

The More You Sow Newsletter

Vol.04 Nov. 2022



School Garden Spotlight



Lincoln School in the West Ward has been making great strides in their farm to school activities. Not only does Lincoln have an outdoor garden growing fruits and veggies like tomatoes, peppers, basil, blueberries, green onions, sweet potatoes, and more! But they also turned an old outdoor trailer into a hydroponic classroom for



students and staff to learn about hydroponics and have the opportunity to taste these vegetables in the cafeteria and during taste tests.

Hydroponics is the process of growing plants in just water and nutrients; absolutely no soil involved! This trailer is a few months away from being in action for 1 year and students have enjoyed the various salads and basil pesto recipes they have tasted in this trailer! They hope to provide a fresh salad bar for students to have during lunch time in the near future.



Lesson of the Month



The end of fall is the perfect time to plant garlic! An easy outdoor activity to discuss how bulbs and garlic grows, while having students plant their own garlic plant. Just break apart the bulb into individual cloves and plant them 2-3 inches deep with the pointed-side facing up. Space them every 4-8 inches and mulch over winter. Garlic should be ready by June/July!



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Newark Heroes

Around Newark, we have many leaders and unsung heroes doing amazing work in their community. One of these unsung heroes is Sue Rexford, the heart and soul of the Thirteenth Avenue School Garden! This garden was established in April 2021, and continues to grow to this day. From what used to be an old courtyard, is now filled with color and beautiful plants. With the

addition of even more raised beds and a greenhouse to expand growing, Sue Rexford is continuing to bring life to the courtyard. With heroes like Sue Rexford in our Newark Public Schools, we know Thirteenth Avenue will be sustained for years to come!



Upcoming Events

11/5- NDD Fall Community Plant Donation @ 9am

11/12- Second Saturday @ 10:30am

11/19- Family Fun in the Kitchen @ 11am

To register, visit our website at <https://www.citybloom.org>

What's Happening Around Newark



On Saturday October 29th, Hawthorne Avenue Farm hosted their 2nd Annual Harvest Festival! There is always a fun activity for anyone in the family to enjoy including pumpkin painting, scavenger hunts, farmers market, petting zoo, costume giveaway, local vendors, live music,

and more! Huge thank you to all the community partners that made this event possible. We will see everyone again next year!



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Garden Resources

The temperatures are getting cooler slowly, but surely. But this does not mean that we have to stop growing altogether. Cold hardy vegetables that can withstand cold weather include collards, carrots, cabbage, kale, radishes, brussels sprouts and more! A great way to extend the season on top of growing hardy vegetables is by utilizing



Agribon row covers. These covers allow for the inner tunnel to be warmer than the temperatures outside of the row cover.

Grants

Check out these opportunities to help kick start your garden program!

[Youth Garden Grant](#)

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Buggin' Out



Figs are a fruit that are native to Mediterranean and Western Asia. The crunchy little things that you notice when eating a fig are the seeds, each corresponding to one flower. Such a unique flower requires a unique pollinator. All fig trees are pollinated by very small wasps of the family Agaonidae. Without these wasps, figs would never come to fruit!



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