



News Bulletin

Winter 2010

Happy New Year

As we say goodbye to 2009, GYP welcomes 2010 and the many opportunities that lay before us. We recently completed a top ten list of accomplishments for 2009 and made a list of goals that we hope to achieve in 2010. This winter we look forward to the beginning of our kitchen programming in the APC Community Kitchen as well as the addition of some new chicks at the farm. We hope that you all have a very fulfilling and wonderful new.

With the Help of Buena Vista by Jernard Harris

We want to recognize the awesome and consistent group of volunteers from Buena Vista United Methodist Church for helping the Growing Youth Program on Saturdays on the farm. We thank you for your hard work and your enthusiasm every time you are at the farm. Having the group there and working along side us gives GYP more motivation to work harder. This past fall, Buena Vista has helped with winter planting in the garden and farm, clearing out beds at the farm and planting cover crop. The group snacks that they bring along with them are very good. We hope to work with them even more in 2010.

This Edition

Our Newest OJT's!

GYP welcomes our newest OJT, Terry Johnson who is the new Farm and Garden Assistant. Roslyn Turner, who has been with us for six months, began her new position of OJT II, the Kitchen and Nutrition Assistant.



GYP team members work on removing the guts from one of our chickens.

2nd Annual Harvest Festival by JaVonn Turner

The Harvest Festival on October 17th was a complete success. We had many people come out and celebrate nutrition and healthy eating with us. With family and friends, we laughed, danced, ate and enjoyed each other's company. The Harvest Festival brought our community together with the idea and celebration of health. We prepped for this festival with all our might. We cleaned the farm of any weeds; we cooked, cleaned, and fixed up the farm to the best of our abilities and the whole event turned out great.

We invited the community to gather for the festival. It was our second annual Harvest Festival and APC's 10th year Anniversary and we loved it. We carved pumpkins, which were from our farm, and everyone that came was overwhelmed by the amount of consideration and time that was put into that event. We made sure that our food was healthy, delicious, and pleased all the people.



APC Community enjoying sunshine, food and our chickens at the 2nd Annual Harvest Festival

All of the food that we cooked came from the farm; it was cooked by a few of our trusty employees as well resident volunteers. We made pizza in our earthen-made oven and all the ingredients were healthy and fresh from our farm. The carrot cake, with ingredients such as carrots and eggs that were produced at our farm, was delicious and healthy. We had a guest speaker, Kat Fuentes, who has been a resident at APC for the longest time, all 10 years. She talked about her experience at APC and her love and joy of it.

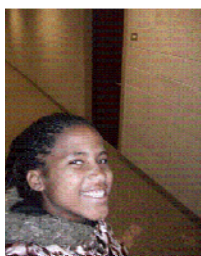
Along with the amazing weather, our festival brought many people out and we all had fun. All the games, food, and entertainment really set it off and made that day something special.



Kids from the APC Community come together to help paint a mural on the doors of the GYP Farm

My Trip to Milwaukee by Cassie Linzie

At the end of October for 2 ½ days I participated in a conference called the Growing Food and Justice for all Initiative in Milwaukee. This conference was put on by an organization called Growing Power, and they have done lots of stuff about urban agriculture, green businesses, and racial oppression. When I was there I went to two workshops and one field trip. The first workshop I went to was Good Food for all People of Color. I really liked that we focused on who our allies are in the food system and why it is important to grow some of our own food. There was a heated discussion about roles and actions of white people in communities of color and how sometimes we still feel oppressed or controlled.



Picture of Will Allen, founder of Growing Power and Cassie, a GYP teen who attended the conference in Milwaukee.

The second day I went for a tour to the Urban Underground where I saw lots of creative drawings and learned what people did there. There were teens that had previously lived in low income communities and have been able to use art as a medium to express how they saw social justice and how they are able to use art to help further social justice in their communities and dismantle racism. Later that day I went to a workshop titled, Elevating Health and Spirit through Nutritional Food Colors. It was facilitated by an elder named Iya Olatunde and she seemed very wise and gave some great examples about food. We learned about different types of food and what part of the body they are good for.

For me, this trip was great for the fact that it was my first time traveling across the country for the first time, so I was very proud of myself for meeting that challenge. Lastly, this conference has made me become much more aware about the affects of racism and food justice and the different ways that I could affect change in my own community.

Kids in the Garden and the Kitchen by LaShaelia Smith

We are glad to announce the beginning of our new garden classes that started in December. Every other Wednesday we are now taking kids out to the garden so they can learn about where their food comes from and they will also have a chance to plant and just be outside in the garden. The first class was held on December 2nd at 4:00pm. The first lesson was based on planning a box where the kids will have an opportunity to grow winter crops, take care of them, watch the plants grow, and then enjoy them in a meal or snack.

We had lots of neighborhood kids come out and we filled 2 boxes with broccoli, strawberries, celery, greens, and more! Other garden classes will talk about the weather, plant needs, nutrition in the plants we are growing, and lots more.



We are also happy to announce the upcoming cooking classes that will be held in January. We will have classes on Thursday nights for kids and will be trying to use as many vegetables and fruits from our farm and their garden plots as we can. Each class we will make a different recipe and talk about nutrition of those recipes. We want the kids in our neighborhood to learn early on about eating healthy and hope that they will pass the information on to their parents. We will also be starting our Monday FEASTS – Families Eating and Sharing Traditions. These will happen on the last Monday of every month and will give families a chance to come, learn and share about different cooking traditions, and discuss health issues that may be on their minds. The first Monday FEAST will focus on American Multiculturalism and we are hoping to have lots of the APC community come out to share in one of our first events for the kitchen.



Children and teens taking part in the first Kids' Cooking Class in the APC Kitchen

The Kitchen Arrival! by Cameron Holcombe

All summer long, the kitchen has been in construction and finally it is finished. Members of APC staff as well as GYP pitched in to help put in all of the equipment to make the kitchen complete. We have nice equipment like a meat slicer, a grill, and a convection oven. My favorite piece in the kitchen is the dishwasher for the times we all don't want to wash the dishes ourselves. I am really looking forward to making some peach cobbler in the kitchen!

The kitchen was completed in November, the week before Thanksgiving and the following week we were able to cook our Thanksgiving Brunch. The Thanksgiving Brunch consisted of some vegetables from our farm such as collards, sweet potatoes, kale and lettuce. The room where we served the brunch was packed and it was a busy day, but we were thankful in the end for all of hard work. We have started cooking classes this month and they have been going well so far. We are always looking for more help in the kitchen as well as experienced chefs, so if you are interested, please contact Tia Ukpe at 510-898-7846 or Katie at 510-898-7828.

OJT Reflection by Roslyn Turner



My name is Roslyn Turner and I want to share my OJT experience with everyone who may come across this article. For the last six months I have been working with GYP as the Farm and Garden Assistant. I started work on July 13, 2009 until December 31, 2009, and the experience was something I was not expecting. Let me tell you more in depth of what I mean. My first assignment was chicken duty...yes, I do mean real live chickens that we have here at APC. I had to go and collect the fresh eggs from the chicken coop and then replenish the food and water. Okay I can do that but little did I know that a chicken had got loose and I had to chase the chicken to capture it and put it back with the others. That was an experience I can smile about now!!!! I really can't put in words how much I have learned from Katie, Evan, and Tia. They are truly people I can call my friends. If you have not been down to the farm here at APC please come on down and take a look for yourself, you'll be amazed at all the organic vegetables and herbs being grown here at the farm. In closing, I can say that my experience was a great and awesome trip for me.

Family Health Night Review by Camri Manney

Last October we had our Family Health Night that focused on remedies to help during the cold and flu season. We had all types of treatments from vapors to teas. The APC residents who attended learned and helped to make many of them. Everyone who came got to make a special one to treat their needs. We had a good amount of participants and we made everything from chamomile tea to natural cough syrup. The steams that were made were fresh and because of their freshness they were pretty strong. We also had different varieties of tea mixtures. From my experience the chamomile tea helps you feel calm. I really enjoyed being with the community, it was fun and very cold free! Most of the herbs and plants were picked from our own garden.

December was our AIDS Awareness Month and we led several activities to help promote safe sex to our young adults and teens. We talked about 4 or 5 of the most common STDs and played a game where we took a look at how the transmission of AIDS and STDS can easily spread.

We had some eye-opening discussions about HIV and AIDS and even played a myth busters game where the attendees had to determine if a certain sex myth was true or false. We provide free HIV testing, handouts, and condoms. Our hope through this event was to promote sensitivity towards people living with HIV. Having HIV does not make that person different from anybody else; they are the same as anyone else. Everyone is equal at APC.

Volunteer Opportunities

THE GYP HAS SEVERAL VOLUNTEER OPPORTUNITIES AVAILABLE!

**Where: Alameda Point Collaborative
What: Farming/Gardening, Cooks, Nutritionists,**

**ALL ARE WELCOME TO
COME AND SHARE THEIR EXPERIENCE WITH US
AS WE CONTINUE TO GROW**

Contact Kate Casale
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510-898-7846

Thank you for supporting the Growing Youth Project!
From the GYP Team
www.apcollaborative.org