

## **Ahwatukee Community Garden October 2023 Newsletter**

### **Garden Highlights:**

The month began with our enchanting "Planting Seeds of Love" workshop, hosted by Cassie and Linda, which inspired Girl Scouts and Brownies, who explored the garden with magnifying glasses and seeds.

The garden saw significant developments this week, with the relocation of the compost pile to the east side. Our new spiral garden is brimming with the first batch of "gold magic," ready to host precious medicinal herbs.

In the children's garden, a new raised bed was unveiled, symbolizing the importance of digging deep into the earth to cultivate delicious veggies. Our recent harvest included yard-long (noodle) beans, Armenian cucumbers, and eggplants.

We also planted a variety of seeds and seedlings in our newly crafted "waterfall" shaped bed, from fenugreek and mustard to kale, carrots, sugar snap peas, beets, cilantro, spinach, onion bulbs, and marigolds. We're excited to add ten more varieties this coming weekend.

### **Community Appreciation:**

A heartfelt gratitude goes out to Kim, Brian, Kimberly, Diana, Roscoe, Kathleen, Mary, Jo, Om and Maria, whose tireless efforts and dirt-smudged hands have not only built a beautiful community garden but also nurtured incredible friendships.

### **Upcoming Events:**

We continue the garden fun with "How Does a Garden Grow: Vegetable Growing Basics," hosted by Cassie and Linda, starting at 9 am.

### **Minty Garden Lemonade Recipe:**

If you're wondering what to do with all the mint from the herb spiral, try this delicious "Minty Garden Lemonade" recipe:

#### **Minty Garden Lemonade:**

- 1 cup fresh mint leaves
- 1 cup freshly squeezed lemon juice

- 1/2 cup honey or maple syrup
- 4 cups cold water
- Ice cubes

In a pitcher, muddle the fresh mint leaves to release their flavor. Add lemon juice and honey (or sugar) to the pitcher and stir until well combined. Pour in cold water and mix thoroughly. Add ice cubes and garnish with a sprig of fresh mint. Serve and enjoy the refreshing taste of your garden's minty goodness.

### **Health Plan Benefits:**

Did you know that your health plan might cover the costs of your participation in club activities like ours? Element 3 understands the vital role that engaging in social, physical, and mentally stimulating activities plays in your well-being. Your involvement is crucial, so we kindly request you to check your eligibility and register on Element3 Health's partnering website at [e3hfun.com/ACG](https://e3hfun.com/ACG). It's a simple, cost-free process that not only benefits your health but also supports our cause.

### **Workshops and Activities:**

Every Sunday from 9-10 am, we invite you to participate in our engaging weekend workshops. These sessions are open to all ages and experience levels. These workshops are designed to cover a wide range of topics, including gardening techniques and holistic living practices. Each week, we'll feature guest speakers from local specialists who will share their expertise and insights with our community.

On the first Sunday of every month, we host a dedicated children's workshop, perfect for kids who want to explore the world of gardening and sustainable living in a fun and interactive way.

This Sunday, October 15th, we present the third installment of our weekend workshop series. Join us for "Eating With the Seasons," a captivating session hosted by the dynamic duo of Master Gardener Linda Rominger and Cassie Tolman. Delve into the benefits of aligning your diet with the rhythms of nature.

On October 22nd, we have a special addition to our workshop series. We are hosting **Lauren from Let's Go Compost**, who will guide us on how to reduce waste in our landfills by collecting food scraps at home for our compost system. You can pick up upcycled food-grade buckets to get started on this eco-friendly journey. Let's transform waste into "black gold" for our garden's benefit.

### **Prickly Pear Harvest Event with Cactus Kelly:**

Date: Sunday, October 22nd Time: 3:30 p.m. Location: Mesa near Country Club Drive and Baseline

Cactus Kelly, a passionate expert in prickly pear, is hosting a Prickly Pear Harvest event. Registering for this event costs \$14, but participants will receive \$20 in cash upon arrival. Additionally, you will have the opportunity to pick two buckets to aid in the harvest and take home 5 lbs of prickly pear, ideal for making juice and jam. Cactus Kelly will provide valuable information on creating various culinary delights from prickly pear and demonstrating live juicing right in the field. To stay updated on all upcoming events hosted by Cactus Kelly, please visit her Linktree page at [linktree.com/cactuskelly](https://linktree.com/cactuskelly). You will find links to all upcoming event tickets as they become available here.

### **Adopt a Garden Featured Company: Starbucks:**

This week, we are thrilled to have Starbucks as our featured company that has adopted our garden. Through the generous efforts of Theo and the Starbucks team, they have not only donated coffee to our hardworking volunteers but are also working on additional special contributions to enhance our garden further. If you know of a company interested in adopting a garden, please visit Community Harvest Community Gardens' "Adopt a Garden" page and contact Kimberly at Community Harvest Community Gardens nonprofit.

### **Volunteer Opportunities:**

We invite everyone to participate in our volunteer opportunities at the garden every Sunday from 8-10 am. We are an inclusive and universally accessible garden open to all ages and ability levels. Join us to learn how to plant, nurture, prune, and grow the wonderful varieties in our garden while fostering a sense of community and growth together.

### **Stay Connected with Us:**

For the latest updates and information about Ahwatukee Community Garden, please visit our website at [acgarden.weebly.com](http://acgarden.weebly.com) and follow us on Instagram at [@ahwcomgarden](https://www.instagram.com/ahwcomgarden).

Thank you for being a part of our vibrant community. Your participation and support are integral to the success of Ahwatukee Community Garden.