



We Can Improve Our Health in Our Own Natural Environments

Use the garden to foster your physical, mental, and emotional well-being.

Native Americans have long held an immediate relationship with their physical environments ... they recognized a unity in their physical and spiritual universes, the union of natural and supernatural.¹ Chinese Taoists created gardens and greenhouses over 2,000 years ago to improve human health. And in 1699, the book *English Gardener* advised readers to spend "spare time in the garden, either digging, setting out, or weeding; there is no better way to preserve your health."²

Reduce Stress, Increase Relaxation

Our lives are fast-paced and that's why, precisely, it's important for us to spend as much time as possible in our home gardens and local parks and woodlands. University of Michigan and Uppsala University researchers have shown that experiences



¹ David Rich Lewis, "Native Americans and the Environment: A Survey of twentieth century issues with particular reference to peoples of the Colorado Plateau and the Southwest"

² June 2012 Richard Louv, *Mother Earth Living Web*, "Nature Therapy: The Health

in nature relieve mental fatigue. As a balance of too much directed attention, nature offers intrinsic interest and a sense of fascination.

The restorative effects of a natural environment leads to reduced stress, relaxation, renewed attention and positive affect.

Great Benefits for Children

A number of researcher-confirmed studies show that contact with even very small green spaces in cities leads to improvement in children's abilities to pay attention, delay gratification, and manage impulse. And, research shows that contact with nature reduces *Attention Deficit Hyperactivity Disorder* symptoms in children.

Aide Recovery and Healing

Improved performance and a sense of welling being can be derived from time in your garden, even if you can't or don't want to do the work! Just breathe ...



Spending Time in the Garden:

- Reduces stress levels
- Encourages physical action
- Enhances health & longevity
- Supports healing / recovery
- Calms internal chatter
- Overrides external noises
- Promotes peacefulness



"The human family has invaluable friends and irreplaceable allies in the plant and animal worlds. ..."

Van Jones, Environmental Advocate

Make Your Garden a Family Setting

It doesn't take much—add chairs, stools, or benches; attach bird houses to tree trunks; plant flowers, herbs, vegetables, and fruit trees!



Native American Mother Earth Maze

Relax and Enjoy!

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We Can Grow Potatoes from "Seed Potatoes"—in 5 Easy Steps!

What are "Seed Potatoes"?



Seed potatoes are old potatoes that have begun to sprout buds, which most people call "eyes." Seed potatoes can be used to start new plants.

What is "Hilling"?

Potatoes like to grow on damp hills of loose soil in full sunlight. The term: "Hilling" is used to describe the process of creating "hills" around the plant, by mounding soil over the stalks as the plant grows.

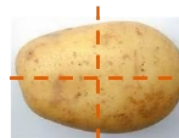
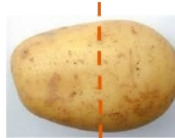


What You'll Need

- Seed Potatoes
- Large Deep Pots
- Potting Soil
- Fertilizer
- A Spade for Digging
- Sun • Water

Prepare Your Potatoes

1 Use older potatoes with "eyes"—places that have sprouted tiny buds. A few days before you will plant, cut each potato in halves or quarters so that each piece has at least 2 or 3 "eyes."



That's it! Let the cut pieces "callus," a term that refers to the skin that will form.

Put Your Potatoes "to Bed"

2 Into a large, deep pot that has holes in the bottom, put a mixture of potting soil and fertilizer to about a third of the pot's depth.



To make a nice bed for your potatoes, dig a hole that is about 6" to 8" deep and plant the potato so that the "eye" is looking at you!

In a large pot, you can plant 2-3; but, in smaller pots, plant only one so it will have a comfy bed and room to grow.

Give the potatoes a nice blanket of 2" to 3" of the soil mix.

Give the potatoes a good drink of water, but do not over-water! Too much will make them rot.



Give Good Care

3 Water potatoes once a week. When the potato plant is about 6" above the soil, begin "hilling" around the base and over the plant.

"Hill" potatoes about every 2-3 weeks or depending on how fast they grow. Check them regularly! Every hill is a bed in which another potato can grow.

Turn page for helpful pictures and Step 4

We Can

Plant Seeds

Planting vegetable, herb, and flower seeds is important work and a fun activity.

Here's the Rule

Always plant 3 seeds to a pot!



Three Seeds

One for the birds
One for the worms and
One for you!



Put your seeds "to bed"!

1. Put soil in a pot—to near the top
2. If seeds are *tiny*, sprinkle them on top and give them a "light blanket" of soil



Fill soil to near top

If seeds are *medium* size, poke three holes with your finger and place a seed in each hole; cover with a "blanket" of soil

If seeds are *large* in size, use your middle finger, a stick, or a pencil to make holes and cover with a "blanket" of soil.

Here's what you will need



Soil and Peat Pots

Based on the size of the seeds, you will need *small*, *medium*, or *large* pots



Seeds

Dill seeds (shown) are "put to bed" in *medium* pots; tiny Lettuce seeds in *small* pots; and large seeds, like Pumpkin, in large pots.

3. Water *lightly* and place in a sunny spot!



You can plant and grow seeds!



Summer Read and Seed / RootDown LA Lesson Plan

2 days a week Tuesdays and Thursdays - classes begin on August 7, 2012 - August 30, 2012.
Classes will either run from 1pm - 3pm each day (may have to be broken down to an hour per day, depending on grant guidelines??)

Cooking demos will use fresh food from the gardens and each time will focus on a specific ingredient and cooking technique (ABCGS^2) like blanching broccoli, sauteing onions, salting tomatoes etc.

Week 1 - Day 1

Lesson / story of three sisters (corn, squash and beans) - discuss the history of the three sisters, their importance in gardening and nutrition. This lesson will be in the form of a short children's book. Kids will follow up with seed prepping in wet paper towels to begin seeding process. Cooking Demo - blanching green beans from garden (or broccoli) and salsa and chips.

Week 1 - Day 2

Recap of the three sisters lesson followed by prepping pots for planting and then a cooking demo - sauteing, caramelizing, salting, grating techniques for fritatta using eggs from Michel's chickens!

Week 2 - Day 1

Mural lesson which will get kids engaged in conversation about the transition of farming and food preparation from 100 years ago to modern day. Cooking demo will follow - quesadillas and ranch dressing with salad.

Week 2- Day 2

Check on plants (3 Sisters). Brief recap of mural lesson. Introduce Orange Lesson which will engage kids in conversation about the contrast in harvesting oranges for juice naturally v. manufactured. Cooking demo - Pizza

Week 3 - Day 1

Check on plants (3 Sisters). Brief recap of Orange lesson/cooking technique. Intro sugar lesson which will engage kids in conversation about the amount of sugar we intake and the consequences/diseases that come from eating too much sugar. Cooking demo - yogurt dip and cut fruit / smoothies

Week 3 - Day 2

Check on plants (3 sisters). Brief recap of sugar lesson/cooking technique. Intro to Alien Additives lesson which will engage kids in conversation about preservatives and chemicals found in everyday grocery items. Cooking demo - Zucchini bread (might have to take one already baked due to long cooking time)

Week 4 - Day 1

Check on plants (3 sisters). Brief recap of Alien Additives/cooking technique. Maybe get the kids working on the "Southern Soul Garden"/"Salsa Garden." Follow up with cooking demo - healthy grilled cheese and tomato soup??

Week 4 - Day 2

Harvest 3 Sisters!! Recap all lessons, cooking techniques etc. Cooking demo - succotash the RootDown way! (thinking of a fun recipe).

**The Southern Soul and Salsa garden is a rollover program that may be a Saturday class and tasting

that happens twice a month contingent upon the grant guidelines

Eddie Earthworm Says ...

“Worms are Your Friends”

- There are 4,400 species of worms and 2,700 different kinds of earthworms.
- Worms have been around for 120 million years!
- Some people think that worms are slimy and gross but, long ago, Cleopatra proclaimed worms to be sacred.



Did you know?

Vermes is Latin for worm

What do worms do?

Worms eat and eat and poop and poop. In doing so, they "turn over" the soil. The tunnels that they create when they're moving, add air to the soil—called *aeration*—and makes it possible for water to seep in deeply.

Their constant eating helps trees, leaves, animals, and roots "break down" faster and the soil becomes even more fertile—all of this, just because of worms. Their poop is like fertilizer! What earthworms *do* isn't simple in ecological terms. After making a careful study of worms the great naturalist, Charles Darwin, wrote:

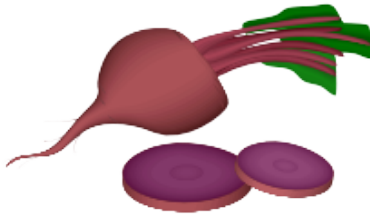
"...it may be doubted if there are any other animals which have played such an important part in the history of the world as these lowly organized creatures."

What do worms eat?

Worms chew up leaves, stems, dead roots, and dead animals in the soil—yummy!



Good Reasons to Eat Your Veggies



Vegetables are loaded with vitamins and minerals that contribute to the growth and maintenance of your good health.



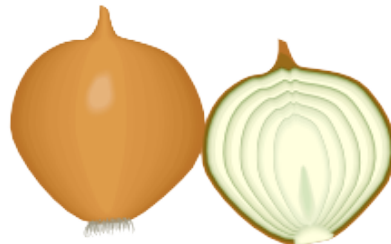
For example, many vegetables are high in potassium, which is important for healthy blood pressure.



Various vitamins, such as C and A, help keep your eyes, skin, teeth and gums healthy, fight infection, and promote wound healing.



Perhaps most importantly, vegetables are rich in a particular group of nutrients called *antioxidants*, which fight cellular damage and help prevent heart disease, cancer, Parkinson's disease, atherosclerosis, heart attack and Alzheimer's disease.



Eat generous portions of vegetables each and every day to help keep sickness away!

"My diet is mostly chicken and fish. I make sure I get a lot of vegetables, a lot of fruit. I am a big fruit and vegetable man. And I also get a lot of rest. That's the key, I may be up early, but I'm in bed early too."

Magic Johnson

Healthy Eating for a Crowd ...

Eli's Bolivian Quinoa Soup

Quinoa has become popular amongst the health-conscious, due in part to its' abundance of amino acids and rich protein, iron, calcium and phosphorous content. Traditionally, quinoa is grown in the South American Andes, mainly in Bolivia and Peru. This is Eli's version of a Bolivian classic.

Servings: 15-20 bowls

Ingredients

- 1-1/2 onions, diced
- 5 garlic cloves, minced
- 2 tbsp. annatto seed, ground
- 5-8 tbsp. extra virgin olive oil
- 2 cups fava beans
- 2-1/2 cups quinoa
- 1/4 cup cilantro • 1/4 cup parsley
- 2 tsp. turmeric • 2 tsp. paprika
- 2-3 red chilies

Preparation

1. Add olive oil to a large pot and caramelize onion, garlic, and ground annatto seed
2. Add turmeric, paprika, and red chilies.
3. Add boiling water, fava beans, and salt and pepper to taste
4. Allow soup to simmer until beans are tender
5. Garnish with cilantro and parsley; serve hot!

What's Annatto?

Sometimes called *roucou* or *achiote*, annatto is derived from seeds of *achiote* trees that are native to tropical and subtropical regions around the world.

Annatto seeds produce a carotenoid (*beta carotene*) yellow-to-orange color and flavor. Its scent has been described as *slightly peppery with hints of nutmeg* and its flavor as *slightly nutty, sweet, and peppery*.

Commonly, Latin American, Caribbean and Filipino cuisines use annatto for color and flavor. And, Central and South American natives use the seeds to make body paint and lipstick!

Don't be afraid to try new herbs and spices—you might be glad you did!



Ground annatto seed

Who's Eli?

Experienced in *xeriscaping*, native-planting, and organic edible garden installations, Eli Martinez co-ordinates development of UFN's model-gardens and maintains both the *container* and *free-range* gardens. A student of *permaculture* philosophy and methods, Eli works with our community to help build sustainable local food systems. If you see Eli working in the UFN gardens, be sure to thank her for the recipe!

Eli provides a demonstration of how to plant strawberry pots to young UFN gardeners



Eat Plenty of Power-Packed Potatoes!

Potatoes are low-fat, low-calorie and high-fiber foods and great sources of vitamins like C and B6, and minerals like potassium and iron. When eaten *without* butter, cheese, creams, gravy, or oils from frying, here's what the power of potatoes can do for you:

Aid Digestion

Easily-digested carbohydrates form a major part of potato nutrients and aid digestive processes.

Combat Inflammations

Vitamin C-rich—a good antioxidant that repairs tissue wear and tear—potatoes also contain Potassium and vitamin B6, making them effective against internal inflammation and reducing mouth ulcers, external inflammation, or burns. Apply raw smashed potato to an external burn to help it heal faster and to reduce pain.

Improve Brain Function

Normal brain functioning depends on the supply of oxygen and glucose, along with certain vitamins and minerals. Potatoes can maintain a healthy level of glucose and prevent brain fatigue. And, iron-rich potatoes help to maintain oxygen supply.

Support Healthy Skin

Potatoes contain vitamin C, zinc, magnesium, and potassium—each important for healthy skin.

DID YOU KNOW?

Over 5,000 varieties of powerful **potatoes** exist in the world. In America, **yellow**, round and long white, red, russet, **blue**, purple, and fingerling are commonly used for cooking.



One raw, medium-sized potato contains the following nutrients

Water	172.44 g
Calories	113g
Carbohydrates	33.8 g
Protein	4.03 g
Fiber	3.6 g
Sugars	2.13 g
Saturated Fat	0.055 g
Mono-unsaturated Fat	0.006 g
Poly-unsaturated Fat	0.092 g
Calcium	21 mg
Magnesium	47 mg
Phosphorus	130 mg
Potassium	969 mg
Iron	1.55 mg

1 gram (g) = 0.0352739619

To retain nutritive qualities, avoid frying in oil or fat. Turn this page for a simple potato recipe.

You can get “Potato Power” by preparing them in the simplest ways possible. Most of the nutrients are just under the potato skin; so, if you have thin-skinned potatoes, don’t peel them. When boiling potatoes, use only enough liquid to cover them. Baked and roasted potatoes are best; *but not if they’re covered with butter, creams, or gravies*. Try topping a baked potato with chopped chives, scallions, garlic, or grated carrots.

Here ‘s a simple recipe to get you started. *Experiment!*

Garlic Roasted Potatoes



To make 8 servings,

You will need:

- 3 pounds small red or white potatoes
- 1/4-cup olive oil
- 1/2-teaspoon kosher or coarse salt
- 1 teaspoon ground black pepper
- 2 tablespoons minced garlic (6 cloves)
- 2 tablespoons minced fresh parsley

Sheet Pan • Bowl • Spatula

Directions

1. Preheat the oven to 400°
2. Cut potatoes in quarters and place in a bowl with the olive oil, salt, pepper, and garlic. Toss them until the potatoes are coated well.
3. Spread the potatoes evenly, in one layer, on the sheet pan. Roast for 45 minutes to 1 hour, until browned and crisp. Flip potatoes *twice* during cooking to help even browning.
4. Remove when done, toss with parsley, and serve hot!



Try Healthy Versions of this Recipe

- Toss potatoes with different fresh herb combinations, such as:

Thyme
Rosemary
Fennel
Basil
Savory



- Substitute red or white potatoes with *fingerling* potatoes, which can have a slightly buttery taste. Toss with Rosemary, Thyme, Garlic, coarse salt, and ground pepper. Top with either chopped Parsley, Chives, or Scallions.



- Add a little spice to roasted potato power by tossing them with Sweet Paprika, Garlic, coarse salt, and white pepper. Top with either chopped Parsley, Chives, or Scallions.

DID YOU KNOW?



Garlic is one of the most valuable and versatile foods on the planet!



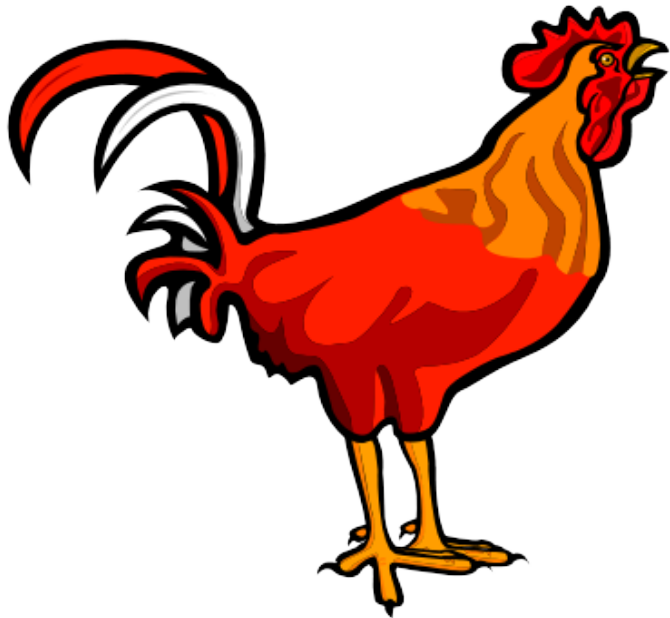
Five Good Reasons to Eat Eggs

- 1** Eggs are the very best source of protein—6 full grams of protein with all the 9 necessary amino acids from one egg
- 2** Eating eggs lowers the risk of blood clots, stroke, and heart attacks
- 3** Eating eggs can reduce the risk of many types of cancer
- 4** Eggs help to create an anabolic¹ factor that promotes muscle growth
- 5** Eggs are easy and quick to prepare



¹ *Anabolic*—the phase of metabolism in which simple substances are synthesized into the complex materials of living tissue

Brewster Rooster says:



Brewster Rooster, Chief Cockledoodle Doer
WE CAN Urban Farm Network, RDD Center

“We City Chicks make great pets for kids (no walking required) AND my beautiful hens lay deliciously healthy organic eggs”

Why Urban Chickens?

Enjoy great-tasting, nutritious low-cholesterol eggs • Chickens have Personality Galore
Move one step closer to sustainable living • Enjoy a healthy lawn without chemicals
Recycle Kitchen Leftovers • Create a balanced compost pile for easy “Black Gold”
Handy Leaf-, Weed-, and Grass-Clipping Removal • The very definition of Low-Maintenance

These City Chicks hatched between March 30 and April 2, 2011

Caring for your UFN City Chick

To get started, you will need:

- **A warm place to live and sleep for first month (heat source)**

Baby chicks need to be warm. You can put your City Chick into a cage or a large box, but be sure it is warm enough for them. A 250-watt infrared heat lamp (red light is best) will achieve this, if placed right in the middle of their living area and suspended off the ground. The height of the light will depend on what it takes to achieve your target temperature. Watch your City Chicks—if they huddle, they are cold. Make sure your heating set-up gives each chick the choice of how much heat is comfortable to them ... don't put the heat lamp inside the box and cover it.

A warm City Chick is a happy City Chick



- **Absorbent Bedding**

Baby chicks are big poopers, so make sure to line the floor of their housing unit with an absorbent material. The best is to spread pine shavings about 1" thick. Many people also swear by paper towels, changed often. Never use newspaper! It's slippery surface can lead to *injury*. And, never use cedar shavings.



Change bedding at least once a week!

- **Netting for the Top**

Although grown chickens are pretty pathetic flyers, young chicks are much more capable. You may need to secure deer netting or chicken wire over the top of the cage or box.

Prevent your City Chicks from "flying the coop"

- **A Drinker / Waterer**

Use something sturdy that they will not walk into, knock over, kick their bedding materials into, or use for poop!. Keep the water clean by changing 2-3 times a day. Raise the drinker / waterer container off the bottom of the cage or box, to prevent debris from being kicked into it by the chicks.

Ask: Would you want to drink the water yourself?

- **A Feeder**

It is best to use a "real" baby chick feeder that is raised off the ground to prevent City Chicks from kicking debris into the feeder. Feed your chicks as much as they want ... keep food available 24/7. Avoid flat dishes, as they will become dirty easily. Small amounts of kitchen vegetable scraps, bugs, or worms are OK, but consider these dessert, not the main course.



Don't ration the food—City Chicks like to eat well!

- **Feed**



Suppliers have formulated special feeds that are complete with everything baby chicks need. It's called "starter feed" and comes in either "crumbles" or "mash," medicated or non-medicated. How long to feed baby chicks "starter feed" for before switching to a "grower" feed? Each manufacturer formulates their feed differently, so read the label and follow their instructions.

Regard it as just as desirable to build a chicken house
as to build a cathedral

Frank Lloyd Wright

- **Grit**



Have you ever heard the saying: "scarce as a hen's teeth"? That's right, chickens don't have them! Instead, they eat tiny pebbles and store them in their "crop" or throat. When food enters their crop, the pebbles grind it up to make digestion easier. For baby chicks, use sand, parakeet or canary gravel, available at any pet or grocery store. Sprinkle this in the feed or put in a small cup or bowl.

Bonus: Roosting Poles

Chickens love to roost on poles or branches when they're resting. Use a half inch diameter wooden dowels, about 5 inches off the ground.

Important Healthy Chicken Notes

- **Pasting Up**

Be sure to check your chick for "pasting up"—when droppings cake up and block a vent opening, and the dried poop is stuck to the outside. *This is a deadly condition and must be resolved immediately*, by applying a warm, wet paper towel to the rear of the chick and then to use a toothpick to clear the blockage, or dunk the chick's rear in warm water to remove it. Keep checking for the problem.

- **"Outside" time**

After the chicks are 2-3 weeks old, and if it's warm outside (65-70 degrees at least) and sunny, feel free to let them have a little "outdoor time"! Put them in a wire cage or erect some other temporary housing and place it in the sun, making sure they have access to water and shade if they need it. They'll absolutely love digging around in the grass. But, don't leave them unattended! At this age they're VERY good at flying and VERY susceptible to predators. Plus, if it's windy they'll get cold (and they'll let you know they're unhappy with their loud chirping).

By 4-5 weeks of age, your City Chicks are ready to move outside full-time. And thank goodness! As much as you love them, you'll be thrilled to get them out of your house.

It's Easy to Learn More about Chickens

There are plenty of resources online or in the library that you can access to learn about chicken coop requirements, how to transition them to their coop, and how to care for them as they mature. Also, keep in mind that if you're purchasing a chicken coop it can take three or more weeks to arrive, so you may want to have that squared away shortly after you bring UFN City Chicks home!

NEED HELP? Call us: **323 759 9734**



The key to everything is patience.
You get the chicken by hatching the egg, not by smashing it.

Arnold H. Glasow