

# CREATING LANDSCAPES FOR FAMILIES In the Community at the Unitarian Universalist Church and In the Garden at the Ackerman Farm

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## JUNE CATA BUS SCHEDULE

The CATA bus will be making 2 stops on Tuesdays for the garden. The first will be at the Universal Unitarian Church at 4:30 and then the bus will stop by Grandma Cheryl's house for the second stop. The CATA bus will pick everyone up from the garden at 7:30.



A beautiful rainbow Mrs. Klasen saw on her way leaving the first potluck.



## FIRST POTLUCK HUGE SUCCESS!!

May 7th we had our first night at the garden as well as our first potluck of the season. We had an amazing turnout and even added some great people to our garden teams. Thanks to Bob's Angels for hosting the barbecue - themed potluck. There is still time to come out and join a team in the garden. Our communication coordinator Rosemary Richardson would be happy to fill anyone in on times and what our community garden is all about. It was great seeing new faces as well as our original garden families. Our next potluck will be the first Tuesday in June. Stay tuned for all the details. Kiah and Hillary filled us in on our new garden binders and Bob was letting us know about some things that will be going on. We hope to see some smiling faces from our family at the Unitarian Universalist Church too!! The garden is always a great time with friends and family!!





## WHY ARE COMMUNITY GARDENS SO IMPORTANT?

- Community gardens increase a sense of community ownership and stewardship.
  - Community gardens foster the development of a community identity and spirit.
  - Community gardens bring people together from a wide variety of backgrounds (age, race, culture, social class).
  - Community gardens build community leaders.
  - Community gardens offer a focal point for community organizing, and can lead to community-based efforts to deal with other social concerns.
- Community gardens allow people from diverse backgrounds to work together.
- Community gardening is a healthy, inexpensive activity for youth that can bring them closer to nature, and allow them to interact with each other in a socially meaningful and physically productive way.
  - Community gardens allow families and individuals without land of their own the opportunity to produce food.
  - Community gardens provide access to nutritionally rich foods that may otherwise be unavailable to low-income families and individuals.
  - Studies have shown that community gardeners and their children eat healthier diets than do non-gardening families.
  - Eating locally produced food reduces asthma rates, because children are able to consume manageable amounts of local pollen and develop immunities.
  - Exposure to green space reduces stress and increases a sense of wellness and belonging.





## CAROL'S CLEAN UP CORNER!!!

Thank you so much to Rosemary Richardson along with her children, Cheryl Dooley, my daughter Danielle and Grandma Cheryl for coming to the church on May 18th from 1pm - 5 pm to help spring clean. We got so much done and it was very much appreciated.

Coming together is a beginning.  
Keeping together is progress.  
Working together is success.

- Henry Ford

Throughout the summer, Creating Landscapes for Families will continue to offer 2lb. bags of washed, cut, and frozen vegetables for \$5 per bag. Currently, we have Butternut Squash and Sweet Potatoes available. As our garden grows, we hope to add to the list of available vegetables! All funds raised from the sale of these vegetables will be used toward funding nutritious meals at our programs. Currently, Creating Landscapes for Families provides healthy meals for 50 people in the community on Tuesday and Thursday evenings from September through April. Thank you for your support!

Butternut Squash and Sweet Potato orders and payment are due on the 2nd Thursday of every month. Orders may be submitted during our scheduled garden time (5:00 -7:00pm every Tuesday) or forms and payments can be mailed to Creating Landscapes for Families at 596 Chestnut Street, Meadville PA 16335. You may pick up your order on the 4th Thursday of every month from 4:00 - 6:00pm at the Unitarian Universalist Church. Any questions about ordering and pickup can be directed to Cheryl Dooley or Rosemary Richardson. Cheryl can be reached by phone at (814) 853-1208 and Rosemary can be reached at (814) 333-9228.



## Homemade Smoothie Recipes

With the warm weather

finally here Tammy sent us some Smoothie Recipes.

( She says the Silky Mango is delicious)

### Silky Mango

1/4 cup mango cubes

1/4 cup avocado

1/2 cup of orange juice

1 tbsp. freshly squeezed lime juice

Combine all ingredients in a blender and process until smooth.

### Brain health blueberry dream

1 cup of unsweetened frozen blueberries, thawed

1 small banana

1 tbsp. of cold-pressed flaxseed oil

Combine all ingredients in a blender and process until smooth.

### Strong bones green almonds smoothie

1/2 cup almond milk

2 tbsp. natural almond butter

1 small banana

1 small handful of kale leaves

Combine all ingredients in a blender and process until smooth.



## CHERRY CHEESECAKE DIP

1 tub Philadelphia cheesecake filling

1 tub cool whip

1 can cherry pie filling

Mix cheesecake filling and cool whip together. Put on plate. Pour cherry pie filling over mixture. Dip cookies,



**Contacts to add  
information to monthly  
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814-333-9228 Rosemary  
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Landscapes for  
Families

~since 2009

**Don't forget  
We Are On the WEB!!!**  
[http://  
www.creatinglandscapes.org/](http://www.creatinglandscapes.org/)

#### THINKING AHEAD

We will be having a yard sale where proceeds will benefit Creating Landscaping for families. We are asking that anyone who has things lying around or things they no longer want please get ahold of Rosemary Richardson to donate anything you would like. Any donations would be appreciated by the end of June. We are planning the yard sale to be at the garden on July 9th which is a Tuesday. So let's get the donations pouring in and make sure to come out and help support Creating Landscapes for Families!!!

Potlucks will be held the first Tuesdays in June, July and August! Come out for some great food and social time at the garden! See what we are all about.



#### Creating Landscapes for Families In the Garden at Ackerman Farm

#### Friends of the Garden - Summer 2013 - General Information

This year's garden has a whole new look! Bob Ackerman is dividing and plowing the huge stretch of garden land into six plots. Families have divided into six groups and have sketched plans for their plot and have even "named" the plots. The beauty of each plot is left to the group's creativity!

Now we are looking for friends from throughout the community to choose a group to work with...that's where you come in! Diversity in gardening knowledge as well as interests & experiences in life will add a depth and richness to each group and to the community as a whole. THAT is the heart of our garden!

Although transportation to the garden will be offered on Tuesdays from 5 until 7 pm, Bob has graciously opened the garden to us all day / every day in order to accommodate busy schedules. Individuals and groups can come when they can! Each group will manage a recording system (already designed and ready to go) and will report data to Bob once a month. Six seasoned Coordinators from the families facilitate six different aspects of Creating Landscapes for Families and will work collaboratively with this year's gardeners and with Bob.

Once the harvest begins, each of the six plots will share their crop with all the rest so ALL Families and Friends will have a nice variety of vegetables and flowers. Our Harvest Celebration will be planned and hosted by all groups—sharing the joyful work among us.

In keeping with the tradition of Creating Landscapes for Families, we will gratefully accept a "free will donation" from individuals and families as cost for joining this year's garden. That donation can be made any time before the end of June and will entitle Friends of the Garden to share in the work and the harvest. I humbly ask that you consider giving this a try. We are bravely trying a new way to grow and know we can't do it alone. If you have any questions, please contact me at (814) 671-1961 or [klasen.joyce@gmail.com](mailto:klasen.joyce@gmail.com).

With a grateful heart... Joyce Klasen, Educational Director

Here are some details about this year's garden...

Bob Ackerman is dividing and plowing the huge stretch of garden land into six plots. Families have divided into six groups and have sketched plans for their plot and have even "named" the plots. Thanks to Donna Baker (our Grant writer) and some other generous donors, we have a wonderful variety of seeds and plants (both vegetables & flowers) that groups can choose from. Each plot can be unique in its design as well as crop (s). The beauty of the plot is left to each group's creativity! Now we are looking for friends from throughout the community to choose a group to work with...that's where you come in! Diversity in gardening knowledge as well as interests & experiences in life will add a depth and richness to each group and to the community as a whole. THAT is the heart of our garden... Although transportation to the garden will be offered on Tuesdays from 5 until 7 pm, Bob has graciously opened the garden to us all day / every day in order to accommodate busy schedules. Individuals and groups can come when they can! And if we have learned nothing else, we have learned that weeds grow every day of the week... Each group will manage a recording system (already designed and ready to go) and will report data to Bob once a month. Six seasoned Coordinators from the families facilitate six different aspects of Creating Landscapes for Families and will work collaboratively with this year's gardeners and with Bob. You can meet those coordinators on Tuesday and better understand their roles. Monthly potlucks (1st Tuesday of each month from 5 until 7) will bring all groups together. Each group will choose a month to host the potluck and each group will offer a theme - May was a "barbecue" by "Bob's Angels" and I've heard talk of a Fiesta in June. (no time for siesta:) We are planning to have "friendly competitions" among the groups each month (cleanest rows, most time worked, ...). We will brainstorm ideas at Tuesday's potluck so be thinking! Once the harvest begins, each of the six plots will share their crop with all the rest so ALL Families and Friends will have a nice variety of vegetables and flowers. Our Harvest Celebration will be planned and hosted by all groups...sharing the joyful work among us.