

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
Winter 2023 Newsletter issue #6
www.thecaringcommunity.love

Sustainability R Us! (GMG and Town of Davie Awards... 🌱)



The Town of Davie is committed to ensuring the sustainability of our community's resources and environment. From the preservation of the Town's rural heritage to raising awareness about climate change, community-wide action is necessary to fulfill this very important goal. To continue supporting this goal, the Town established the "Sustainability Awards" to honor businesses, individuals and non-profit organizations which support sustainability within our community.

Congratulations to this year's 2022 Sustainability Award winners, who were presented with an award during the December 7 Town Council meeting! Of the eight given, three were Caring Community programs (Hope Garden, Robbins Garden, Gleaning for Good), and two were in our circle of friends (Tree Amigos Growers and Sustaining Stacey). What an honor, what a night!

From Aileen Leija, who so beautifully coordinated our Gardens Matter Giveaway Project on October 22, 2022: "Thank you to everyone who showed up today to receive their kits, it was amazing to see us all connecting, sharing and smilinggg :) Thank you to The Caring Community (Cynthia Schaefer, Susan Moss, Kiana Raphael, Jessie Bastos, Claire Measel) for being an amazing team to work with ❤️ Thank you Megan Kelley for your support and resources all along the way from your class to your emotional support :) Thank you for our amazing garden drop-off sites! Adriana at the Community Caring Garden, Leann Barber at the 4H Monarch Garden, the B.O.Y Garden, and Robbins Garden in Davie! You made all this accessible to the Broward community and helped along the way from sharing the Gardens Matter Giveaway to your friends and family to taking care of the plants :.)

Thank you John David Arroyo at Tree Amigo Growers for donating amazing worm castings and soil for Operation Propagation and for our Giveaway contestants to take some home :) And thanks to my friends coming together for kit-making day and babysitting plants 🌱🌱 Together we as a Team made it happen :) Everyone give yourself a pat on the back! WOOHOO!"



L-R: Alex Rakita, Kiana Raphael, Katy Cain, Joe Bush, Alejandra Jeldrez, Susan Moss, Aileen Leija, Cynthia Schaefer, Kyle Bastos, Jason Long, Jessie Bastos, John Arroyo, Stacey Smith

“The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul.” ~ Alfred Austin

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

It's been an amazing year for The Caring Community when it comes to fundraising. We've accomplished so much so far and we still have a ways to go. We are sad to have to see our Tea Stations come to an end this year but we are so grateful for the opportunity to be in the schools and provide something special for our teachers. We closed out the year with our SeedMoney challenge and, although we were unable to hit our goal this year, we still want to thank everyone who was able to donate. However, we were able to raise and donate \$1000 to the B.O.Y Garden to help them build a well!!! We also wanted to thank everyone involved with raising funds for them and overall helping fellow community members.



2022 was a great year and we had many hands involved, whether it was for raising funds or helping out at our pop-up markets. We couldn't have done anything without our wonderful volunteers. Thank you for everything that you've done throughout the year. TCC is looking forward to a wonderful 2023!

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

We are growing something other than plants in the garden. Our garden leader Alejandra is growing a little person. She will be out on maternity leave soon, but do not fret; this just means we got a great addition to our team: Joe will be our new garden leader and is already doing a wonderful job.

We have been busy these past months. From October to December, we have been fixing up the Perennial Garden area, clearing the garden beds for the winter planting, amending the soil, planting hundreds of seedlings donated by Little River Nursery and Tree Amigos Growers, and weeding/mulching between the paths.

We hope to see you in the garden soon!



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

It was a busy end-of-year in the Robbins Garden! We welcomed David Stack of Stack's Urban Harvest in October, who provided a thought-provoking class on building healthy soil and taught us how symbiotic relationships in the soil create more resiliency in plants. In November, Leann Barber of the 4-H Foundation came to the garden to speak about pollinators and gifted us with several new host and nectar sources. In December we painted signs for our fruit trees and had several straight-from-the-garden and easy-to-make gift ideas on display, just in time for the holidays!



We also planted many new additions to the garden including jackfruit, soursop, sugar apple, cassava, and several types of spinach plants as ground cover. Our pollinator garden was frequented by our regular visitors (zebra longwings, gulf fritillaries, Julia heliconians, white

peacocks, long-tailed skippers, and Monarchs) and we began noticing some more under-the-radar guests like polydamas, Queens, papaya hornworms, and beautiful green orchid bees.

We rounded out the year with over 100 pounds of organic produce harvested for the local food pantry, and we have lots of great classes in store for 2023. Looking forward to seeing both new and familiar faces 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. Andrew (soSA) SE Florida Area Coordinator, sflgleaning@endhunger.org 954-643-4502

We had a great year for gleaning! In 2022 we harvested over 100,000 lbs of fresh produce from the fields and backyards of Broward, Palm Beach and Miami-Dade Counties. We thank all of our donors and volunteers for making it possible to bring such high-quality, local fruits and vegetables to our community's food banks and pantries.



Our Palm Beach gleaning season just started in December. Most of our gleans will be in Belle Glade, but we will have events in Boynton Beach and Clewiston too. Most of our events are on Thursdays and Saturdays, 8:30am-10:30am. If you'd like more information about our upcoming events, please see our calendar and sign up here: <https://endhunger.org/florida/> If you have a group, please contact Katy at sflgleaning@endhunger.org to schedule a date.

“Heal yourself with the light of the sun and the rays of the moon. With the sound of the river and the waterfall. With the swaying of the sea and the fluttering of birds. Heal yourself with mint, neem, and eucalyptus. Sweeten with lavender, rosemary, and chamomile. Hug yourself with the cocoa bean and a hint of cinnamon. Put love in tea instead of sugar and drink it looking at the stars. Heal yourself with the kisses that the wind gives you and the hugs of the rain. Stand strong with your bare feet on the ground and with everything that comes from it. Be smarter every day by listening to your intuition, looking at the world with your forehead. Jump, dance, sing, so that you live happier. Heal yourself, with beautiful love, and always remember... you are the medicine.”

~ María Sabina, healer and poet

Calendar of Events – January/February/March 2023

*****HOPE Outreach Food Bank Garden**, Marando Farms (behind the barn), 5151 SW 64th Ave., Davie FL
~Saturday, January 21, 9-11 a.m.: Perennial Garden Planting

~Saturday, February 18, 9-11 a.m.: Reading and Weeding

~Saturday, March 18, 9-11 a.m.: Spring Garden Planting

Workdays every Friday from 9-11 a.m. to plant, weed, harvest, mulch (whatever needs doing!)

*****Robbins Lodge Park**, 4005 S. Hiatus Rd., Davie FL (across from the playground)

~Saturday, January 14, 9-11 a.m.: All About Cassava - Cynthia Schaefer, Flurban Paradise facilitating

~Saturday, February 11, 9-11 a.m.: Tropical Fruit - Karim Rossy, Broward Rare Fruit and Vegetable Council facilitating

~Saturday, March 11, 9-11 a.m.: Growing and Harvesting Ginger and Turmeric- Jessie and Kyle Bastos facilitating

Workdays every Saturday from 9-11 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): Currently on hold, awaiting new funding

*****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, January 22, 1–4 p.m.

10981 SW 28th Ct., Davie 33328 (private property) (February and March 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!

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_btn2_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.

Spotlight on Susan Moss, Wearer of Many Hats... 😊



I am beyond honored and humbled that Cynthia chose me to be the Spotlight Volunteer for this issue. To be fair, I will ask myself the same questions I have asked everyone else for the previous four issues (except Mother Earth, who deserved her own special questions), querying as Susan Moss (newsletter editor) and answering as Daisy Moss (my "ghost profile" when I rejoined Facebook because of my new involvement with The Caring Community in early-August 2021).

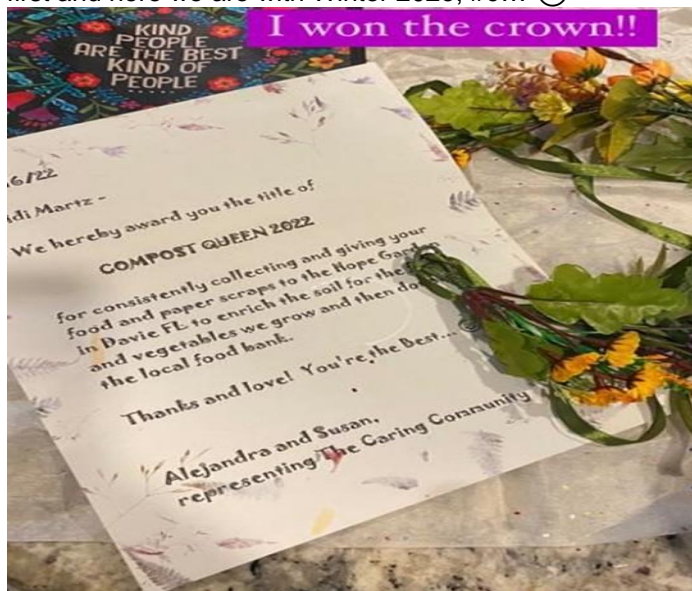
Susan: *When did your affinity for gardening begin?*

Daisy: I am laughing, as my affinity for gardening **only** began in July 2021, when I met Cynthia (Schaefer, founder of The Caring Community). Laughing even harder now is Linda, my college roommate (45+ years

ago), who adored plants, especially African violets. While she lovingly nurtured and pruned her beauties, I joke that I was "making bad life choices". Linda now has a greenhouse and a prolific, luxuriant yard and shakes her head in wonder of what I've recently accomplished... and I am here to validate that it is **never** too late to experience an epiphany.

Susan: *When did you become involved with The Caring Community? How has your role expanded?*

Daisy: Many of you know I was bemoaning my lack of "Life Purpose" since the folk and acoustic concert series I coordinated for 14 years folded which, in the throes of the pandemic, my loss became even more intense, if that's at all possible. I mean, one can read, nap, walk, make vegan cookies, and yoga for only so many hours in the day, right? A mutual friend introduced me to Cynthia because she felt we were soul sisters; major understatement. Over a cup of hot tea in our shared acquaintance's backyard, Cynthia asked gentle questions, dropped breadcrumbs of fascinating information and, by the end of our visit together, I had not only signed up to volunteer, but also agreed to be newsletter editor; CS discovered my English major/Journalism minor degrees and, oh by the way, we didn't have a newsletter at that point, so I'd be **creating** it from scratch. It was a bit of a relief to find out it would only come out quarterly, four pages... which morphed into six because my only point of negotiation was that I **must** include a poem in each issue. Fall 2021 was our first and here we are with Winter 2023, #6... 😊



My role expanded incrementally, because my spirit was in desperate need to give back to the community, and I jumped into "the deep end of the pool", showing up for **everything**: becoming a weekly volunteer in the Hope Garden with Alejandra, Claire, Jessica, and Elaine (who I promptly tagged The Machete Mavens), beginning on my birthday (how fitting!)... attending occasional workdays at the Robbins Garden... gleaning excess starfruit, avocados, coconuts whether from farms or backyards... boxing Yogi teas and Rescue Remedy packets for self-care stations delivered to Broward teachers' lounges, seeing our funding increase from 60

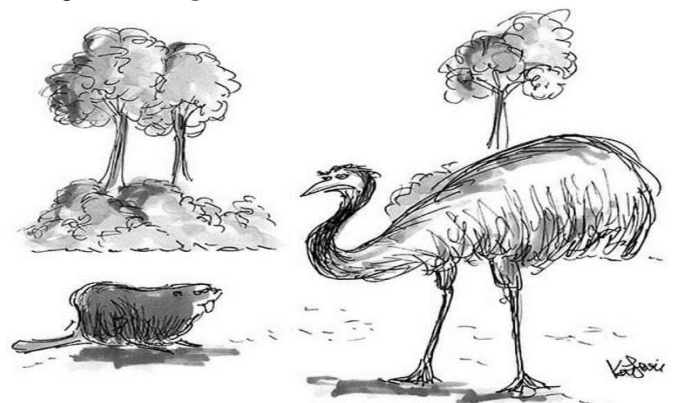
schools to 100. Last year I also took on the position of Volunteer Coordinator and truthfully, I could use some help with that if anyone out there reading this has a burning desire to widen the circle (my e-address is at the bottom of the last page of this newsletter).

Susan: *What is your greatest wish/hope for the sustainable gardening community in South Florida?*

Daisy: "One word: Compost! (parodying the famous quote from "The Graduate", the iconic 1967 film). It's a subject I've always been interested in but, since we moved from a single-family home to a condo in May 2019, I gave up my yard for a catwalk and a balcony. One of the first things I saw on my first day at the Hope Garden was a compost bin, and I was all in, even recruiting my husband to deposit his eggshells, avocado skins, tomato and onion slices into the bowl I keep by the sink... adding to my coffee grounds/filters, broccoli stalks, sweet potato peelings... which I then put it a plastic container (or two), and delivering every Friday to Hope. I have also recruited my daughter Sarah, and friends Nancy, Didi (recently crowned Compost Queen 2022!), Donna, Stephanie and neighbors Joe/Karen and Mike/Pam. It was a revelation the first time Alejandra lifted the wire enclosure (we now have two additional bins) and revealed the transformation of our donated fruits, vegetables, etc. into dark, rich soil. Simple rules: no meat, dairy, or oil; layer greens with browns (dried leaves, grass clippings, shredded cardboard). Voila!

Susan: *What is your best lesson/takeaway from your involvement with the community?*

Daisy: Where do I even begin?!? I have learned a ridiculous amount about food forests and community outreach... and emus! I am proud that everything we harvest is donated to local food banks. Don't even get me started on butterfly pea flowers (forever grateful to Claire for the introduction!). Now that I am discovering the value and benefits of various plants, I no longer want ornamentals, but am instead concentrating on wellness (teas, salves, and I've even begun making bath teas with a few store-bought ingredients but mostly from plants grown from my own small patch as well as the Hope Garden's extras: calendula, lemon balm, African Blue Basil, the aforementioned butterfly pea flowers, comfrey. Herbalism is my latest passion. I am doing well by Doing Good... 😊



"I may look goofy, but I'm in the New York 'Times' crossword puzzle way more than Alan Alda."



Sauteed Greens from Cynthia Schaefer

1 tablespoon coconut oil or ghee
 2 cloves garlic
 ½ small onion
 Seasoning to taste
 2-3 handfuls of greens

In shallow pan, sauté onion and garlic in the oil until soft. Season pan with salt, pepper, or seasonings of your choice. Chop greens, and sauté for just a minute or two until soft.

Notes: Mustard greens pair well with bok choy, swiss chard or anything in the cabbage family. Don't forget that you can use beet greens, carrot tops, radish greens and more! If you are using chaya, don't forget to boil it first for 10-15 minutes in a non-aluminum pan. Enjoy!

Burning the Old Year by Naomi Shihab Nye

Letters swallow themselves in seconds.
 Notes friends tied to the doorknob,
 transparent scarlet paper,
 sizzle like moth wings,
 marry the air.

So much of any year is flammable,
 lists of vegetables, partial poems.
 Orange swirling flame of days,
 so little is a stone.
 Where there was something and suddenly isn't,
 an absence shouts, celebrates, leaves a space.
 I begin again with the smallest numbers.

Quick dance, shuffle of losses and leaves,
 only the things I didn't do
 crackle after the blazing dies.

Movie and Book Recommendations

Wasted: The Story of Food Waste (Hulu, Prime Video)

"Every year 80% of the world's water, 40% of the world's land, and 10% of the world's energy is dedicated to growing the food we eat, yet in the same year 1.3 billion tons of food is thrown out. That's a third of all food grown around the world being wasted before it even reaches a plate. [This movie] sheds a light on the pressing issue of food waste. Executive Produced by author and chef Anthony Bourdain, the film doesn't simply focus on the problem, but offers solutions like reorienting consumer perspectives on the food that is normally cast aside, and what changes we can make to our food production chain to create a more sustainable food system."

Late Migrations: A Natural History of Love and Loss by Margaret Renkl

"Renkl offers observations on the world surrounding her suburban Nashville home. Ringing with rapture and heartache, these essays convey the dignity of bluebirds and rat snakes, monarch butterflies and native bees. As these two threads haunt and harmonize with each other, Renkl suggests that there is astonishment to be found in common things: in what seems ordinary, in what we all share. For in both worlds--the natural one and our own--"the shadow side of love is always loss, and grief is only love's own twin."

**MAY YOUR COMING YEAR BE FILLED
 WITH MAGIC AND DREAMS AND GOOD
 MADNESS. I HOPE YOU READ SOME
 FINE BOOKS AND KISS SOMEONE WHO
 THINKS YOU'RE WONDERFUL, AND DON'T
 FORGET TO MAKE SOME ART -- WRITE
 OR DRAW OR BUILD OR SING OR LIVE
 AS ONLY YOU CAN. AND I HOPE,
 SOMEWHERE IN THE NEXT YEAR,
 YOU SURPRISE YOURSELF.**

-Neil Gaiman



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