

squash hunger success

***I**t's 9:00pm and I'm waiting in a deserted parking lot, a car pulls up to make the exchange. I help the volunteers unload. All of this clandestine veggie coordination has made me feel like the conductor of some underground vegetable railroad ...*

Thank you gardeners who donated tomatoes, squash, and beans! Thank you CSA's who donated shares full of carrots, potatoes, and onions! Thank you volunteers and drop-off locations. You all helped CDCG's *Squash Hunger* program collect more than **6,200** pounds (310 per week) of fresh garden produce that has been distributed to food pantries and soup kitchens throughout the Capital Region!

Squash Hunger was started because we noticed that many of gardeners become overwhelmed by the amount of tomatoes, squash, and other vegetables that they can grow. Pairing up gardeners who have an abundance of extra produce with food pantries that want to encourage families to eat fresh fruits and vegetables was a natural fit! So, in an effort to save perfectly good veggies from the compost pile we wanted to make it as easy as possible for gardeners to donate their extra freshly grown vegetables.

Vegetable donations started appearing in June, first from Community Supported Agriculture Farms (special thanks to Dension Farm) in the area and then from local gardeners that had a jump start on the season and already were sharing the fruits of labor from a winter full of nurturing seedlings. Drop offs were made at six locations throughout the Region: Honest Weight Food Co-Op, Niskayuna Food Co-Op, Nichols' SuperValu Foods, Troy Farmers Market, Regional Food Bank and Community Gardens' office. The Food Bank picked up at several locations and we also had the help of volunteers who collected and transported produce donations.

Even though our growing season just finished, we're already

fertilizing new ideas for next year's *Squash Hunger Grow a Row* campaign including, but not limited to, increasing the number of drop-off locations, more partnerships and the possibility of doing some innovative packaging, including ready-made meals, food preservation, and recipes to help those that are shy about using fresh vegetables in their cooking (hint, hint – fun and worthwhile volunteer opportunities). The *Squash Hunger Grow a Row* campaign has set a goal to double the veggie donations and give 12,000 pounds of fresh produce to food pantries in 2005.

So here's a message to all gardeners: **It doesn't take a lot to make a real contribution!** The average harvest from a typical packet of seeds of a light vegetable, such as snap peas, weighs about 20 pounds. Dense vegetables, such as carrots produce about 100 pounds. No matter how little space you have to plant an additional row of vegetables for giving, you can help. If you feel you do not have time to harvest your produce, please tell your fellow gardeners to harvest your food and donate it to Squash Hunger. *



At the Normanskill Farm, CDCG's Board grew 250 pounds of produce for Squash Hunger!

WHAT'S INSIDE

office update . . .	2
know to grow . . .	3
herb feature . . .	4
fact sheet . . .	5
in the gardens . . .	6 - 7
students growing . . .	8
EOC building sheds . . .	9
holiday giving . . .	10
donors . . .	11
on the table . . .	12





The mission of Capital District Community Gardens is to educate and engage the community in organic gardening and urban revitalization for the benefit of the Region and the health of its citizens.

In operation for 30 years, CDCG manages 42 community gardens in Albany, Rensselaer & Schenectady Counties, plants hundreds of city street trees each year, and works with community groups to improve the overall appeal of our cities and the quality of life for residents.

Board of Directors

- Stephen Cowan, *President*
- Denise Harlow, *Vice-President*
- Sharon Bedford, *Secretary*
- Michael Bergen, *Treasurer*
- Jennifer Freeman, *At-Large*
- Beth Manning, *At-Large*
- Margaret Diggs, *Past President*

- Laurie Bacheldor
- Larry Biggins
- Doug Burns
- Chico Christopher
- Lori Doyle
- Oto Jones
- Dean Leith
- Adam Lewis
- Resa Tanner
- Micheileen Treadwell

Staff

- Amy Klein, *Executive Director*
- Sharon DiLorenzo, *Program Manager*
- Nicole Donato, *Gardening Educator*
- Allison Pratt-Szeliga, *Garden Organizer*
- position vacant, *Assistant to Exec Director*
- Brett VanZandt, *Education Center Planner*
- Eric Winders, *Garden Organizer*

Volunteers

- Monique DeForge
- Sue Green
- Matt Derkowski
- Jennifer Harte
- Jill Fielder
- Peter Matcovich
- Nicholas Fuller
- Howard Stoner

**40 River Street
Troy, NY 12180
518.274.8685
518.272.2744 fax
CDCG@juno.com
www.cdcg.org**

office update

Amy Klein, Executive Director

TRANSITION: 1) the process of changing from one state or condition to another. 2) a period of such change. Autumn and transition go hand-in-hand — the changing of the seasons; the process of cleaning-up, clearing-out and closing down the gardens; getting ready to hibernate for the winter (okay maybe that’s just me and the bears!).

These past few months have been a period of great change for CDCG. Most dramatic was our change in staff. At the end of the summer both of our Garden Organizers, Marci Nelligan and Laura VanDeusen moved on. During their time with Community Gardens they both made great contributions and their hard work and fun spirits are missed. We wish them both well in their new pursuits. My able and sunny assistant for the past year, Allison Pratt-Szeliga stepped into one of the Garden Organizer positions and then Eric Winders joined us in September to round out the Garden crew. Eric arrived with machete in hand which he put to work right away, so we know he’s no stranger to hard work!

With new staff in place, we had a wonderful tree planting this Fall in Cohoes with an outstanding group of student volunteers from Cohoes High School. This planting was made possible by funding from NYS DEC and the City of Cohoes. Our staff also planted trees in Rensselaer and were very excited by the response from residents who asked when we’d be back to plant more! And as luck would have it, we have a grant pending that would allow us to do just that in Rensselaer, Cohoes and for the first time in Scotia.

Firsts are always exciting and this year we were thrilled with the results of our pilot project called Squash Hunger – Gardeners Growing Extra Produce for Those in Need. Read the cover story for details, but I just can’t resist repeating – more than 6,200 pounds of fresh produce was grown by our regions farmers and gardeners and donated to local food pantries and soup kitchens! We are very grateful to all the businesses that helped launch this successful pilot program (see page 10 for a list). We’re looking forward to “growing” it next year!

2005 promises to be a year of more firsts with expanded and new programming. We are greatly expanding our Know to Grow classes for next year (see page 3) with more than 30 classes being held in Albany, Schenectady and Troy from January thru November on a variety of topics. New programs next year include the launching of a “Taste Good” series to introduce children to new fruits and vegetables and a New Gardener Mentoring Program to match experienced gardeners with beginners to provide hands-on, one-on-one assistance.

Planning for our Education Center is moving along. After a year of research into nine different programmatic areas, we have narrowed our planning to focus on job training and the creation of an entrepreneurial venture for growing and selling produce. We’re now writing a detailed business plan for the concept and seeking funding to make this dream a reality. Thanks to all those who have helped fund this first critical planning stage, particularly The Bender Family Foundation, Walter & Sheila Uccellini and The Picotte Family Foundation. We look forward to reporting some exciting plans this spring.

Ah spring... it can’t come soon enough! *

Amy



know to grow classes

These are just the classes we are offering for January - March. Check the next newsletter for future classes and our web site (www.cdcg.org) for updated information and locations. All classes are open to the public and are offered free to CDCG community gardeners and cost \$10 for others. **Registration is required so signup today!**

Gardening with Kids

Mark Warford, Assistant Principal at Goff Middle School and creator of the very successful Farnsworth School Garden, will give his secrets to engaging children in gardening. Topics include planning a child-friendly garden and making garden chores appealing. Children are welcome. We'll have fun activities to occupy them while you attend this class.

Saturday, January 8 at 10am, CDCG office.

Ethnic Gardening: Growing and Using Vegetables from Around the World

Now you can enjoy exotic vegetables fresh from the garden! This class will introduce you to some unusual but delicious vegetables you can grow yourself. Recipes will be available to help you create fresh, exciting dishes. And, you'll get to sample dishes prepared by Personal Chef Lori Doyle.

Tuesday, January 11 at 6pm, Rensselaer County Cornell Cooperative Extension office.

Soil Secrets

Take a closer look at the foundation of any successful organic garden. The soil is the first thing you need to consider before you plant a single seed. Learn how to build up the nutrients and texture of your garden soil without using harmful chemicals. Your garden will become a place teeming with helpful creatures that promote a bountiful harvest.

Wednesday, January 26 at 6pm, in Albany to be announced.

What's Bugging You? A Closer Look at Common Garden Pests and Plant Diseases

Get to know the challenges awaiting you and your plants in the garden. This class will help you identify the signs of insect pests before they become problematic. You'll learn to identify pests and specific symptoms of certain plant diseases such as tomato blight and squash wilt. Organic pest control options will be presented.

Wednesday, February 9 at 6pm, CDCG office.

The Four Basic Vegetable Groups in the Garden

Did you know that peppers, potatoes and tomatoes are in the same plant family? That means not only are they vulnerable to the same garden pests, but they require similar garden care. Get to know the four basic groups of common garden vegetable families we love to grow. Advice on planting times and specific vegetable families will help you have an extended season full of fresh garden produce.

Saturday, February 12 at 10am, Troy Farmer's Market

Healthy Cooking with Personal Chef, Lori Doyle

You won't want to miss this class led by Chef Lori Doyle. Cooking tips, recipes and delicious food to sample while learning to cook healthier meals.

Tuesday, February 15 at 6pm, in Albany to be announced.

Gardening Education Series

Our second annual Know to Grow gardening education series will feature five classes on Gardening Basics, Growing a Heart Healthy Garden, Seed Starting, Growing Heirloom Vegetables, and Getting a Jump on the Growing Season. Something for both the novice and experienced gardener!

Saturday, March 5 from 11am to 1pm, CDCG office.

Gardening Basics

Designed to accommodate the needs of beginner gardeners, this class provides fundamental gardening information for a successful growing season. Key points on planning an organic garden, including ways to organize vegetable beds and the amount of sun, water and fertilizer needed for proper development, will be discussed. Other topics include planting times, organic soil building and mulching.

Saturday, March 12 at 10am, in Schenectady location to be announced.

When, How and What to Plant?

To be a successful gardener, you need to know what to plant and when to plant it during the growing season. This basic gardening class will teach you what varieties of vegetables are proven to be the best match for our area and planting times for cold and warm weather crops. Plus, you'll learn what should be planted from seed versus transplants.

Tuesday, March 8 at 6pm, Troy Public Library and

Wednesday, March 16 at 6pm, CDCG office.

Other Know to Grow Classes Planned for 2005

*Cooking Series: Healthy and Delicious Snacks

*Composting and Vermiculture

*Tips to a Huge, Healthy Harvest

*Simple Organic Gardening Solutions

*Planting the Fall Vegetable Garden

*Preserving the Harvest

To Reserve a Space at any of these Classes:



Call CDCG at 274-8685 or

Email cdcg@juno.com



cayenne (capsicum minimum)

Cayenne peppers are known for the fiery flavor they add to any food. Although truly a fruit, it is one of the world's most highly utilized spices and popular for its culinary and medicinal uses. Cayenne is a member of the hot pepper *Capsicum* family, a name derived from the Greek word 'kopto' meaning 'I bite'. From enticing the flavor of hot chocolate to relieving arthritis pain, cayenne never ceases to amaze its biggest fans.



The history of cayenne can be dated back almost 7,000 years, when South American Indian tribes first used the fruit as decoration. It quickly gained use as a flavoring. In the 15th century, Christopher Columbus discovered it when he reached the Caribbean island of Hispanola in search of spices. Columbus returned to Europe with this new fruit that replaced expensive black pepper traded from India. Cayenne quickly made its way around the world reaching Africa and Asia through explorer Magellan and Britain by the Portuguese.

Although native to the tropical regions of South America, cayenne is an herbaceous annual grown all around the world in various climates. To grow it in our Northeastern gardens, cayenne seeds must be started indoors 6 to 8 weeks before transplanting outdoors. They should be set out in the garden after the threat of frost is over and the nights are above 60 degrees. They are very susceptible to low temperatures and drought and require well-drained, fertile soil.

Cayenne's fiery flavor and healing powers stem from the chemical known as capsaicin. This chemical possesses properties that range from healing infections to fighting certain types of cancer. Cayenne is used as a decongestant. Its peppery heat allows the body to clear up congested nasal and respiratory systems. It is an excellent remedy to ward off chills and is useful at the onset of a cold. Small quantities

will help stimulate a debilitated appetite. Cayenne also has cardiovascular benefits that stimulate blood flow throughout the body, and it is used externally in ointments to treat muscular pain and arthritis. Cayenne does get a bad reputation when it comes to stomach ailments, but ironically it's used to prevent ulcers and also kill harmful strains of bacteria that may be the cause of stomach illnesses. It is also proven that hot peppers speed up the metabolism for almost 20 minutes after consumption. This fact has helped the pepper gain popularity as an aid in weight loss.

Studies are also underway on the use of cayenne for replacing hair loss, relieving arthritis pain and preventing certain types of cancers. Cayenne's bright red color suggests it contains high levels of Vitamin A (Beta-carotene) and Vitamin C. Both vitamins are antioxidants that fight off cancer-causing cells. They also help boost your immune system against viruses.

Cayenne powder is also a tremendously useful supply for organic gardeners. Cayenne's heat makes it a strong weapon in the garden against mammal and insect pests. Mixed in birdseed, it will prevent the squirrels from eating it all and the birds will never taste it. It can also be mixed with bone meal when planting to prevent voles and mice from eating your flower bulbs. Added to dish soap and water, it can be sprayed daily onto vegetable plants under attack by insect pests such as cucumber beetles, aphids, Colorado potato beetles and countless others.

Cayenne's culinary uses are endless. It can be used to spice up a soup or added to various foods to enhance their flavor. A dash of cayenne in hot chocolate enriches its flavor. A sprinkle added to a vegetable stir-fry will heat things up, or a sprinkle of cayenne and lemon juice on bitter greens such as collard greens or kale will give it a whole new flavor.

So when planning your garden for next year, you may want to make room for a few cayenne pepper plants. Like all vegetable plants, they take dedication but the health rewards are well worth it. With all its medicinal and culinary marvels, you can see why this spice has such an international flair. ✨



edamame

Edamame, (pronounced “eh-dah-MAH-meh”), a traditional Japanese vegetable, are green vegetable soybeans. The word edamame means “beans on branches,” an accurate description since they grow in clusters like large stalky bush beans. They have a sweet, nutty flavor. Pop them out of the pods and they make a delicious snack or serve them as a side dish. Edamame does not have edible pods, only the beans can be eaten. They make a great substitute for peas or lima beans in any recipe.

Edamame are an excellent source of high-quality **protein**, they have 38% protein and a ½ cup serving contributes 11 grams of protein towards the adult average requirement of 46-63 grams per day. The beans have all of the amino acids, including the eight not produced in our bodies. They are also high in dietary **fiber, calcium, phosphorus, potassium, vitamin A** and **folate**. And then there are **isoflavones** — the powerful plant compounds that have been linked to everything from decreased heart disease to alleviating the symptoms of menopause.

Here’s how to grow great edamame:

Variety: Since we live in an area with short and cool summers, choose a variety such as Envy, Gion, Beer Friend, Vinton, Misono Green, or Sayamusume, that mature in less than 90 days.

Soil: Edamame tolerates a wide range of soils, but delay planting until soil temperatures reach at least 60 degrees. Extend your harvest with successive plantings made at weekly intervals.

Spacing: Edamame are well-suited to dense plantings. Plant in wide rows and space four inches apart in all directions. Planting depth should be no deeper than 0.25 - 0.5 inch.

Watering: Plant seed into moist soil. If the soil is too dry, irrigate prior to planting. Irrigating after planting can cause a crust to form on the surface of the soil which can prevent emergence. Keep soil consistently moist until emergence (one to two weeks), then water only when soil is dry.

Fertilizing: Edamame perform well with moderate soil fertility. Compost or a balanced organic fertilizer are good choices.

Cultivation: Control weeds around seedlings with light cultivation until leaves shade out competition.

Pests: Edamame are largely pest-resistant, but if you have problems with Bean Beetles or Stinkbugs they can be controlled with floating row covers or predatory insects (like ladybugs).

Harvest tips: Like other types of beans, edamame have a narrow harvest window of three to seven days. Harvest edamame when the pods begin to plump and the beans almost touch within the pod. Pods should be bright green in color, similar to snow peas. By the time pods show any yellow the optimum time for harvest has passed. Bunch four to six plants together and remove the leaves from the top of the plants to expose the edamame, clip the stems at the base of the bush. Harvesting the whole plant requires the least amount of labor, and keeping the pods on the stem maintains freshness, flavor, and quality. When pods are left on the plant, beans retain sugars and quality remains high. Chill the beans for several hours and then blanch the pods in boiling water just until the color deepens. The beans can then be refrigerated or frozen for later use.

Eating tips: Boil edamame in lightly salted water for about five minutes and eat right out of the pod for a snack. Or after boiling or steaming, saute in a pan with sesame oil and soy sauce. Sprinkle with sesame seeds for a tasty treat.

Seed Sources: Because edamame is a new crop in the United States, seed can be difficult (but not impossible) to find. Johnny’s Selected Seed and Territorial Seed Company both sell edamame seed. ✨



in the gardens

Interview by Eric Winders

Each of our gardens is filled with all kinds of different foods and different people. Recently I met Anne Siddall, a gardener with a plot in our Mumford Street garden in Schenectady. Of course the first thing I noticed was her accent, British for sure. After a day of work and conversation, I was really interested in talking to Anne about her experiences gardening with Capital District Community Gardens and the differences she's observed in gardens and food, between England, Northern Europe and the US.

Talking to Anne it becomes clear that gardening in Europe is much different, "it's in the air, in the culture." Anne's years in London exposed her to European's intense interest in their gardens. Both as a child and adult, visiting different gardens is a rite of passage. All the members of her family have gardens and some of them are even garden professionals. Many municipalities in Britain set aside land to rent to locals to grow food for themselves, similar, in a way, to Community Gardens. This trend really took off during World War II, as the need for food was imperative. Towns have kept these gardens going over the years, yet on a much smaller scale. However, there is still a strong sense and understanding of "the commons", where people care for and share the communal areas. She notes that riding the trains you see people growing food and flowers along the track embankments and that gardens are very common in urban, suburban, and rural settings.

When Anne moved to the US, she had a home garden. Six years ago she moved to the Stockade area in Schenectady, where land is limited. "I had a garden for perennials, but there was no space for veggies, and little sun." Although she had heard of Community Gardens a few years back, it wasn't until this spring that she found out we had gardens in Schenectady. "I was ecstatic when you described the Mumford Garden for me." Anne admits that because of differing schedules she doesn't see many of the other gardeners but has had good conversations with the ones she does see and finds that they enjoy gardening as much as she. "I like the fact that the garden is small and therefore manageable." Anne shared one plot with two friends, hoping not to be overwhelmed, however, they had such a good year that they hope to expand, get another plot and are "planning big things next year." They have definitely enjoyed the fresh vegetables that they received from this year's harvest.

The Mumford Street Garden is located in Schenectady's Hamilton Hill yet Anne lives closer to downtown Schenectady. With Hamilton Hill's reputation as a tough and dangerous section of town, one might wonder why someone who is not a resident would choose such a plot. Anne notes, "my neighbors said 'you don't want to go there.' But there are no issues and the garden is great."

When asked about her favorite foods and recipes, Anne says she enjoys simple dishes using fresh veggies from the garden, like green beans sautéed with garlic and a little fresh squeezed lemon. Adding fresh veggies, like snap peas ("they're good because you don't waste any part of it"), garlic, and broccoli, to stir-fries is also high on the list. She also canned tomato sauce and worked on putting up some salsa this year. One of her favorites is potato leek soup which makes it to the top five foods list in our book!



There are certainly differences in the food palate of Americans and Europeans. Europeans, Anne says, are "much more conscious of freshness and organics," although that sentiment is growing in this country. There are also more types of veggies in Europe, especially in France, where they have things "you never see here." "The range of foods is (comparatively) narrow and limited" here in the US. Yet, there are vegetables for which we share a common taste and vegetables we grow here that don't make the cut over there. In Britain rutabagas, turnips, and swedes (a root vegetable) are very popular, but there are few squashes (not enough sun) and "no one even knows what collards are." The "quality of food is wonderful in Europe," waxes Anne. Yet, like here, it all depends on "local tastes and climate."

Anne is definitely satisfied with her garden plot in Schenectady, saying "we are happily ensconced at Mumford Street and loving it." *



NEWS OF NOTE

Douw Street, Troy

Nina Baldwin and Molly Suwara, teachers at the Ark Community Charter School are participating in a Tulip Garden Study through Journey North. Their Red Emperor Tulips will be the focus of an international science project in which students investigate the relationship between geography, temperature and the arrival of spring. Good luck and let us know when spring arrives! *

Pearl Street, Albany

Members of Youth Organics (YO!) opened their garden to the South End community by planting beautiful veggies *outside* of the fencing encouraging any hungry passerby to stop for a bite. Thanks for the extra dose of community spirit. *

New Sheds for Albany Gardens

Five community gardens received new sheds this Fall thanks to assistance from the Capital District Educational Opportunity Center (see page 9). Check them out in the Gardens at Livingston Avenue, Myrtle & Irving, Orange Street, Pearl Street and Westland Hills. Enjoy! *



IN MEMORY

Remembering our gardening friends who passed away this year...

Jack Fish - Ridgefield Park Gardener

Maggie Graham - Lincoln Park Gardener

Kenneth Ray - Eleventh & Eagle Gardener

~Wish List~

Chainsaw	Picnic Tables
Garden Hoses	Pole Pruner
Garden Tools	Pruners/Loppers
Gas Weedwackers	Watering Cans
Perennial Plants	Wheelbarrows/Carts

homespun help

Extending Your Growing Season ~ Northeast gardeners have had to suffer through short, cloudy and chilly growing seasons for the past two years, making it difficult to get a decent yield on heat-loving crops. Here are some tips to extend the season in both spring and fall to help you get the most out of your garden.



* *Build raised beds in the fall by piling compost and leaves 12 - 15 inches high to form a bed of the desired size. Over the winter the bed will settle and will be warm and dry weeks before your regular garden soil is ready to plant. Laying a border of flat rocks around your raised beds will further increase the soil temperature because heat absorbed by the rocks during the day is released into the soil at night.*

* *Some growers have reported that spraying plants with a kelp solution helps them better tolerate frost. The secret may lie in the fact that kelp (seaweed) supplies vital elements needed for growth that are otherwise unavailable to the plant in growth-inhibiting low temperatures.*

* *Build a temporary coldframe from straw bales, bricks and clear plastic. Use two layers of bales for the back wall and one layer on the sides. Lay bricks on the floor and stack them against the back wall as they'll retain heat. Drape clear plastic over the top, using bricks to weigh it down. When you're finished with the cold frame, use the straw for mulch.*



students growing in the gardens

This summer there were many new faces at the Swift and Seventh Garden working hard and learning the basics of organic vegetable gardening. These new gardeners were from several local youth groups located throughout Troy. Students from the North Central Weed and Seed after-school program, the Sunnyside Center Day Camp and a church youth group developed by Susan Decker all cared for community garden plots this season.

Each group planned their garden based on growing information and on what they were most interested in eating. Watermelon ranked on the top of everyone's list, but we settled for muskmelons, which melted due to the generous summer rains. Other favorites and much more successful crops were tomatoes, squash, potatoes, sunflowers and beans.

The students started seeds and planted them in their garden plot. With each visit, the groups weeded, mulched with newspaper and fertilized with fish emulsion. They learned about the benefits of earthworms, composting and plant science. They did scavenger hunts searching for insect pests and learned the specifics of growing certain crops. The exciting part of the program was when the students harvested the ripened tomatoes and dug up potatoes. They tried new vegetables with much enthusiasm, sometimes shocked by how great it tasted. The Sunnyside Center students shared their harvest with family while the Weed and Seed students sampled a bit and sold the rest to local residents.

At the end of the summer, all the groups attended a Harvest Dinner Celebration at the little league park across from the Swift and Seventh Garden. Students and their families came together and enjoyed a dinner made of garden fresh produce.

This was not the only community garden in which local youth groups worked in a plot together. The Douw Street



Garden welcomed Ark Charter School teachers who planted produce for a school harvest. In Albany several after school enrichment



programs were out growing vegetables in the garden. In Corliss Park in Lansingburgh, there were several young gardeners that helped care for our demonstration plot. Not only did they harvest an abundance of healthy produce, they helped mow the paths and water and weed the perennial gardens at the front entrance. They did a terrific job!

A new youth educational program we're working on this winter is called "The Taste Good Series". This program will help young elementary students (Pre-K to First Grade) learn about fresh produce. Once a week, students will be introduced to a new fruit or vegetable. Lessons will include basic gardening information and a tasting of the produce of the week. Students will take home information on the food they tried and liked (hopefully), encouraging parents to buy these fresh fruits and vegetables regularly. We are also planning to introduce residents to gardening in an innovative "training garden" at the Corliss Park Garden. As a part of the training garden, new gardeners will be allowed to plant 1-2 plants or a single row in the garden - getting their hands dirty without feeling overwhelmed with the burden of a large plot. All season long, they will work along side CDCG's Gardening Educator to care for their plants. As a result of the program, the gardeners will harvest fresh produce and gain new confidence and gardening skills to build upon for the next gardening season.

We hope these programs are the beginning of a long line of unique educational programs that will help sustain the health of our community and support our plans for a future educational center. *



building sheds and skills

With every garden there is the necessity of tools. As gardeners we sometimes use anything and everything we can get our hands on to help coax the best produce from our soil. Let's be honest though, wet and rusty tools are a pain. They still work, but we'd rather they stay dry.

For the past two years Community Gardens has been working with students from the Capital District Educational Opportunity Center (EOC) of



Hudson Valley Community College to help our gardeners keep their tools dry. EOC offers a year long Building Trades Program where individuals get training in the arts of carpentry, electricity, plumbing, construction mathematics, business management and more. The students are trained to complete the program ready to run their own construction business. Students come from as far away as Russia and as close as Troy, and all have different backgrounds that have led them to this point. But what brings them together is their desire to learn the essential skills that can make a difference in their lives.

As part of their training, the EOC crew has been building and delivering wooden tool sheds to gardens. This year the crew will build eight new 4'x 8' sheds, big enough to fit all essential garden equipment, yet small enough to fit in the back of one of our pick-ups. These sheds are being placed in community gardens that have the space and need.

The sheds are delivered on our trucks with the help of the EOC crew. They have devised an ingenious PVC-pipe rolling system to load the shed onto the truck. From there, we cruise to the garden and unload it the same way we loaded it. However, the sheds are not a light-plastic shelter, but are heavy, bulky and hard to move. The crew had to devise a good plan to maneuver the shed onto its floor. This takes some brute strength but also some brains as a mistake could lead to a crushed foot or some serious overtime.

The students "get real life work experience, opportunities

to try out their skills and training, and a chance to connect with the local community," says Tom Glasser, an instructor with the program. Each term his students take on various tasks. Last year they built three sheds for CDCG. Students that have worked on the project are knowledgeable and hard workers, but also know when to have fun. Tom is happy to work with this crew and can tell they are excited about the work when they show up before class starts at 8am. They've "shown great enthusiasm for the shed building and the final outcome of placing them in community gardens."

The students echo similar thoughts. John Thrasher, the project's "foremen", and one of the students, expressed his satisfaction with the project, "working (with) a non-profit organization is energetic, fun and a real learning experience." Kurt Parmenter said, of helping out community-based organizations, that it is important to have the "chance to give back to the people who have helped me in so many ways." He also mentioned that EOC has given him great experience and that he hopes it will improve his future.

We're pleased to have the chance to work with such talented and hard-working individuals and marvel at the quality of workmanship they've put into these fantastic sheds. *

THE GARDEN BOWL 2005

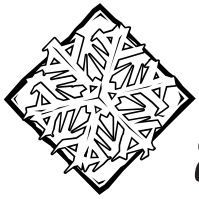


Create Your Team Today!
- Companies
- Gardeners
- Family
- Friends
- Kid's

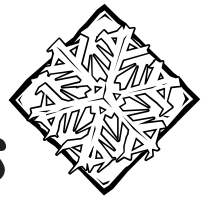
When: Saturday, Jan 29, 2005; 3pm - 6pm
Where: Uncle Sam Lanes, Troy
Why: Have fun, support CDCG, win prizes

Great Prizes for Everyone!
Call 274-8685 for more information
www.cdcg.org for pledge forms





Do Your Holiday Shopping and Support Community Gardens



As the holiday gift-giving season revs up, here are a few ways that you can support Capital District Community Gardens through your gifts to others.



Community Gardens is registered with www.igive.com. igive is an internet shopping portal that allows you to support Capital District Community Gardens while you shop online, **at no additional cost to you!** Go to www.igive.com/CDCG, register with Capital District Community Gardens as your Cause and then buy something from one of the more than 500 stores - Lands End, Harry and David, Staples and so many more! Every time you shop on-line, go to www.igive.com and CDCG receives a donation of up to 26% on each purchase, at no cost to you.



Looking for something special for the family member or friend who has everything? How about an Honorary Donation to Capital District Community Gardens? For a \$50 donation, your loved one will receive our **Special Holiday Donation package** including: CDCG's fabulous cookbook, From Garden to Table, five of our colorful garden notecards and notification of your generous gift made on their behalf.

Get help solving the "What's For Dinner" question with a personal chef and help support Capital District Community Gardens. Imagine custom meals prepared in your home especially for you to heat and serve later when you're ready for dinner! Personal Chef, LLC donates 5% of its gross income to Capital District Community Gardens. Call 286-1650 for more info or check out www.personalchef-llc.com



Of course CDCG's merchandise also make great gifts on their own.



From Garden to Table: A Cookbook for All Seasons is filled with great tips for your garden and a delicious array of recipes. \$12

Note Cards (package of ten different beautiful full-color photographs from inside our community gardens). \$20



For more information or to purchase, call CDCG at 274-8685 or stop by our office at 40 River Street, Troy. *Thank you for remembering CDCG during the holidays!*

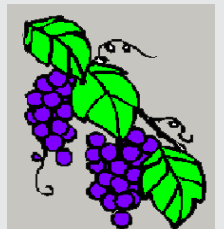


Special Thanks to our Squash Hunger Supporters & Partners

SPONSORS: Albany International Corp., Community Resource Federal Credit Union, NYS Department of Health-Healthy Heart Program, Personal Chef, LLC, Printing Services of New York, Stewart's Shops

MEDIA SPONSORS: Gazette Newspapers, Metroland, News Channel 6 - WRGB, The Record, Spotlight Newspapers, The Times Union

PARTNERS: Honest Weight Food Co-Op, Nichol's SuperValue, Niskayuna Food Co-Op, Regional Food Bank, Troy Farmer's Market



donors are our roots

Capital District Community Gardens is extremely grateful to all of our supporters who make the work we do possible. (Donations received June - October 2004)

Community Partners ~

Albany International Corp.
Bank of America Foundation
Caduceus Garden Club
Carlilian Foundation
Comm Res Federal Credit Union
Computer Associates
ESPIRIT
Fort Orange Garden Club
Garden Club of East Schodack
Hudson Valley Paper Co.
R.A. Hunsdorfer Foundation
Lexis Nexis M. Bender Publishing
C. Milanese Realty Co.
Modern Press
Picotte Family Foundation
Rotelli Brothers Market
Rotterdam Enterprises
Sage CAD Applications, Inc.
Stewart's Shops
Tri-City Valley Cats
United Way of Schenectady
Victorious Life Christian Church
Voorheesville Wine & Liquor
Wal-Mart Foundation



iGive.com™
Change online shopping for good.

Tribute Donations ~

In Memory of Dot Hodgkins
by Van Rensselaer Garden Club

In Memory of Dana L. Henderson
by Mary Purdy

In Memory of Victor Thomas
by Anne-Marie Thomas

In Memory of Alice Relyea
by Jean & Louie Giesselmann

*In Honor of Howard Stoner's
Special Birthday*
by Judy & Bill Moyer

Donors ~

Anne Ackerson
Helen Adler
Joyce Empie Antokol
Janet Axelrod
Sharon Bedford
Thila Bell
Fred & Thelma Boettger
Frank Bolognino
David & Harriet Borton
Amy Braig Lindstrom
& Matt Lindstrom
Senator Neil Breslin
Yolanda & William Brower
Tom & Judy Clement

Judith Clough
Marian Cohen
Wayne & Tami Colwell
Sanjay Correa & Carol Hyde
Jane Cullen
Sally Cummings
Monique & Richard Cunningham
Marianne Daniels-Bross
Henry Ehrlich
Jeffrey English
& Lorraine Blanchfield
Anne Fairbanks
Angelo & Lilajane Frascarelli
Jennifer Freeman
Helene Goldberger
Shirley Gorman
Fred Guyer
Nina Halebsky & Tim Ryan
Robert Hayes, Jr.
Bishop Howard Hubbard
Kathryn Johnson
Herb & Linda Jurist
Bob & Karen Kanarkiewicz
William Karchner
David & Judy Kaskel
Joseph Kestner, Jr.
John & Robin Krumanocker
Irving & Hazel Landa
Connie LaPorta
Harry & Yvonne Lee
Peter & Judith Levin
Adam Lewis
Stephen & Randi Lewis

Norman & Micki Massry
Richard & Elizabeth Mattox
Vivien McNaughton
J. Stephanie & Kenneth Mielnik
Florence Milano
Anne Mossop
Wendy Muhlfelder
John & Pat Mulligan
Frank & Patricia Neaton
Nancie Northup Williams
Barbara Pats & Larry Naviasky
Doug & Nancy Purcell
Priscilla Richards
& Michael Fanning
Thelma Riggs
Joe Rubino
Elaine Sacco
Amy Schallop
Vern Shippee
Herbert & Cynthia Shultz
Thomas & Lorraine Simkins
Katherine Skelly
Perry Smith
C. Andre Sullivan
John & Colette Thomack
Carl & Nancy Touhey
Jerry Wiley
Kristina Younger

New Supporters ~

Milton Brown
Margaret Buckley
Sue Stegen

In-Kind Support ~

Chico Christopher (*lawnmowers*)
William & Linda Brennan (*lawnmower*)
Judy & Anthony DeChiro (*lawnmower*)
James Dunbrook (*lawnmowers*)
Harl'o Fisher (*riding mower*)
Information Management Group (*computer troubleshooting*)
Betsy & Dan Kindlon (*tools & equipment*)
Marybeth McCartin (*tools*)
Kathleen McDonough (*lawnmower*)
Other Side of Paradise (*books*)
Printing Services (*printing*)
Howard Stoner (*mower engine*)
Nancy Stoner & Alioune Diao (*snowblower & lawnmower*)
C. Andre Sullivan (*riding mower*)
Frank Tambasco (*weedwacker*)
Judy Traite (*book*)
Paul Winkeller (*garden gate*)

Seed & Plant Donations:

Bob Andersen
Burrell Seed Growers
Companion Plants
Environmental Seed Producers
Ernst Conservation Seed
Hillside Organic Farm
Johnny's Selected Seeds
Herb Jurist
Dean Leith
Pinetree Garden Seeds
Pollock's Home Center
Renee's Garden Seeds
Seedway
Southern Michigan Seed
Stokes Seed Co.

Support Capital District Community Gardens
with a tax deductible donation today!

\$25 \$50 \$100 \$250 \$500 \$1,000

\$50 Holiday Donation package

(please provide name & address of recipient)

Please make your **tax deductible** check payable to: Capital District Community Gardens, 40 River Street, Troy, NY 12180

Name: _____

Address: _____

Phone/Email: _____

INTERESTED IN GETTING MORE INVOLVED?

- Gift wrapping thru Dec 24 at Market Block Books.
- Organize a work or family team for *The Garden Bowl*.
- Become a Garden Mentor for the 2005 growing season.

For more info on volunteering call or email CDCG today!
phone ~ 274-8685 email ~ cdcg@juno.com



on the table

As the leaves and temperature fall, comfort foods like this hearty soup recipe are what we crave. Personal Chef, LLC and CDCG board member, Lori Doyle prepared this delicious squash soup at the Troy Waterfront Farmers Market and it was a big hit!

Squash Soup

(Note: you can substitute whatever squash you want for this recipe.)

4 cups milk	3 Tbs. flour
½ medium onion, diced small	3 Tbs. butter
1 bay leaf	1 tsp. salt
2 cups cooked & pureed squash	dash cayenne pepper

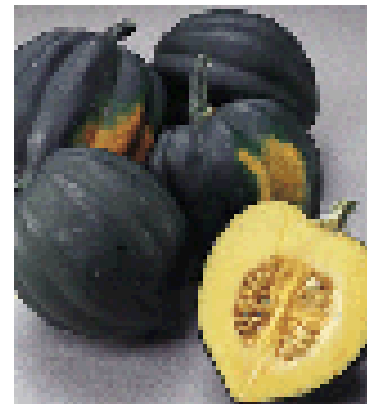
Lori used a combination of butternut and acorn squash to make this soup for the Troy Farmers' Market. Choose a medium size squash of both types. Peel the skin off and scoop out the seeds. Cut the squash into small pieces (a little bigger than bite-sized) and place in a pot of water. Bring the water to a boil then turn it down and let it simmer for 20 minutes. It's ready when you can easily pierce the squash pieces with a fork.

Let squash cool. Puree in a food processor, blender or mash with a potato masher. You can decide how smooth or lumpy you want

your soup to be. Heat milk with onion and bay leaf in a pot until the milk is just about to boil. You can strain the milk to remove the onion bits and the bay leaf or just pluck out the bay leaf and leave the onion in.

Add the pureed squash to the milk and stir.

In a small pot melt the butter and slowly blend in the flour, salt and cayenne. This makes a roux ("roo"), which will thicken the soup and add flavor. Add this mixture to the soup gradually, stirring constantly to blend it in. Keep heating until it reaches the temperature you prefer for eating. Add bread and a salad for a delicious, healthy meal. Enjoy!



non-profit
organization
U.S. Postage
PAID
Troy, NY
Permit #710

518.274.8685
Troy, NY 12180
40 River Street
