

# 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!



To learn more about SDG&E and all of their Environmental Champions go to: <https://sdgenews.com/article/sdge-awards-1-million-environmental-champions-amplifying-support-local-initiatives>

# 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 Merch are live!**



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



**: San Diego Mesa College**





# 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 varieties 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
  - 🌱 Decreasing your risk of dementia
  - 🌱 Reducing your risk of depression/ alleviating symptoms
  - 🌱 Encouraging continued learning which can help with memory, engage your mind, and boost your self-esteem
- 

TERRAMESA & GARDEN 31 PRESENT

# FREE TUESDAY GARDEN WORKSHOPS



 **SEPTEMBER 17, 4-7PM**

Digging In  
theme: community

 **OCTOBER 8, 4-7PM**

Sustainability  
theme: resilience

 **OCTOBER 22, 4-7PM**

Seasons Change  
theme: grace

 **NOVEMBER 5, 3-6PM**

Purpose and Promise  
theme: gratitude

 **DECEMBER 3, 3-6PM**

Growing Greatness  
theme: compassion

## Workshop location:

TerraMesa Community Garden  
on Marlesta Drive

[bit.ly/gardenlocation](http://bit.ly/gardenlocation)



**SIGN UP**

[bit.ly/garden31atmesa](http://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](mailto:community@garden31.org)!



<https://garden31.org/>



[garden.31](https://www.instagram.com/garden.31)



[Garden.31](https://www.facebook.com/Garden.31)



[garden.31](https://www.tiktok.com/garden.31)



<https://www.linkedin.com/company/garden31>

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



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