

## LYNCHBURG GROWS

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"Give a gift that GROWS!"



"Changing lives one garden at a time..."

A special thank you to our local corporate supporter, [AREVA](#), for printing this newsletter.



## Volunteer Spotlight - Sarah and Keith

Lynchburg Grows is proud to spotlight volunteers Sarah Mundy and Keith Gumpman. The couple has volunteered at LG since 2007 when LG supporter, Pete Warren brought

Some of their volunteer duties at the greenhouses are cleaning and packaging the eggs, helping with the CSA (Community Supported Agriculture), planting flowers and vegetables, watering plants and feeding animals.

Sarah's goals involve start learning how to eat more vegetables and fruits through cooking demonstrations and recipes. She likes to cook at home and prepare the meals including TV dinners and sandwiches.

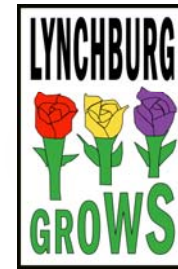
Yes, they are excited about LG. They are also interested in going on field trips, going to the zoo, playing Put-Put, attending cooking demos, learning more recipes, visiting the greenhouses on First Saturdays and being a part of the Lynchburg Grows Players.

them by to volunteer at the farm. They have been coming every week since.

Sarah and Keith have been happily married since 1994. They were married at the First Christian Church Disciplines of Christ.



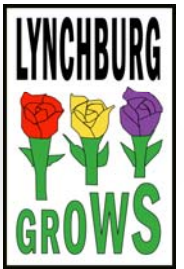
April 2009



Fall/Winter NEWSLETTER 2009

# LYNCHBURG GROWS

Changing lives one garden at a time...



Volume 3, Issue 1

## Message from the President

Greetings LG Supporters,

It is once again spring. Which seems to have hidden away from us behind some cold days at the start of this season. Thank you for supporting us through the winter at the Community Market and here at the greenhouses. Some of you that have been by here lately have noticed some improvements to the grounds. Thanks to the workmanship of our Director of Stewardship Scott Lowman we now have a new starter tray greenhouse. That new addition now makes an even number of 10 greenhouses on our grounds. In this spring we plan on utilizing number 10 greenhouse to boost up the amount of production that we can prepare for in house and for market sales. If you plan on starting you own gardens this year, come by LG and see what we can help you with in getting a jump on the season in plants that we have started for you. We have a variety of plants for you to choose from such as different kinds of tomatoes, peppers, herbs and flowers to buy for your garden. These items can be purchased here and at the Community Market starting in the end of April.

A teacher workshop was hosted at LG for the upcoming school year in August 2008. We had nine teachers attend and we are in various stages of work with three gardens at Paul Monroe Elem, R.S. Payne Elem and Hutcherson Early Learning Center. We've been busy with our commu-

nity outreach. Since Sept. 2006, we have reached a total of 5,965 persons including 2,728 children and 158 different groups.

Our Job Training/Life Skills Development program has also been successful as well. 128 individuals have been through our program since 2006. Our average weekly totals at LG are 36 young adults, 18 adults, 4 part-time stipend workers and 6 separate groups per week come by the farm each week.

These efforts combined with over 23,000 person-hours of volunteer work donated from over 2,400 people in the community have allowed us to make a great deal of progress in restoring the farm and getting it up and running.

We are excited about our new Master Partnership in Education with Lynchburg City Schools. Read the article on p. 3!

Our Spring and Summer event calendar is busy! See our upcoming event listing. A few highlights are a May 12 & 13th workshop with our peer mentor, Will Allen founder and CEO of Growing Power in Milwaukee, WI.

Our Open Houses, First Saturdays at the Farm!, are going to be great weekends! We are also excited about hosting a Farm Camp for the Jubilee Center for two weeks this summer. Last year's camp was great and we are excited they are coming back.

I want to thank the hard working folks in St. John's Episcopal Church greenhouse No. 8 for the 3,700 pounds of fresh, pesticide free vegetables for Lynchburg's own, The Daily Bread. Impressive! See the story on p. 2.

Thank you for your support and patronage.

Dereck Cunningham,  
President



The Topsy-Turvy bus visits the farm with The WHO Farm Project (White House Organic) in October during a successful national initiative to urge the next president to install a vegetable garden on the White House Lawn. Their petition drive cross-country trip was a success - the first family broke ground last month on the first vegetable garden on the lawn since WWII.

## Summer 2009 CSA - 20 weeks only - June 7 - Oct 21



Help us celebrate our CSA program's 2-yr anniversary and our third summer with a new summer schedule. 20 wks only! Two payments options - full now or half now/half later by Aug 11th. We are working with our partner,

Appalachian Harvest in Abingdon, VA and are creating a model for Central Virginia that will link Lynchburg consumers with rural farmers who want to grow sustainably raised, chemical-free vegetables.

Email us at [CSA@lynchburggrows.org](mailto:CSA@lynchburggrows.org), go to our website and print out the form or sign-up online by email with an electronic .pdf! Easy!

[www.LynchburgGrows.org](http://www.LynchburgGrows.org)

### Points of Interest:

- Did you know starting in April we start selling specialty 6-packs of tomato and pepper starts as well as herb pots, ornamental pepper pots and flowers? 
- Did you know about First Saturday's at the Farm! FREE Outdoor! Yoga with Laura Rogers (8:45 - 9:45am)? Join us! 
- Did you know Dereck is at the Community Market on every Saturday except the first of each month selling our produce and flowers?

### CHECK OUT THE WEBSITE:

[www.LynchburgGrows.org](http://www.LynchburgGrows.org)

Thank you to volunteer Liberty U. student, Micha Duda for the "fresh new look" to our website - coming 5/09!

Location: 1339 Englewood St., one street south of Lynchburg City Stadium.

Hours: 9 AM to 5 PM, except Tuesday CSA pickup until 6 PM

Phone: 434-846-5665

Email: [info@lynchburggrows.org](mailto:info@lynchburggrows.org)

Website: [www.LynchburgGrows.org](http://www.LynchburgGrows.org)

Mailing Address: P.O. Box 12039

Lynchburg, VA 24506

## Feeding the Hungry with Lynchburg Daily Bread, Inc. and St. John's Episcopal Church

### FEEDING THE HUNGRY:

We celebrate our partnership with St. John's Episcopal Church and the successful efforts to feed the hungry with over 5,000 lbs. of fresh organic produce in 2008 donated to Lynchburg Daily Bread, Inc. in Lynchburg, VA.

### HIGHLIGHTS:

- 3,700 lbs. from St. John's Episcopal Church adopted LG Greenhouse No. 8
- 1,400 lbs. from Lynchburg Grows
- Total in 2008: 5,100 lbs (approximately \$23,000 value)
- Total in 2004-2007: 3,000 lbs. (approximately \$18,000 value)

St. John's Episcopal Church greenhouse clean-up started in November 2006 and the first harvest was in April 2008. During this time, congregation members have donated over 3,500



left to right, Letitia W. Kirven and Lolita Warwick of Lynchburg's Daily Bread, Rodger Fauber of St. Johns Episcopal Church and Dereck Cunningham, Michael G. Van Ness and Scott Lowman of Lynchburg Grows

hours towards this partnership.

Lynchburg Daily Bread serves an aver-

age of 125-150 daily meals seven days a week from 10:50 A.M. to 12:20 P.M. for many of the diners, it is the only meal that day. Volunteers from the greater Lynchburg community prepare, cook, and serve the meals. Each recipient is seated and served by one of the organization's volunteers. Seconds, and even thirds, are provided to those who want them. Every year over 40,000 meals are provided at Lynchburg's Daily Bread.

*"It was a blessing. The guests loved the fresh from the garden food and the produce helped us with food costs. We are so appreciative and thankful!" - Lolita Warwick, Lynchburg's Daily Bread*

## Friends of LG ~ E.C. Glass HS Special Needs Learn Life Skills

By Amanda M. Ramirez, Educational Specialist / Life Skills - Special Education Department  
E.C. Glass High School

Lynchburg Grows is far from your average farm! At first glance it may just look like a lot of old green houses but when you spend time

Lynchburg Grows gives my students (people with multiple disabilities...or as I like to say ABILITIES) a chance! The people that work at Lynchburg Grows are loving and patient with my students! My students have opportunities to see first hand how plants are produced, where fruits and vegetables come from, and how animals grow! I could never teach my students about the "life cycle of a plant" or the concept of "chickens and eggs" without the real life experiences they gain from Lynchburg Grows! It is truly evident to me that Lynchburg Grows is a place of life and opportunity!



E.C. Glass High School Special Needs students help load and move freshly filled containers for Lynchburg Grows. The pots will be filled with herb and flowers seeds for us to sell in our Garden Shop in the coming months.

*"I could never teach my students about the 'life cycle of a plant' or the concept of 'chickens and eggs' without the real life experiences they gain from Lynchburg Grows!" - Amanda M. Ramirez, Educational Specialist / Life Skills - Special Education Department*

there you can feel that Lynchburg Grows is a place that offers so much more than just organic vegetables!

## Upcoming Family-Friendly Events ~ Visit us at the Farm!

**Our First Saturdays at the Farm! Open Houses** continue for another season. All programs start at 10am and the farm and market will be open from 8am to 2pm.

April 4th - **Learn how to Collect your Own Rain Water** (FREE)

**Saturday, April 18th ~ Earth Day Celebration at Lynchburg Grows**

May 2nd - with AREVA and Exceptional Beginnings, our first **Growing Families First FAIR at Lynchburg Grows**. Families of all ages and sizes are invited to participate and there will be something for everyone!

We are proud to host a visit from our peer mentor, Will Allen founder and CEO of Growing Power in Milwaukee, WI. for **May 12th & 13th** (Tu/We). Check our website for the details of the two-day visit to Lynchburg.

June 6 - **Build A Toad House** with Lynchburg Parks and Recreation's, The Nature Zone

July 4 - **Celebrate Independence Day** with Lynchburg Parks and Recreation's, The Nature Zone

August 1 - **It's A Sunshine Day!** with Lynchburg Parks and Recreation's, The Nature Zone

For kids ages 2-6! Join us for **Wild Days at the Farm** with Lynchburg Parks and Recreation's, The Nature Zone for family-friendly programs from 10am - 11:30am once a month. The dates are April 28, May 26, June 30 and August 25. Join us!

We are proud to host family-friendly events at the farm!



8 year old volunteer Mia Davidson in November at First Saturdays at the Farm! She helps her dad, Buddy, with the farm animals and is a super friend of LG!

## Farm Fixing's & Updates 2

Farm life is fun, but a lot of work. The greenhouses, buildings and grounds need constant maintenance and attention. Our goal is to improve the farm with new additions that make farming easier and more productive.

The farm is looking great these days with the hard work of our staff and volunteers. A few highlights are: the new automated water system in Greenhouse No. 2, the mobile chicken coop - the "Eggmobile" (see photo), constructing new walkways in Greenhouse No. 2, planting all of Greenhouse No. 3 with rose bushes and

repairing the Root Cellar roof.

And lastly, when you visit LG, you immediately notice the huge compost piles of leaf and horse manure out back. Great for making soil!

A highlight of the summer was hosting a teacher training workshop for those teachers interested in incorporating an outdoor classroom, the school garden into their curriculums using our Roots & Shoots garden curriculum.



During our Teacher Workshop in August 2008, local teachers could check-out The "Eggmobile", a mobile chicken coop designed by LG.

## Lynchburg City Schools Master Partnership

We are honored to have been chosen by the Lynchburg City Schools as a Master Partnership. *The partnership between the schools and the urban farm will be multi-layered. Employees at Lynchburg Grows will help LCS elementary schools create gardens of their own, and in doing so, will help children develop a greater appreciation for plants and environmental stewardship. In addition, special needs students at the high school level will be invited to*

*Lynchburg Grows to gain on the job training. The farm experience will help them to develop social skills, self-esteem, self-discipline and responsibility.* (LCS website)

Also, we are proud to launch a new joint micro-enterprise with E.C. Glass HS Special Needs students. The students will market and create beautiful flower bouquets that will be sold to staff and students at ECG. The revenue generated will be used for the school's *Community Based Instruction Program*.



right to left, Superintendent Dr. Paul McKendrick, Dr. Merle Herndon, Director for School Business Partnerships and LG's Michael and Dereck signing the Master Partnership with LCS.