



GROWING CHILDREN WITH VEGETABLES

The ABC's of Our School Gardens Partnership

People see the value of teaching children about gardening. And not just for the fresh air and sunshine. What better way to teach science than to explore how seeds sprout and flowers become fruit right in front of your nose? How better to teach ecology than to reveal the vast, interdependent web of life in soil? What about instilling social values, like how working together accomplishes much more than working alone? And inspiring self-esteem, when children discover that each of them can do something uniquely useful to help in a shared garden?

The best place to teach children such things is a school garden. But building school gardens independently from one another is hard—school's out in the summer, when the gardens need tending; teachers may not know how to start or where to find resources; principals may be reluctant to support a school garden if they feel it will lack buy-in from parents and the community. In short, it takes a team to get school gardens off the ground, or into it in the first place.

Community GroundWorks (CGW) is a key player on just such a team. As a member of the GrassRoots/OutdoorWonder (GROW) Coalition, which formed in 2011, we and our partners—the Madison Metropolitan School District, Community Action Coalition, Sustain Dane and the University of Wisconsin-Extension—are thrilled to announce a major award from the Madison Community Foundation to support outdoor, garden-based learning in 15 Dane County schools over the next three years.

The GROW Coalition will work with five schools per year to foster garden design and installation, engage communities to maintain gardens, and provide professional development for teachers interested in using gardens as vehicles for learning.

Nathan Larson, CGW's Education Director, is working closely on this project. His experience over 11 years crafting the Kids' Garden Program at Troy Gardens brings best practices in garden-based curricula and hands-on knowledge of how to increase the capacity of schools to support garden programming. Through his leadership, our Kids' Garden Program spawned the Goodman Youth Grow Local Farm: a collaboration among CGW, the school district, and the Goodman Foundation that supports a small-scale organic urban farm involving youth from Kennedy Elementary School, East High School, and the Goodman Community Center.

CGW has been at the forefront of creating a learning community devoted to garden-based education. Larson developed a professional development course for educators, which CGW has offered for the past four summers, serving over 100 educators. Next summer, CGW will launch a Garden Based Learning Summer Institute, a more in-depth version of what we've done in the past.

With crucial support from the Madison Community Foundation, we and our partners will share ideas and resources, encourage participation by diverse groups of youth and families, and build on rich assets that already exist in Greater Madison. We will work to shape systems and policy in our community to incorporate sustainability as a key component of high-quality education for the 21st century.

Note: some of the information in this article came from the websites of the Madison Community Foundation and the GROW Coalition. Google them, and us, to find out more!



A FOND FAREWELL FROM JILL JACKLITZ



As the growing season comes to a close so, too, does my time at Community GroundWorks. It is with a heavy heart that I step down as Executive Director. I will be joining the staff of Group Health Cooperative of South Central Wisconsin as manager of the Community Care Department there. I will continue to feed my passion for ensuring that community supports its members through my work there.

For those of you who have spent time on the land at Troy Gardens, witnessed a group of middle schoolers at the Goodman Youth Farm or experienced the awe of passers-by at our garden on the state capitol, you know how this place gets embedded in your heart. My first day, a warm April Monday, I walked the land at Troy Gardens with one of our staff. The enthusiasm she conveyed as she described her work was contagious. That energy has fueled my work here. I have learned so much about what really makes community, at garden work days, take back the night walks with our neighbors at Vera Court, Thursday's farm stand, even board meetings. There is a reason this place is called Community GroundWorks.

In these pages you will read about an exciting school garden project funded by the Madison Community Foundation, and how a brigade of volunteer stewards watered trees at Troy Gardens through the summer's drought. Good things continue to grow here thanks to the dedication and creativity of our staff, board and neighbors. And I promise to keep some of my own roots in this ground in the years to come.

Troy Gardens is located on the 500 block of Troy Drive on Madison's Northside.



Growing Food. Growing Minds. Together

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STAFF

Julie Engel <i>Troy Community Farm Crew Leader</i>	Nathan Larson <i>Education Director</i>
Ginny Hughes <i>Kids's Garden Manager</i>	Claire Strader <i>Troy Community Farm Director</i>
Patricia Lindquist <i>Natural Areas Coordinator</i>	Martha Worcester <i>Administrative Assistant</i>
Jake Hoeksema <i>Troy Community Farm Manager</i>	

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GARDENING FOR GOOD

Each Thursday evening this summer, a group of neighbors came together under the blue bottle tree at Troy Community Gardens to learn how to garden, have fun at a mini-workshop, and find a place in the rich web of connections that makes up our community garden. Some of the participants had disabilities, some did not. It was clear, however, that each person had a gift to share—expressed through sharing chores, story-telling, dancing, singing, drumming, bird watching, The Garden Parade, flower arranging, and so much more. We had a blast!

Gardening for Good came into being as a vehicle to offer healthy lifestyle opportunities and fellowship to people with developmental disabilities. Rebecca Starke, a local professional serving the needs of the disabled, conceived the program and secured the funding for it independently. Community GroundWorks supplied the garden plot and other amenities for the program.

Rebecca hoped supported gardeners would learn about gardening by “hands in the dirt,” with whatever supports were needed to make this a positive experience. Some supported gardeners had staff or respite care workers with them each week, others had a volunteer or family member. These support people were key players, not only in helping to teach garden skills with the sup-

ported gardeners, but also in welcoming and extending friendship to each supported gardener over the season.

Gardening for Good relied on the strength of neighborhood connections and resources. Recruitment of supported gardeners was focused on people with disabilities who live on Madison’s Northside. The emphasis of neighbors gardening and getting to know each other has the potential of carrying over into other areas of our lives.

Funding for this pilot program came through Dane County Human Services. It is yet to be determined if the project will continue next year.

From the positive experiences of our participants, which you can re-live at gardeningforgoodmadison.com, we all hope that it does.

You can support Gardening for Good 2013 and receive a community-created booklet of stories & pictures—see back page.



Julie holds a bouquet of garlic scapes

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Community GroundWorks donors: Your name here!



DROUGHT CALLS FORTH EXTRA EFFORT FROM STEWARDS



Bird-watching in Troy Natural Areas

The Midwest experienced an incredible drought this summer, the worst in recent history. The drought was hard on our gardens and farm, but it also affected the woodland, prairie, edible landscape, and wildlife of Troy Gardens. Troy Natural Areas staff, interns, and volunteer stewards had their hands full of work to do.

As the drought and heat gathered strength in June, staff and stewards noted changes on the land. Quickly they established systems for watering and prioritizing sections and individual plantings. The first step was to acquire hundreds of feet of new hoses, to connect the far reaches of the edible woodland to the water spigots at the edge of the Community Gardens. The second was to determine who would water what.

Their primary concerns were recently planted saplings—fruit trees in the Edible Woodland and oaks in the Old Field where we hope to recreate an oak savanna landscape. The little trees needed water immediately and often, so interns worked with the Youth Services of Southern Wisconsin's Youth Restitution Program to water the saplings every week. For other trees in the Edible Woodland, we set up an "Adopt a Tree" program, a sort of triage for the trees suffering the greatest stress. Volunteer stewards signed up to care for individual trees, marked with flags, for the duration of the drought. A devoted group of stewards beat the heat by getting out early in the mornings to care for the plants in the Herb Garden.

Our interns also worked to educate people about the effects of drought on our natural habitats. Students from Toki Middle School observed and compared the effects of drought during fall field trips. A guided walk through the prairie led by a summer intern revealed amazing

evidence of the drought's damage. Where the Old Field and Prairie meet, the intern asked her group to observe the differences between the two areas. There was a stark contrast between the silence in the brown, short, dry grasses in the Old Field and the symphony of insects in the still-blooming tall grasses of the Prairie. It was clear that native grasslands—even recreated ones like ours—are much more resilient to extreme conditions than the simpler landscapes left behind after land has been "developed."

CGW staff and stewards will continue to monitor the effects of the drought as part of our maintenance procedures outlined in our Natural Areas Management Plan, and will restore and replant where needed next spring.

For more information or to become a steward, please visit our website.

ROGRAM DIRECTOR MEGAN CAIN MOVES ON TO NEW CHALLENGES

By Megan Cain

I have spent seven seasons of my life working with Community GroundWorks. I have coordinated the Kids' Garden program, served as Office Manager and Interim Executive Director, been a worker share on the farm, a community gardener, and developed two of our newest programs—the Goodman Youth Grow Local Farm and Madison FarmWorks. I am so honored and so grateful to have had the opportunity to grow as an individual, as a professional, and as a gardener through my time here.

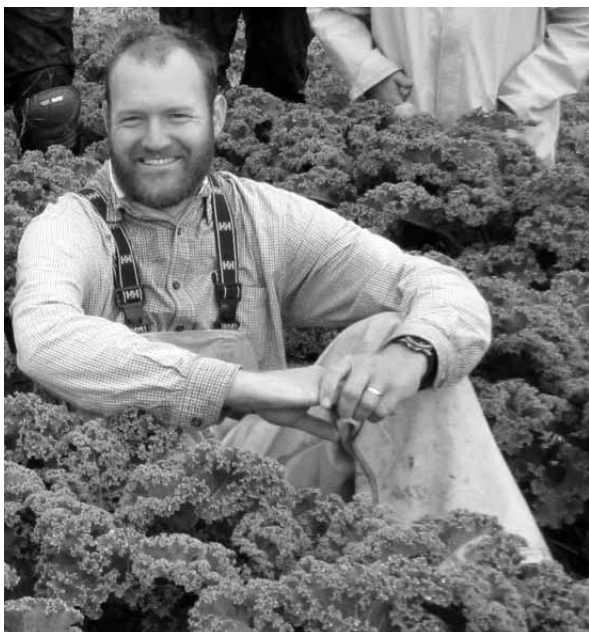
It's been a wonderful adventure being so connected to Troy Gardens and its tribe of amazing people. This land has a special energy that seems to draw certain people into its fold. I have often thought that Troy Gardens picked me all those years ago to become another character in the story of the land.

We must move and change in life or we risk being static. It is now time for me to stretch and grow in some new ways in my life. I am deeply indebted to this land, the people who have worked and continue to work so long and so hard to keep the vision of Troy Gardens strong and growing. Thank you all for giving me the gift of Troy Gardens in my life!



Megan Cain

A “REAL FARM”



Jake Hoeksema, Troy Community Farm Manager

Note: A longer version of the following article first appeared in the June 14, 2012 issue of *Urban Roots*, the weekly newsletter of Troy Community Farm.

Urban Roots provides an ongoing narrative of the life of the farm over the growing season, and includes a great recipe in every issue.

You can read all of last season’s *Urban Roots* on our website, communitygroundworks.org.

Jake writes:

I didn’t grow up on a farm (or even close to any), so my childhood idea of what constituted a “real farm” involved a big red barn, lots of four-legged creatures, and some cartoonish guy leaning on a pitchfork with a long piece of grass stuck between his teeth.

In my early 20’s, my conception of a real farm dramatically expanded when I worked my first season on a mixed vegetable CSA farm. It now included never-ending rows of every type of organic vegetable I had ever heard of, as well as a few I had never before encountered. That farm happened to be one of the largest CSA farms in the entire country and was thus quite mechanized. I worked in the fields along side cultivating tractors, mechanical transplanters, all manner of veggie washing equipment, and a bean picking machine that was about the size of the apartment I was living in at the time.

That first farm hooked me on farming as a vocation, and it also heavily influenced my vision of what a farm “should” look like. Over the following years, my farming

journey made several more stops. Each one further honed my vision in its own way, but “fairly big and somewhat mechanized” continued to be a cornerstone of my idea of a real farm. Then, six seasons ago, I landed at Troy Community Farm. Once again my idea of a real farm expanded—but not without a few growing pains. I remember feeling at home at Troy from the beginning, but also harboring some initial misgivings about it somehow not qualifying as a real farm.

Surely a real farm could not be only 3.5 acres of vegetables, with no plans to get any bigger. A real farm could not be function at a scale where nearly all of the work is performed by people wielding hand tools. A real farm would be too chaotic and pressed for time to place a huge emphasis on teaching others to farm.

Through my first few seasons at Troy, however, my thinking began to evolve, and I began to appreciate what we do here. I started to ponder different questions about farms and our food system. How will farmers deal with a changing climate that is becoming increasingly volatile and extreme? What about the ever-increasing length of the supply chain that delivers us our industrial food? How will we pass the knowledge and experience of our aging farmers on to the next generation? In this rapidly changing world, how are we going to feed ourselves?

Maybe the answers to these questions include a farm that gets as much as it possibly can out of a small space. Perhaps they include a farm that strives, at every turn, to minimize outside inputs, especially fossil fuels. Or a farm that is located right within the city where its customers live. Maybe the answers include a farm that strives to empower a new generation of enlightened farmers and growers. Maybe Troy Community Farm is as real as it gets.”

COMMUNITY GROUNDWORKS THANKS KATE SULLIVAN

Community GroundWorks bids farewell to Kate Sullivan. Kate has served as our part-time Associate Director since 2011. She has been instrumental in ensuring our success through her fundraising efforts. Kate’s enthusiasm for our work is contagious! We are sorry to see her move on but know that she is heading to exciting endeavors. Thanks Kate, for all your great work on our behalf.

DID YOU KNOW?

Community GroundWorks by the numbers in 2012:

Operating Budget: **\$472,486**

Households fed through our CSA program at Troy Community Farm: **170**

Households who gardened at Troy Community Gardens: **191**

Low-income households who paid a reduced fee for their Troy Garden plot: **149**

Interns we trained in urban farming, environmental education and community engagement through our programs: **31**

Children we served at Troy Kids' Garden, Goodman Youth Grow Local Farm and Lapham Elementary School: **2,459**

Urban gardens our program Madison FarmWorks installed or maintained this growing season: **15**

Adults who participated in our urban gardening and garden-based education classes and workshops: **1,260**

Volunteers in the Natural Areas: **almost 400**

New Natural Areas Stewards: **26**

Workshops & events for Natural Areas Stewards: **16**

Emerald Ash Borer outreach events: **4**

Large trash bags of garlic mustard that volunteers pulled from the woodland areas at Troy Gardens: **83!**

At Community GroundWorks, we pursue our mission guided by the following core values:

We grow stronger by welcoming diverse experiences, cultures and points of view; and by respecting the integrity of the natural world.

We are committed to collaborative decision-making. We partner with and support the efforts of others who share in the work of building enduring communities.

We share in the collective responsibility to steward and protect the earth's resources. We are committed to ethical business practices that ensure an economically healthy organization.

We serve as a model for innovative land use, by developing program designs and strategies to grow food and support healthful lifestyles.

We invite people to stray off the path, allowing individuals to define their own experiences and interactions within a shared natural resource.

We believe that social justice must include access to nourishing, fresh food, and broad opportunity for people to embrace the natural world in a meaningful way.

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Collecting prairie seeds (photo provided by Madison Audubon Society)

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It's like paying someone else to volunteer!

OUR RECIPE FOR SUCCESS: SHARING FOOD TOGETHER

CAC Garden Day

Community Action Coalition's (CAC) first ever Garden Day celebration took place at ten Madison community gardens, including our own Troy Community Gardens, on a bright Saturday this September.

Troy gardeners sat in a circle cutting up apples they'd harvested from our adopted orchard on the grounds of Mendota Mental Health Institute. An antique apple-press, operated Kurt Schneider and a passel of eager children, produced abundant fresh cider that was eagerly quaffed with second and third helpings for everyone.

Asian and African Troy Gardeners presented cooking demonstrations in our Outdoor Culinary Classroom, sharing such delights as Hmong egg rolls and Gambian spinach stew with a lip-smacking audience.

Guinea Obobofo, a group of local women who play West African drums, laid down the beat to accompany the craft-making, bird-watching, info tables, and all the fun activities of the day. Door prizes donated by local businesses kept things exciting.

Every aspect of CAC Garden Day was accomplished by volunteers and offered freely to our neighbors and gardening community. We thank you one and all!



Kemp Thonesavanh prepares Hmong eggrolls.



Dennis Hargrove and Dagoberto Cortez give two thumbs up for Kemp's creation.

Good Food Garden Party

Rain during dessert couldn't dampen spirits at the Good Food Garden Party on Saturday, September 8th at Troy Gardens. Guests merrily covered their heads with their napkins—until lightning forced a quick end to the festivities.

Our annual fundraising dinner is an elegant opportunity for guests to experience our working landscape first-hand, strolling the trails while enjoying fine food and drink from local purveyors. Some of Madison's finest chefs prepared a delectable feast on-site, with produce from Troy Community Farm. Thanks to our sponsors and partners for helping us carry on what is becoming a magical tradition, a reflection of our vision to provide hands-on education for all ages that begins and ends with food.



Many thanks to Good Food Garden Party sponsors!



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RETURN SERVICE REQUESTED



Support Gardening for Good 2013 and receive this charming little book!

Pictures, stories & blog posts by gardeners with and without disabilities who discovered happiness in the summer of 2012 at Troy Gardens, Gardening for Good.

Our community-created book is available for \$20, shipping included. Proceeds will help Gardening for Good continue next year. Contact wearegardeningforgood@yahoo.com to order now!



Small gifts produce big results.

Your gift helps us to continue our mission: to

grow wholesome and organic food for local tables, to cultivate a diverse learning community, and to nurture a meaningful relationship between people and the land. In fact, our very existence is made possible by donors like you. There are many options for giving.

Gifts of Cash: Send a check to our office or donate online. Consider giving monthly donations; contact our office to learn more!

Workplace Giving: We are part of Community Shares' workplace giving campaign.

Community CHIP: When you shop at the Willy Street Co-op, a portion of your "CHIP" will go to Community GroundWorks. For more information, visit www.communityshares.com.

Stock & Securities: You can avoid capital gain taxes while receiving a tax deduction by giving a gift of stock or securities.

Charitable Gift Annuity: Make a tax deductible gift while receiving a lifetime annual income from the gift. You must be 60 or older to establish a charitable gift annuity (CGA). We partner with the Madison Community Foundation to offer CGAs.

Planned Giving: Bequests are a powerful way to leave a lasting legacy. Gifts can take many forms: will provisions, life insurance policies, IRAs and qualified retirement plans such as 401(k) and 403(b) plans. We partner with the Madison Community Foundation to provide donors with the opportunity to give back to future generations.

Our programs are made possible by donors like you.

Contact us (see page 2) to learn more about these options for giving. Please visit our website at www.communitygroundworks.org to make your donation today.