of the heavy lifting (organizing, follow-through, making the connection with Megan Kelley which then facilitated our OP workday happening at the Monarch Food Forest in Ft. Lauderdale). We had many helpers from Megan’s Permaculture Design Class... as well as Cynthia, Kiana, Kerrie, and myself from The Caring Community (Claire is propagating papaya and pigeon peas at her home).

On September 19, for almost three hours, we rocked the planting of katuk, chaya, tithonia, milkweed, Everglades tomatoes, etc. (using collected toilet paper/paper towel rolls, one end folded closed, which can be planted directly into the ground)... the bagging of worm castings (donated by Tree Amigos Growers; soil and mini-pots, too!) ... and the distribution of daikon radish and mustard seeds into Kerrie’s stunningly-designed and -executed packets. Per Aileen, we planted 340 cuttings and sowed 260 seeds... 😊

“The goal of life is to make your heartbeat match the beat of the universe, to match your nature with Nature.” ~ Joseph Campbell

Kiana Raphael, COO and Website Manager of The Caring Community, raphael.kiana@gmail.com

As the school year starts picking up again, so are the requests for our wonderful Teacher Self-Care Stations within the hallways of many schools throughout Broward County. These last few months we were able to place the last of our orders for the year for our self-care stations! We are so grateful that we have been able to come so far with aid from the EAP (Employee Assistance Program) as well as the United Way.



As we grow, we continue to search for more ways to help fund our Self-Care Stations for many more years to come. As the starting seed of The Caring Community, our goal is for this program to spread far and wide, hopefully replicated throughout many schools within and around the community.

We remain grateful for your kind donations; stay tuned for future fundraising events we will be putting together for this Fall. As always, we thank all the hands that have helped us with our journey and continue to show up!

Alejandra Jeldrez, HOPE Outreach Food Bank Garden Leader, hopeoutreachfoodbankgarden@gmail.com

Hope Garden has had a lot going on this Summer. We usually rest during this time of year and take a few days off, but we still got a lot done in the last few months.

In July we installed the gorgeous wine bottle border around the Pollinator Garden, using dozens of colorful glass bottles. Susan also made a lovely purple birdbath, which sits in the middle of the area, to provide a water source for the pollinators. She repurposed decorative vases and plates from her local thrift store, epoxied the various pieces together, and filled the water dish with natural elements to provide a safe landing area. We also continued mulching and weeding, as is typical throughout a South Florida Garden Summer.

In August we cut the cover crops, which produced a lot of biomass to feed the soil. Trellis Update: we still didn't have enough protection over our bench, so we planted two Bleeding Heart vines, one on either side. While we wait for those to grow, we installed a shade cloth at the top, kindly donated by Bee Lady. Now we are happy with shade on garden days, to escape the hot sun during our water breaks. We also mulched and weeded and weeded and mulched... 😊

In September the beautiful Hope Garden Little Free Seed Library was finally installed. Now we have a place for exchanging seeds, similar to the Little Free Book Libraries that you may have seen at parks and in front yards. It has been beautifully embellished with mushrooms, flowers, and a sun by our talented volunteers. For its Inauguration Day, we hosted a plant/seed swap at our garden to celebrate. We still have to add more decor but it is open and ready for use. We are holding blank spots for our dear Claire and Susan, who have not yet had the opportunity to paint on it yet.



You must come see our garden. The bottle border, the seed library and the blooming tea garden are a warm welcome that you cannot miss!

Kyle Bastos, The Caring Community Davie Educational Garden at Robbins Park, kylebastos@gmail.com

Fall in Florida, a gardener's dream! The summer brought many new additions to the garden; in July, we received the beautiful gift of a birdbath created by our own Susan Moss from reclaimed materials, which is now proudly displayed as a centerpiece in our Pollinator Garden. The Banana Circle rewarded our volunteers' hot Saturday morning maintenance efforts with two tremendous banana clusters totaling 60 pounds of organic fruit for the local food pantry. We planted a second mulberry, three papaya trees, a cranberry hibiscus, more cassava, two Chaya trees, and Okinawa spinach.



In August we hosted a Banana Plant and Longevity Spinach class, with freshly baked Nam Wah banana bread and longevity spinach empanadas to sample. Attendees also brought home recipes and their own longevity spinach cuttings to grow at home. In September, Cynthia Schaefer came to the garden to teach all about regenerative agriculture. She facilitated a fantastic discussion on soil building, the mycorrhizal network beneath our feet, and the many ways we can contribute to building a healthy food system.

As the Summer comes to an end and Fall begins, we are excited about the classes ahead! In October we will host David Stack of Stack's Urban Harvest, who will further add to our knowledge of building healthy soil. In November we will be joined by Leann Barber of the Broward County 4-H Foundation to talk about common pollinators we find in our gardens and how we can help boost their populations. Finishing out the year we'll have a special class hosted by Garden Leader Kyle Bastos, where we'll have fun painting signs for the garden and making our own garden-inspired holiday gifts.

The cooler weather also means we'll be bumping up our Saturday maintenance schedule by an hour, so we look forward to seeing new and familiar faces on Saturdays from 9-11 a.m. See you in the garden!

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

We are still looking for a garden leader/volunteers for South Creek Sanctuary in Coconut Creek; there is a garden plot all set up and ready to be planted and managed! The plot of land currently has 3 raised beds and plenty of other space where crops are grown in-ground and native/pollinators adorn the area. While it would be ideal if someone has gardening experience,

not any more than the basics is enough. For the person who wants to learn to work the land, grow food, and support community (by donating harvests to the local food bank) in the process, there is guidance, wisdom, and a joyful heart offered by Injie, who manages the property currently. The garden will remain organic and without animal/environmental exploitation. If interested, e-mail us at tccwithlove@gmail.com



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



Avocados, avocados, avocados! We have been harvesting avocados from a farm in Miami weekly since late July. We are harvesting the last of the early ripening Simmonds and have started on a Florida Hass variety. The late ripening avocados will be coming in by early November, so please keep an eye on our social media (Facebook Gleaning for Good), emails, and volunteer calendar for our event dates!

<https://endhunger.volunteerlocal.com/volunteer/?id=60160> Our volunteers and the donor farm have made it possible to bring over 8,000 lbs of fresh and local avocados to our community food banks.

Calendar of Events – October/November/December 2022

*****HOPE Outreach Food Bank Garden**, Marando Farms (behind the barn), 5151 SW 64th Ave., Davie FL
~Saturday, October 15, 9-11 a.m.: Perennial Garden Preparation
~Saturday, November 5, 8-10 a.m.: Fall Garden Planting
~Saturday, December 3, 9-11 a.m.: Garden Play Day! (a potpourri of odds-and-ends on the To Do List)
Workdays every Friday from 9:00 to 11:00 a.m. to plant, weed, harvest, mulch (whatever needs doing!)

*****Robbins Preserve Park Lodge**, 4005 S. Hiatus Rd., Davie FL (across from the playground)
~Saturday, October 8, 9-11 a.m.: Soil Building with David Stack, Stack's Urban Harvest
~Saturday, November 12, 9-11 a.m.: Pollinators in the Garden with Leann Barber, Broward County 4-H
~Saturday, December 10, 9-11 a.m.: Painting Garden Signs and Garden-Inspired Holiday Gifts with Kyle Bastos, Robbins Garden Leader
Workdays every Saturday from 9:00 to 11:00 a.m. to plant, weed, harvest, mulch (whatever needs doing!)

Teacher Self-Care Stations, Pioneer Middle School, Employee Assistance Program building, 5400 SW 90th Avenue, Cooper City (2nd portable on the right):
~ Monday, October 10, 10 a.m.-noon, packing of Yogi tea and Rescue Remedy to distribute to 100 Broward County schools (our Last Hurrah with this project!)

*****South Creek Sanctuary Food Bank Donation Garden**, 551 Palmetto Dr, Coconut Creek FL
On hiatus; looking for a garden leader (see p. 3): if interested, contact tccwithlove@gmail.com

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

*****Bring your water and gardening gloves.** Optional items to bring: trowel, pruners, if you have them.

La Zoola Pop-Up Market

Sunday, October 23, 2022, 1–4 p.m.
botanica organica, 10900 SW 48th St. Davie FL (next to Tree Amigos Growers)
(November and December dates/locations TBA)
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!!!

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>

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

Our Palm Beach gleaning season will begin in late-November or early-December. Many of these gleans take place on farms in the Everglades Agricultural Area, a truly unique area of our state in which the growing medium is "muck." When much of the country is too cold to grow vegetables, South Florida is supplying the fresh corn, tomatoes, lettuces, cabbages, etc. to the nation's supermarkets. These gleans are great for individuals, large groups, and everyone in between; check our calendar!

I am the Earth. I am sacred. I am the beauty of every flower and the majesty of every mountain. I am the river of truth that flows through the soul. I am the ocean of awareness that dwells in the mind. I am the sea of transformation that washes over the body. I am you and you are me. I am the Earth. ~ Michael Teal

If you use Amazon, you can help The Caring Community at NO cost you. Choose The Caring Community Inc Davie FL (https://smile.amazon.com/charity/my-impact?ref=smi_se_cyc_btnr2_setch&pldnNewSubDash=1) as your designated charity. For every \$100 you spend on Amazon Smile, we get 50 cents. Every little bit counts, and adds up!



amazonsmile
You shop. Amazon gives.



"I've noticed something about people who make a difference in the world: They hold the unshakable conviction that individuals are extremely important, that every life matters. They get excited over one smile. They are willing to feed one stomach, educate one mind, and treat one wound. They aren't determined to revolutionize the world all at once; they're satisfied with small changes. Over time, though, the small changes add up. Sometimes they even transform cities and nations, and yes, the world." ~ Beth Clark

Spotlight on Mother Earth, Inspiration for/Sponsor of The Caring Community... ☺



Susan: *What do you love most about gardeners?*

Mother Earth (a.k.a. CS): I love everything about gardeners! I love their enthusiasm and the way they speak to me. I love it when they truly see each individual plant and how everything has its place as part of the beautiful complete tapestry of my being. I love it when they take a moment to notice the beauty of the insects, the rich smell of the soil, and the grand design of it all. The best fertilizer really is the gardener's shadow.

SM: *When you see the way humans live in community now, how has it changed over time?*

ME: It seems to me that humans have traded their living, conscious connection to me and to each other for the illusion of autonomy. Nothing in nature can truly thrive without being in community with other beings.

Plants need other plants, and the insects and animals that are all a part of the great dance of life. We are meant to live together, to learn and grow together, to help each other.

I have seen humans wither and suffer from their disconnection to me. I have seen how they struggle to find their way back to me, and to each other. This is not how it is meant to be.

Even when you see a tree seemingly alone in the middle of a desert, it is not alone. The vibrant life underneath the roots and the creatures that climb among the branches are all part of the community of the tree. Without all that, the tree would die. Humans think that I am dying, but I am not. It is humans who are dying because they have lost the connection. But I am always here, and I always will be. Whenever you are ready.

SM: *What is your greatest wish/hope for humanity in achieving sustainable lifestyle?*

ME: I would ask you to question your hunger. Your hunger for more things, more entertainment, more

novelty, more status, more, more, more. Does it truly feed you? Or are you trying to fill an emptiness that can only be filled by me? There is nothing you can buy that will feed the hunger inside of you. It is meant to be filled by me, and the incomparable beauty of the creations of this earth. If you reconnect to me, the hunger goes away. If you keep looking for the peace and connection that only I can offer you in a mall, you will never fill that hunger.

SM: *What is the best advice you can give humanity for this time of climate crisis?*

ME: It saddens me to see how separated humanity has become. They are disconnected from me, from each other, and from the natural heartbeat and timeless rhythms that have held us together in this sacred dance for so very long.

The time you spend away from me costs you dearly. When you can't hear my whispers, when you can't feel the magic and mystery in my creatures or smell the sublime scents that waft from the plants and soil, you can't harmonize with me.

It's simple. Find your way back to me. Plant gardens to revitalize me, to give habitat to all the creatures great and small, and just spend time with me. We go way back, you and me. We know how to harmonize. Spend time with me, quiet your mind, and you will know exactly what we both need.



Curried Carrot Ginger Soup by Andrea Beaman

prep 10 minutes; cook 10 minutes; makes four servings

1 Tbsp. grass-fed butter (or non-dairy butter)
1 Tbsp. olive oil
2 tsp. organic curry powder
½ tsp. black pepper
1 onion, peeled and chopped
1 tsp. sea salt
10-12 medium/large carrots, cleaned and chopped
2 inches fresh ginger, peeled and chopped
5 cups chicken or veggie stock
Cilantro oil

Heat a soup pot on medium heat and add butter and olive oil. Add curry powder and pepper, plus the onion and saute 2-3 minutes. Add sea salt, carrots, ginger and continue sauteeing another 2-3 minutes. Pour in stock, cover, and bring to a boil, then reduce heat to simmer and cook 10 minutes. Puree ingredients in a food processor or blender. Drizzle each bowl of soup with cilantro oil. (To make Cilantro Oil, quickly blanch 1 bunch cilantro in hot salted water. Immerse the herb in cool water and then squeeze out. Put the blanched cilantro into a food processor with 1 cup olive oil and blend. You can either use the cilantro oil as is, or you can strain it through a sieve and cheese cloth to get a cleaner look. Either way, it's delicious!)

A Million Gardens by Samantha Reynolds

I met her when she was in her nineties
and when she talked about the Warsaw Ghetto
her voice got softer,
not sad exactly,
but as though
if she wasn't careful,
the memory
would break.

The last time I saw her,
she told me about the garden,
how she planted vegetable seeds
in the withered earth,
not because she expected
anything to grow,
but because she wanted the children
to have something
to hope for.
I didn't ask
how many of those children survived.
I didn't have to.

Today, I heard about a movement
to plant a million gardens.
On rooftops,
in backyards,
in a small pot
on a fire escape
above a busy street.

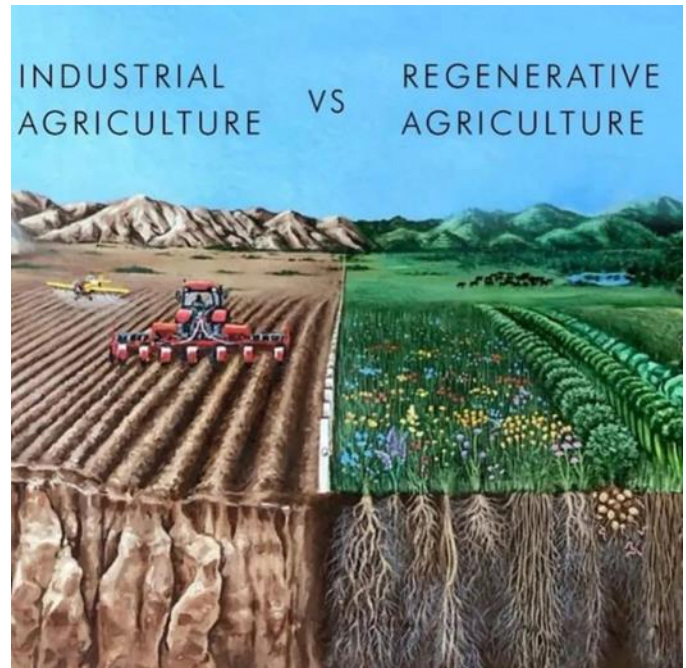
But it is not just to feed ourselves,
and our food banks.
It is an invitation
for each of us
to make the rebellious act
of planting,
not just a seed,
but a small
fierce
hope.

Movie and Book Recommendations

To Which We Belong (Apple, Amazon, Google Play, Vimeo, Vudu, YouTube!) is a “hopeful documentary celebrating the interconnectedness of living things, that highlights farmers and ranchers leaving behind conventional practices that are no longer profitable or sustainable. These unsung heroes are improving the health of our soil and sea to save their livelihoods — and our planet. If we draw enough carbon down from the sky and back into the soil through regenerative agricultural practices, we can reverse climate change and bring atmospheric carbon levels down to pre-industrial-revolution levels. WHAT IF ALL WE HAD TO DO WAS WORK WITH NATURE IN ORDER TO SAVE IT?”

The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative by Florence Williams

“From forest trails in Korea, to islands in Finland, to eucalyptus groves in California, Florence Williams investigates the science behind nature’s positive effects on the brain. Delving into brand-new research, she uncovers the powers of the natural world to improve health, promote reflection and innovation, and strengthen our relationships. As our modern lives shift dramatically indoors, these ideas—and the answers they yield—are more urgent than ever.”



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