



Winter 2010  
Volume 2, Issue 2

**San Francisco Community School**

125 Excelsior Street  
San Francisco, CA 94112

**GARDEN WISHLIST**

- 1** Grant Writing/Research  
*Make our garden program sustainable by joining our garden grant committee*
- 2** Volunteers for monthly workdays and after school
- 3** Small Chipper/Shredder  
*to cut down green waste for composting*
- 4** Carona Hand Shovels & Felco Pruners  
*size small (avail. at Sloat)*
- 5** Beneficial Insects  
*Ladybugs, praying mantis, red wiggler worms*
- 6** Translation & Printing  
*For future issues of this quarterly garden newsletter*
- 7** Organic Potting Soil  
*"Black Gold" or something comparable*
- 8** Super Sets of kids' scissors, gardening gloves, colored pencils, journals.
- 9** Intact Burlap Sacks  
*to make compost tea and to cut up for worm bins bedding. (Avail @ SCRAP)*
- 10** That Green Stuff-- Money  
*Make a tax-deductible donation to support all of SFCS's programs.*

*Project OLE is a non-profit 501 (c) 3 that supports SFCS's classrooms and enrichment programs.*

# OUR GARDEN

## Community Gardening *by Stacey Fowler*

Our garden is a community benefit that requires substantial community effort. Thank you to all of the families who contributed emergency donations to save the garden program for K-5 last fall. Because of you we were able to keep Brooke employed in the good work of teaching our youngest students about the value of our natural environment. And now we're on our way to earning a matching grant from the Green Schooolyard Alliance in the amount of \$6,000. We are thrilled that the Rose Foundation has also awarded a \$1,500 grant for our garden program.



But our school and its garden face many more challenges in the coming months. With drastic statewide budget cuts looming we cannot afford to favor one program over another at SFC. They are all under threat including small class size, Phys. Ed, Arts, After School Program, and garden. We need your help now more than ever to ensure that our children receive the top-notch education they truly deserve. Please, if you're able, donate to Project OLE to support and protect these vital programs. The monthly parent pledge is \$35, but any amount helps.

In this tough economic climate, many families simply cannot afford to give money. Please remember your time is a valuable asset to us as well. We can especially use help in researching and writing grant proposals to head-off the school wide cuts we face. We can use the sweat of your brow and good spirits to help out with our Garden Beautification days, which take

place the first Saturday of every month rain or shine, in our classrooms assisting teachers and on the yard! And we'd love to see more of you at monthly PAC and Site Council meetings. A coalition of our teachers and parents are mobilizing to fight the budget cuts, won't you lend your voice and take a stand with us on March 4<sup>th</sup>?

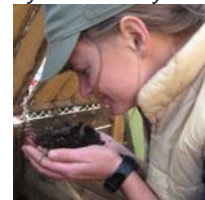


I'd like to appreciate all the families who regularly come out

to dig in the garden at our workdays, research and help write grants, plan PAC events and fundraisers, stuff envelopes and make Tuesday packets, get involved in the classrooms and on the yard, and participate in our school meetings. And very special thanks to Diana Samuelson who tirelessly works to keep the garden program afloat, and even takes time to lend a hand to Josie Kirton with after school art projects; and to Gia Grant and her fantastic SF Clean City youth crew who make our Garden Workdays a success. San Francisco Community School needs all of us to make it the special place it is for our children. Please do whatever you can to help nurture our community and its children.

## SUZI RETURNS

*by Suzi Grady*



My name is Suzi Grady and I am a past SFCS garden educator (2006-2009) and current

program volunteer. From April to October, I spent my days and nights at the UC Santa Cruz Farm Apprenticeship Program, an intensive, learn-by-doing program on organic farming techniques. Through lectures, field trips, and hands-on exercises I

learned crop planning, organic pest and disease management techniques, composting on a large scale, soil fertility methods, propagation, transplanting and direct sowing seeds, harvesting and post-harvest handling techniques, and seed saving. In a nut shell, I was exposed to most aspects of small organic farm operations and spent time studying our current food system. I worked, lived in community, made music, cooked amazing food, and laughed with 45 extraordinary and inspired people. One of the more unique aspects of the program is that we all lived on the farm in tents. It took me about a month to adjust to tent living, but after that I was hooked!

I know that my desire to share skills with others and ensure that all have access to good food will keep me active in school gardens and the food justice movement.



I believe strongly in the principles that the school community is based upon and want to

support efforts in equity, especially when related to access to quality food and green spaces. I seek to share my experience, support community members to set up fundraising strategies and appropriate goals, and see the SFC garden program on more stable financial ground. My motivation is to see that your children have regular access to outdoor experiential learning and programming that connects them to their greater environment.

“Why try to explain miracles to your kids when you can just have them plant a garden.” --Robert Brault



### RECIPE CORNER

#### Carrot & Satsuma Mandarin Soup

Garden Educator, Brooke, and her middle school students recently made this vibrant winter soup in cooking class with delicious results! Rich in vitamin C and carotenes, it's an ideal dish to serve during cold and flu season. *Serves 12.*

#### Ingredients:

- 3 Tbs butter
- 2 cups chopped yellow onion
- 1 3/4 lbs carrots, scrubbed and chopped
- 4 cups vegetable stock
- 1 cup fresh satsuma mandarin juice
- Salt & pepper to taste
- 1 Tbs mandarin zest
- 1 whole satsuma mandarin orange, peeled and thinly sliced for garnish
- 1 Tbs chives, finely chopped

1. Melt butter in a medium stockpot. Add onions, cover and cook over low heat until very tender and lightly colored, about 25 minutes.
2. Add carrots and stock and bring to a boil. Reduce heat, cover, and simmer until carrots are very tender, about 30 minutes.
3. Pour soup through a strainer and transfer solids to a food processor. Add 1 cup of cooking liquid and process until smooth.
4. Return puree to the pot and add the mandarin juice and additional cooking liquid, 2-3 cups, until soup is desired consistency.
5. Season to taste with salt and pepper; add mandarin zest and reheat gently.
6. Serve each portion with a slice of peeled mandarin orange floating on top and sprinkle with chives.

## Upcoming Events

**Saturday, February 6 & Saturday, March 6**  
**10:00- 2:00 pm, SFCS Garden**  
**Garden Beautification Day and Potluck Lunch**

Come and get to know your fellow SFCS families. Join us the first Saturday of every month as we work together in our school garden. Learn about gardening with your family while helping with maintenance, planting, weeding, and harvesting.

**Monday, February 8**  
**6:00- 7:30 pm, SFCS**  
**Parent Action Committee Meeting (PAC)**

Help plan fundraisers and community building events like the Pancake Breakfast, Garden, Carnival, and class camping trips. Childcare, dinner, and translation provided.

**Saturday, February 20**  
**9:00- 12:00 noon, Cafeteria**  
**Pancake Breakfast**

Come mingle with SFCS families and enjoy a delicious breakfast while helping to raise money for our school. All you can eat pancakes, bacon, vegetarian sausages, fruit salad, coffee, tea, and hot cocoa. *Suggested Donation: \$5 adults, \$3 kids, family of 4 special \$15.*

**February 19 - March 1**  
**Sloat Garden Fundraiser**

Bring the special Sloat flyer coupon to a Sloat Garden location during this week and a percentage of your purchases will benefit SFCS.

*For more information contact Stacey Fowler at (415)239-8559.*

