Edition #1

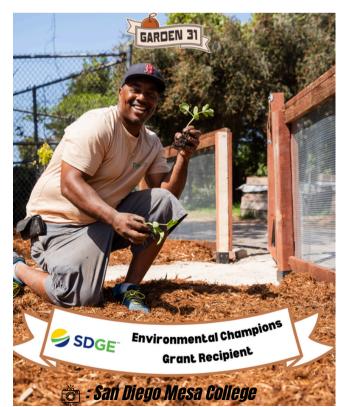
October 2024

WELCOME TO THE GARDEN CLUB!

A Quarterly Garden 31 Newsletter



RECENT NEWS



Garden 31 has been selected as one of San Diego Gas & Electric's 2024 Environmental Champions! SDG&E's commitment to investing in diverse & underserved populations while supporting local environmental initiatives is truly inspiring! We here at Garden 31 are so grateful for this incredible honor! We are SDG&E Environmental Champions!

To learn more about SDG&E and all of their Environmental Champions go to: -Https://sdgenews .com/article/sdge -awards-1-millionenvironmentalchampionsamplifyingsupport-localinitiatives

WHAT WE'VE BEEN UP TO

WELCOME TO THE GARDEN 31 TEAM:

Wah Hernandez: Director of Administration

Henry Oliva: Assistant Farm Manager

> Andrew Mundy: Program Manager

Bianca Rosales: Farm Manager (promotion)



Our Donations page & Garden 31

Go to <u>https://www.garden31.org/donations</u> to check it out and get your Garden 31 Merchandise!









WHAT SHOULD I BE PLANTING? OCTOBER-DECEMBER ZONES 8-10

Many of you may see this question and wonder, "How can you successfully grow anything in this Southern California heat?!" Well, friends, it is possible as long as you plant strategically!

If you don't want to brave the heat here are some veggies you can start in the comfort of your own climate-controlled home (just be sure to transplant them outdoors about a month after you plant the seeds!)

Broccoli Brussels Sprouts Cabbage Cauliflower Celery Collards Leeks Lettuce Artichoke Peppers



Don't mind the heat or you're looking to have some other veggie varietals ready come Fall? No problem! Here are some seeds you can plant between October & December directly outside; no transplantation needed!



Beans Beets Carrots Chard Kale Kohlrabi Peas Radishes Turnips Onions

NURTURE YOUR MIND

GARDEN 31: A POEM OF PURPOSE

From earth to spirit, we sow our seed, Empowering lives in pressing need. Opportunity blooms on fertile ground, Where equity and hope resound.

In San Diego's sunlit embrace, We cultivate with skill and grace. From field to table, hands unite, Nurturing futures, day and night.

Born from passion, vision clear, A dream takes hold, conquering fear. Through past challenges, strength anew, A thriving community, thanks to you.

In this noble pursuit, we strive, To build, to nurture, to thrive. For every seed we plant and sow, A brighter future we proudly show.

DID YOU KNOW...

When we nurture our garden we are also nurturing our minds? Growing fruits, vegetables, flowers, etc... has been proven to benefit not just our environment, communities, and physical health, but our emotional wellbeing as well. By spending time in your own garden or volunteering in one of Garden 31's you are...

Relieving stress

Increasing dopamine & serotonin levels

 ${}^{\oslash}$ Decreasing your risk of dementia

C Encouraging continued learning which can help with memory, engage your mind, and boost your self-esteem

TERRAMESA & GARDEN 31 PRESENT





SEPTEMBER 17, 4-7PM

Digging In theme: community

OCTOBER 8, 4-7PM

Sustainability theme: resilience

OCTOBER 22, 4-7PM

Seasons Change theme: grace

Workshop location:

TerraMesa Community Garden on Marlesta Drive bit.ly/gardenlocation

NOVEMBER 5, 3-6PM

Purpose and Promise theme: gratitude

DECEMBER 3, 3-6PM Growing Greatness

theme: compassion



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bit.ly/garden31atmesa

THANK YOU FOR JOINING THE GARDEN CLUB!

Please check out our website, follow us on all of our social media platforms, and reach out to us with any questions you may have at community@garden31.org!



Https://garden31.org/



garden.31



Garden.31



garden.31



Https://www.linkedin.com/company/garden31

We are always happy to receive one-time and recurring donations! Donate here



Https://www.paypal.com/donate/? hosted_button_id=J2CYJRBQCKVAW