

City Schoolyard Garden

Plant • Grow • Harvest

A Time to Harvest at CSG
September, 2018 Newsletter

www.cityschoolyardgarden.org
Give to Keep Youth Growing!



A Rainy Fall At Buford

Fall in the garden is a beautiful, bountiful experience—in warm climates like central Virginia, it feels like a second Spring. Thanks to the tremendous work of our Summer Summer Interns, the Buford Garden began the school year as lush and verdant as ever.

What a beautiful space to welcome another round of Garden Aide classes! This year, Buford students are able to partake in either semester or year-long gardening classes, hosted by CSG's Garden Educator for Teens, Shannon Gaffey. A hot and rainy September has meant lots of work weeding, studying insects and pest management, improving the garden's walkways and ripping out old summer crops to prepare the garden for Fall.

Summer Interns started rounds of Fall crops in seedling trays during the heat of early August and now they are finally ready to go in the ground! Garden Aides have been busy mapping out the garden, planting and planning for new crops; diligently caring for these cool-weather veggies during the heat by sheltering the plants with straw and row cover.

In addition to gardening skills, classes focus on team building, communication skills, youth leadership, and building community through food. This week we took a break from being out in the rain to make some popcorn (grown by last year's Garden Aides!) and discuss the strengths and challenges we all bring to our team. Knowing each other's strengths and challenges helps the class tackle tough objectives as one big, cohesive, and supportive organism.

Check out our BLOG for more pics!



present the

9th Annual Fall Harvest Festival

Come celebrate the harvest & bounty
of our City Schoolyard Gardens!

Buford Middle School
Friday, October 5th
5:30-7:30pm

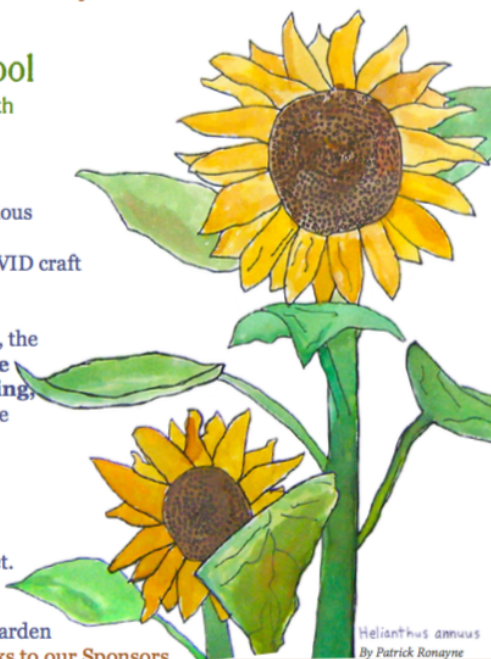
A **FREE** community event with delicious food, garden activities, farm animals, scavenger hunt, local apple tasting, AVID craft fair, face painting & more!

Dinner for all includes **Korner BBQ**, the winning dish from the student **Veggie Cook-off** by **Harvest Moon Catering**, sides by **Continental Divide** and the **Market at Bellaire** & dessert from **Albemarle Baking Company**.

Music by **101.3 JAMZ**

Rain or Shine. Bring a chair or blanket.

www.cityschoolyardgarden.org
www.facebook.com/CitySchoolyardGarden



Thanks to our Sponsors



Want to Volunteer?

Check out our sign up for volunteer opportunities for the event. No fear--there are shifts so you will still have time to spend time celebrating with friends and family. [CLICK HERE](#) to see the open shifts to volunteer at the Harvest Fest!



Saving Seeds at Jackson-Via

The beginning of the school year has been busy for Jackson-Via students. Kindergarten, 1st, and 2nd graders have been harvesting, planting, and saving seeds since the school year started. Saving seeds is a unique part of the fall season that can teach us a lot more about the plants that we grow.

This summer, the Boys and Girls Club Southwood summer camp planted over 70 Cherokee Long Ear Small corn plants. This rainbow kernel corn can be eaten fresh, ground into cornmeal, or made into popcorn. This year we are very excited to test out making some delicious popcorn. Although the ears of corn could have dried on the stalks for another week or two, corn earworms were munching away so it was time to harvest them. Students learned about compost as they shucked the corn over the compost bin. Each ear was a surprise! All around the compost bin you could hear "mine is a rainbow!", "mine is purple!", and the occasional "eww, a caterpillar!" The corn will dry for the next couple of weeks and then it will be time to make popcorn!

Two of the Kindergarten classes saved seeds from the abundant tree marigolds, also known as Mexican sunflowers. Over the summer, these flowers were visited by bees, butterflies, and hummingbirds. The seeds can be a bit tricky to remove. The dried flower heads are prickly and tightly enclose the seeds inside. Luckily, all of the hard work is done. Students will package up the seeds to take home later this fall.

It's always nice to extend the bounty of the summer into the less productive growing months. Seeds offer a unique opportunity to learn about growing cycles, food, and the other bugs and animals that enjoy them.

[Check out our BLOG for more pics!](#)



GARDEN CORNER

Corn is one the most important grains in the world, a part of that is because corn is one of the most used grains in the world. Corn provides about 21 percent of the human nutrient in the world. The United States grows about 40 percent of the worlds corn which makes it a huge part of our culture and history. The irony behind corn is, even though in today's world, corn can be seen in anything from gasoline and cosmetics to candies and other edible treats, corn isn't found wild anywhere on earth. Which means all corn as we know it, is 100 percent affected by human involvement. There are many things humans have done with corn, including drying, planting and seed saving. Working with corn can take some time.

In order to harvest corn one must:

~ Find the ideal state to pluck 'em off the stock, which is when the tassels "hair" of the corn turns brown and the kernels are full.

~ Harvest right before you cook it for the best taste, because corn becomes starchy the longer it sits.

~ If you can't eat your corn right away, the big thing to focus on is to not let the corn dry out. Sweet corn is often frozen because it keeps some sweetness if frozen. If you want to freeze corn you can blanch it first for best results.

~ For fresh corn, keep the husk on until right before its cooked. The husk is the natural equivalent of zip lock for corn, so you don't want to take it off too early.

Farm-to-School & Healthy Schools Week, Oct 2-5



Farm-to-School & Healthy Schools Week is coming up and we are excited to get local, fresh produce options to the students across the Charlottesville City Schools. In combination with the garden visits from local farmers, we are sure that this week is going to be exciting and full of Farm-to-School programming!

We are still recruiting for some volunteers to help with produce preparation on

**Friday Sept. 28 2:00-4:00,
Monday October 1 2:00-4:00 and
Tuesday October 2 2:00-4:00.**

If you are interested or want more information contact
volunteer@cityschoolyardgarden.org.
No experience needed! Help us get this delicious food out to the CCS students!

CULTIVAR

*CSG sends out a hearty thank you to each and every one of the individuals, businesses and foundations that support making youth garden connections. We thrive with your partnerships.
Thank you!*



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Schoolyard Garden today!**

DONATE

At City Schoolyard Garden, we have a vision: that young people thrive with the opportunity to engage with nature, to enhance their academic learning through hands-on experience, and to cultivate skills for healthy living.



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