

CATCHING A SECOND WIND

Strong Partnership with Goodman Foundation Means Youth Grow Local Project Will Continue to Grow

Team Cougar (kindergarten and first grade students from Kennedy Elementary School), Goodman Community Center's TeenWorks, Superintendent Dan Nerad and others from Madison Metropolitan School District joined Community GroundWorks board and staff recently to thank the Irwin A. and Robert D. Goodman Foundation for their very generous support of our youth farm project located on previously vacant land adjacent to Kennedy Elementary School on Madison's east side.

Now named the Irwin A. and Robert D. Goodman Youth Grow Local Farm, the farm will double in size

to a half-acre, and get some much-needed infrastructure improvements thanks to the Foundation's support. Community GroundWorks expects to engage a diverse population of more than 800 elementary, middle and high school students in hands-on, farm-based education at the site this year, and grow thousands of pounds of food for the Goodman Community Center's food pantry and meal programs.

Youth are actively involved in the entire process of running a small-scale organic urban farm at the Goodman Youth Grow Local Farm. During the school year, students work at the farm, in the greenhouse or in the classroom to explore a variety of topics focused on small scale urban agriculture. In the summer, youth farmers work three days a week planting, tending, harvesting, washing and packing the produce for delivery to the Goodman Community Center's Fritz Food Pantry. Youth farmers are immersed in community service as they strengthen food security by providing fresh vegetables to the Food Pantry.

The Goodman Youth Grow Local Farm represents the very best in partnership and collaboration. The land is owned by the Madison Metropolitan School District. Community GroundWorks manages the farm and provides education in farming, healthful eating and community service to students in the Madison area. The project was launched in 2009 thanks to the creative support of the Goodman Community Center. Community GroundWorks now serves children kindergarten through high school from almost a dozen local community centers and schools. The five-year, \$250,000 grant from the Goodman Foundation ensures that this resource will be available for years to come.

The staff and board of Community GroundWorks share the Goodman brothers' commitment to creating a healthy community, and are honored to enable the legacy of Irwin A. and Robert D. Goodman to endure at the Goodman Youth Grow Local Farm.



CGW staff and board members help Team Cougar plant a row of broccoli at the Goodman Youth Grow Local Farm in April.

NEW FACES AT CGW



Patricia Lundquist joined CGW as the Natural Areas Co-ordinator in January. Patricia has been a familiar face at Troy Gardens for the past two years, serving as a Natural Areas intern, leading volunteers on the land and working with Ziegler Design Associates (ZDA, the

local firm that has been our landscape architect since the beginning of the Troy Gardens project) on the management plan and the new master plan for the land. She graduates from UW-Madison this May with a bachelor's degree in landscape architecture. Patricia loves to run the trails around Madison, immerse herself in new cultures while traveling abroad, and eat her fiancé's Indian cooking.

Ginny Hughes is our new Program Manager for Troy Kids' Garden. Before joining Community GroundWorks, she earned a master's degree in Environmental Leadership from Naropa University in Boulder, Colorado. She also co-founded and managed the Sherman Middle School garden on the Northside of Madison.



Ginny is passionate about sharing the magic of the garden with kids and delighted to be working at Troy Gardens. Ginny lives at Troy Gardens Co-Housing Community and gardens here with her husband and two children.



Martha Worcester, formerly a CGW Board Member, has moved from a leadership role to something equally if not more valuable—keeping CGW's office running efficiently in her new job as Administrative

Assistant. Martha brings many years' experience in journalism, publishing, and event management—along with everything that has to do with keeping a small office operational—to complement her flair for critical thinking, which may or may not be lost on her dog, Zibi.



www.communitygroundworks.org
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STAFF

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Claire Strader
*Troy Community Farm
Director*

Kate Sullivan
Associate Director

Martha Worcester
Administrative Assistant

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Troy Natural Areas

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



“GARDENING FOR GOOD” AT TROY COMMUNITY GARDENS

“Gardening for Good: The Supported Gardening Project” is a pilot program being introduced at Troy Gardens this season. Supported Gardening assists people with developmental disabilities to explore gardening in community settings, where the level of participation is individually tailored to meet the person’s skills and interest.

A select group of individuals with developmental disabilities, each with an accompanying support person, along with the project facilitator, will share a plot in the community gardens. The weekly sessions will begin with the physical work of tending a garden. Following that, the gardeners will participate in “mini-workshops”, half-hour lessons from wise community members. Topics will be related to gardening as well as other topics, including: singing, citizenship, nature, crafts, story writing, flower bouquet arranging, and more. Each session will end with a snack and time to socialize with other gardeners.

In addition to the supported gardeners, other individuals with disabilities (accompanied by support people) who live on the Northside will be invited to come to Troy Gardens on gardening night. There will be tables for picnics, games, and more. All interested folks will be invited to attend the mini-workshops and stay for the refreshments.

Troy Gardener and neighbor Rebecca Starke, “Gardening for Good” project facilitator, has worked with people with disabilities for more than 20 years. She is eager for supported gardeners to discover how gardening can enrich their lives. The ultimate goal is that supported gardeners will develop lasting friendships and find their place in the community at Troy Gardens.

Northside residents with developmental disabilities are still being recruited. If you or someone you know is interested, contact the individual’s Dane County broker/casemanager for more information. If you’re interested in volunteering with the Gardening for Good pilot program, contact Rebecca at wearegardeningforgood@yahoo.com. Volunteer hours can be counted towards your Troy Community Garden volunteer commitment.



Rebecca Starke

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Community GroundWorks donors: Your name here!



GARDENING LIKE A FARMER

By Claire Strader, Troy Community Farm Director

It was early April 2011 and I was getting ready to move our farm tractor, named Nicole, from her winter home in my garage back to the field at Troy Community Farm. As I looked over at my front yard, I paused to envision beds of lovely vegetables instead of so much lawn. My partner Sarah and I had been planning a front yard garden for years, but we still had not worked up the steam to actually strip out the grass.



Claire Strader and Nicole the tractor

I had a good deal of experience putting in gardens by then. In 2009 I teamed up with my co-worker Megan Cain to

start Madison FarmWorks, a new profit-making program of Community GroundWorks. We bring together the skills of the organic farmer with the scale of the gardener to create vegetable gardens that are both beautiful and productive. Together we have designed and installed many vegetable gardens throughout the city, including the one on the Capitol Square. Our practice had been to strip out the sod to get rid of the weeds and the grass rhizomes and then to create the beds. I knew from experience that stripping the 2000 square feet of sod that covered my front yard would not be easy or fun.

We had already installed strawberries, asparagus, fruit trees, and beehives in the backyard, but that space was hidden from view. In the front yard we would be able to say hello to passersby and even offer a fresh snack for their stroll. That was our goal, but we had not moved forward because of the grass.

In the backyard, we had stripped out all the sod by hand and piled it to compost. It was a lot of work, and we were grateful to the friends who helped us. Still, we were not looking forward to enlisting more unsuspecting friends for another round of stripping.

As Nicole hummed on my driveway that April morning, I realized that my front yard could be prepared just I have always prepared new fields for

farming. Why remove the sod, when I could just till it in and kill it all with cover crops? Sure, we would have to delay actual planting until the cover crops did their job, but we had already been dragging our feet for two years. We could wait another few months.

I drove Nicole onto the lawn, tiller spinning. After the sod was worked up, I spread oat seed and tilled that in. The oats came up a week later and all my neighbors wanted to know what kind of grass I was using in my new lawn. I explained that the oats were actually killing the lawn so we could make room for our vegetable garden. After the oats, I put in a round of buckwheat. By the time the buckwheat flowered, the grass was all gone and we were ready to install the garden.

Surprisingly, in some ways I love gardening even more than farming. In my garden the beds are permanent. I can mulch the paths and leave them be, focus compost in the beds where they will increase fertility, and most importantly never have to till again. Now that Nicole is done with her work and my beds are formed, I only need to fork the soil before planting. Because my garden is small (relative to the farm anyway) and I only grow a few of each crop, the worst of the agricultural pests never seem to find it. My home potatoes out-produce the farm potatoes every year, mostly because the potato beetles can't pick out that small patch among all the other plants in the garden.

We finished installing our front yard garden in July. We put in four beds of strawberries for our kitchen and one for the neighborhood kids who have already learned to stop by for a snack. We have herbs and lavender and many other perennial flowers. There are raspberries from my parents' garden in Massachusetts, and an heirloom apple tree from a friend of ours in Michigan. Even with all that, there is still room for six beds of annual vegetables. It's amazing how much space we have now that the lawn is gone!

We did save a little scrap of grass, however. That's where we set up a table and chairs. It's fun to eat dinner in the garden with the fragrant herbs and the flickering fireflies, until the mosquitoes come out anyway. And we thank Nicole for starting up so quickly last spring and inspiring us to make this garden happen.

(Note: a longer version of this story previously appeared in the Willy St. Co-op Reader.)

GROWING MINDS: GARDEN-BASED LEARNING FROM CGW

Our mission is to connect individuals to urban agricultural and natural lands within a diverse learning community. One way we accomplish this is by providing educators the tools and training they need to establish garden-based learning in their schools and programs.

We are pleased to announce the publication of *Got Veggies?*, a garden-based nutrition education curriculum created by CGW staff and others in partnership with the Wis. Dept. of Health Services. *Got Veggies?* features seven full lesson plans that are aligned with Wisconsin's Model Academic Standards for Nutrition, Health, Science, and other related subjects. A series of shorter garden-based activities is also included, as well as fun recipes and helpful tips for cooking and eating in the garden. This flexible curriculum provides an all-around great way to nurture students' interest in growing and eating fresh fruits and vegetables.

The 62-page booklet is available to download for free on our website, communitygroundworks.org. Click "Resources" in the top banner, then "Curricula, Guides and Manuals", then "Got Veggies: A Garden-Based Nutrition Education Curriculum."

For the fourth year, CGW's Education Director Nathan Larson will lead "Growing Minds," a 5-day, 20-hour course is designed for K-12 teachers and community educators who are interested in building skills in the areas of youth garden education, development, and management.

The course, to be held 8am-noon at Troy Kids' Garden from July 23-27, emphasizes an inquiry-based, hands-on approach to garden-based learning. Course topics will include youth garden design and construction, funding and resources, recommended tools and equipment, organic gardening methods, cooking in an outdoor garden kitchen, garden-based nutrition, nature study and games, earth art, chickens in the garden, program evaluation, and the role of youth gardening in the sustainable agriculture movement.

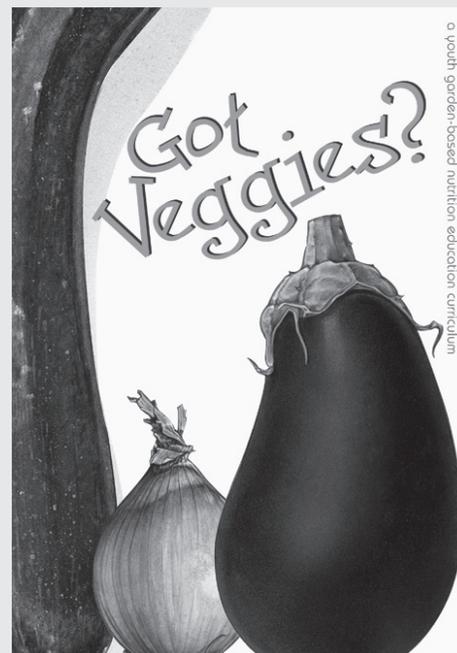
For registration forms and more information, click "Resources" on the top banner at communitygroundworks.org, then "Workshops and Courses." You can also call Nathan Larson at 240-0409, or email education@troygardens.org. Enrollment is limited to 22 educators.

Here is an activity from "Stems & Leaves," one of the lesson plans in *Got Veggies?* You could use this in a classroom or at home with your own garden and kids.

Super Green Veggies: People use the nutrients we get from food to grow and stay healthy. Nutrients help us build muscles, bone, skin, teeth, and all the other parts of our bodies.

Have students identify "super green" leafy vegetables that are growing in their garden (e.g., kale, collard greens, romaine lettuce, spinach, watercress, and mustard greens). Have students also identify "super green" stem vegetables (e.g., broccoli and spinach). Note: For older students, you could explain that fruits and vegetables contain many nutrients including vitamin A and C, potassium, and dietary fiber. There are also some special fruits and vegetables, called the "Super Green". These dark green vegetables are important to eat often because they contain extra amounts of key nutrients like vitamins A and C and potassium. These nutrients are important for many reasons, including the following: Vitamin A is essential for keeping our eyes and skin healthy and for protecting our body against illnesses like the cold and flu; Vitamin C keeps our gums and teeth healthy; and potassium helps our hearts stay healthy.

Chlorophyll Rub: Do a leaf pressing using watercolor paper. Fold a piece of paper in half. Place leaves to be pressed between the halves and rub over the top with the back of a large spoon. The chlorophyll in the leaves will print to the paper. Have students write the name of each leaf and some words describing the flavor next to each print. Cut the paper in book-mark size, or have each student do a different leaf and glue them to a poster.



SAVE THE DATE: SAT. SEPT. 8**GOOD FOOD GARDEN PARTY AT TROY GARDENS**

Some of Madison's most notable chefs will demonstrate their culinary expertise at our second annual Good Food Garden Party, Saturday, Sept. 8 from 4:30-7pm on the land at Troy Gardens.

Troy Gardens provides an exquisite background for guests to enjoy guided tours through the community gardens, farm, urban forest and prairie, sampling hors d'ouvres paired with local wine and beer. Dinner follows,

al fresco in the gardens. Several of Madison top-tier chefs will prepare signature dishes for this five-course feast. The chefs will be onsite to share conversation and information with guests. Live background music and a silent auction will round out the night's entertainment.

The Good Food Garden Party celebrates local abundance and sustainability. Most of the vegetables on the menu will be grown at Troy Community Farm. Thanks to our event partner, Purple Cow Organics, this is a zero-waste event; at the end of the evening everything including food scraps and disposable dinnerware will be recycled, reused or composted.

This special evening of fun and fine cuisine is a perfect way to support Community GroundWorks' ongoing work to connect children and adults to nature and local food. Tickets are \$125 and will become available online and from our office in June.



Timebank members—you can donate Timebank Hours to us. We'll use them to pay volunteers for helping out on the land and in our office. It's easy to do online at www.danecountytimebank.org.

Open the Tools for Members page, log in and choose Record an Exchange under the My Account tab. Designate yourself as the Recipient of Service and Community GroundWorks as the Provider.

It's like paying someone else to volunteer!

**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.

MEANINGFUL RECREATION IN TROY NATURAL AREAS

Get outside this summer and discover an urban natural area that will invigorate both body and spirit, whether you simply enjoy the beauty or pitch in to help steward it. Troy Gardens is a community resource with a lot to offer. Pick up our new interpretive trail guide in one of the kiosks on the land and start exploring! Can't make it to Troy Gardens for a hike? Take a virtual hike! The trail guide can be found on our website. Click the "What We Do" tab on the home page, then go to "Tours & Field Trips" and click on *Sol Levin Memorial Trail*.

The mile-long trail takes you through an amazing variety of landscapes. Look for trilliums and violets in the maple woodland, forage for berries and nuts in the edible landscape, and sample sage, mint and sorrel in the perennial herb garden. Wander through the Hmong demonstration garden of traditional herbs and medicinal plants. Escape the heat of summer for an intimate chat in the sunken prairie grotto—you can't see it from afar but the trail will lead you there. With trail guide in hand, you can learn about our five-acre organic farm and passive solar greenhouse, and observe the wide variety of crops planted in the community gardens and the award-winning Troy Kds' Garden.



After you've finished exploring on your own, please join us for one of our many outdoor activities that benefit this shared resource. We offer a variety of workshops funded by an Urban Forestry grant from the Wis. Dept. of Resources.

Topics include tree planting and care, pruning, invasive species monitoring and removal, prairie restoration, and more.

Our events are fun and delicious all year long: we make mulberry wine in summer, apple cider in fall, and maple syrup in early spring. Stargaze while munching on treats in the prairie grotto on a moon walk, or refresh yourself with just-made mint tea while spotting songbirds in the herb garden. Help us construct bat houses, monitor our breeding bluebird families, and collect prairie seeds. Most activities are free. For more information, call Patricia at 240-0409 or email patricia@troygardens.org.

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Collecting prairie seeds (photo provided by Madison Audubon Society)

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**Visit Troy Gardens during
Ride the Drive Northside,
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Savor the Summer with
family-friendly fun and
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in the gardens!



Savor the Summer at Troy Gardens
RIDE THE DRIVE NORTHSIDE



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.

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Charitable Gift Annuity: Make a tax deductible gift
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You must be 60 or older to establish a charitable gift
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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 Kate Sullivan (page 2) to learn more about
these options for giving. Please visit our website at
www.communitygroundworks.org to make your dona-
tion today.