



The Art of Community Gardening:  
Growing Food, Health, and Cross-  
Cultural Community



# Our Story

Growing food is just the beginning...





Youth Volunteers!

# Opening ground for the new Shared Learning Garden



Fifth graders transplanting sunflowers!



# Purna Pandey leads the group in bed preparation





Fifth graders learning about bed prep, composting, worms, insects, and other critters



Mammoth Sunflower, planted  
by fifth graders



# Jess Stone, honoring Abenaki lands and traditions



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• Members of the Abenaki Tribal group and residents alike showed up to prepare mounds and plant heritage corn seed.

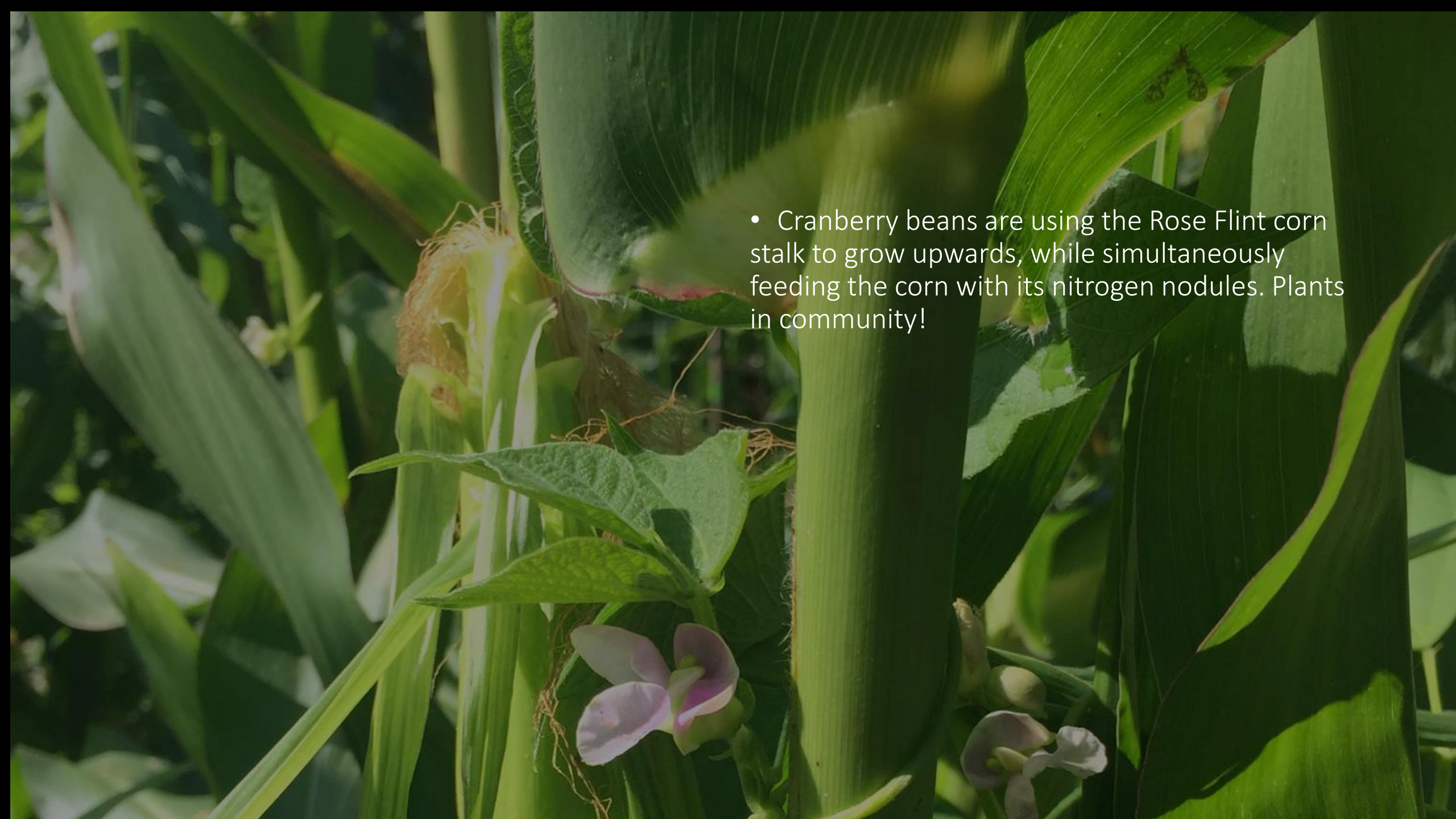
- Rose Flint Corn
- Crookneck Squash
- Cranberry Beans
- Hopi Red Dye Amaranth
- Sunflowers

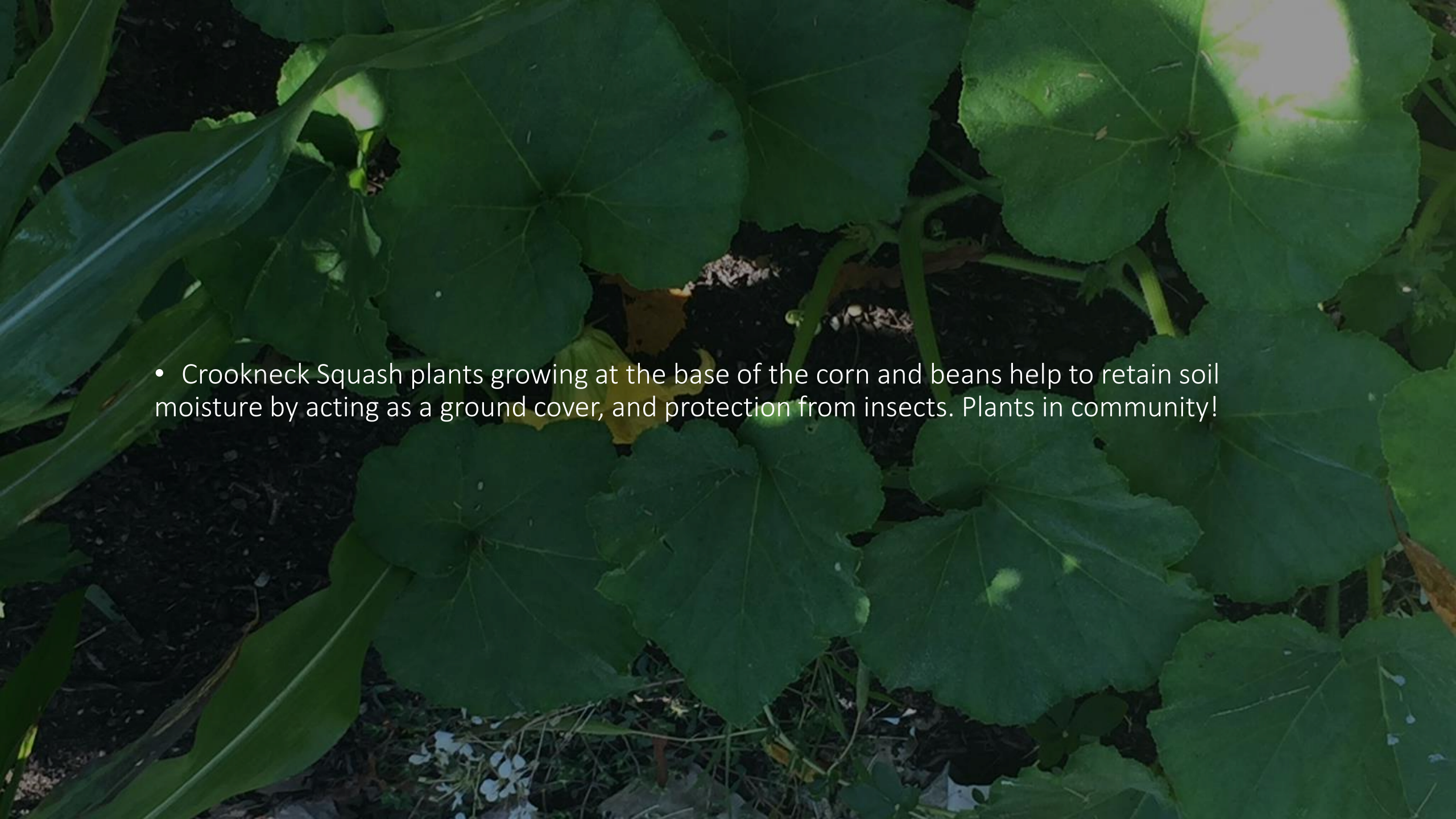
These five sisters grew together in the Shared Learning Garden.



Knowledge is lost, unless it is passed down...



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- Cranberry beans are using the Rose Flint corn stalk to grow upwards, while simultaneously feeding the corn with its nitrogen nodules. Plants in community!

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- Crookneck Squash plants growing at the base of the corn and beans help to retain soil moisture by acting as a ground cover, and protection from insects. Plants in community!



# Hopi Red Dye Amaranth





Abenaki Sisters,  
Summer time!





# Purna Pandey shows how to build a Bhutanese Tangra





- Meena (mother) and Heera (daughter) help answer questions pertaining to Bhutanese verticle growing techniques and culturally significant crops such as

- Bittermelon
- Tulsi

Both of these crops, among others, flourished in the Shared Learning Garden, under their care.

- Thriving in the Shared Learning Garden, under Purna's care, Bittermelon is an important food and medicine for our Nepali and Bhutanese gardeners.



Heera translated  
for her mother  
and father



- Tangra supporting squash plants. Seeds were saved and donated by fellow gardener Devi Basnet.



- Sibongile Ndlovu leads a presentation on Food Preservation Techniques from Zimbabwe







African Spider flowers  
leaves



- Supporting our pollinator community



One out of every three bites of our food, including fruits, vegetables, chocolate, coffee, nuts, and spices, is created with the help of pollinators (farmers.gov).



- Paska grew African Spider Flower in the Shared Learning Garden. Her plot was always overflowing with pollinator insects.
- Next year, she will lead a youth group, to discuss Sudanese herbs and growing methods.



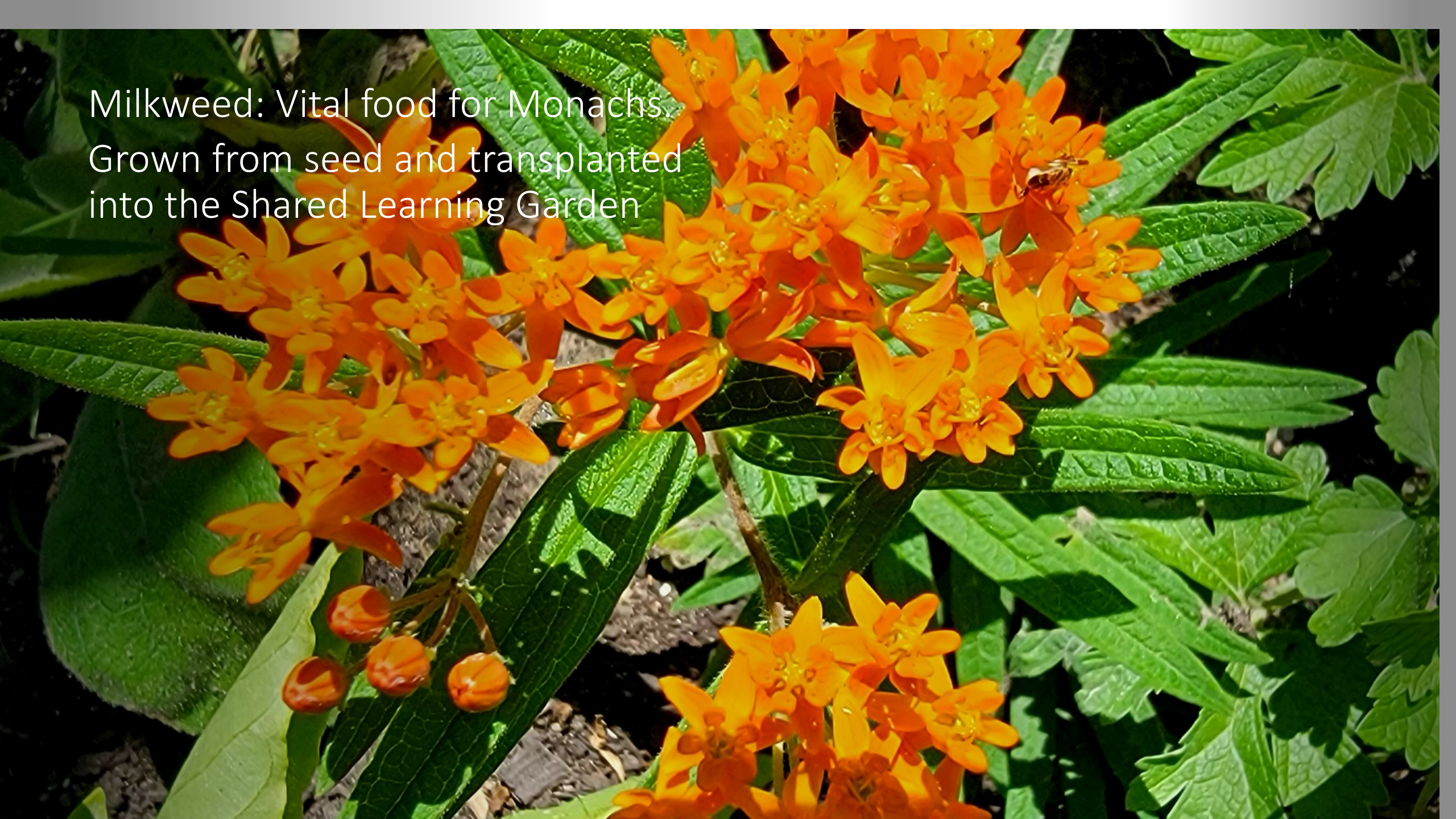


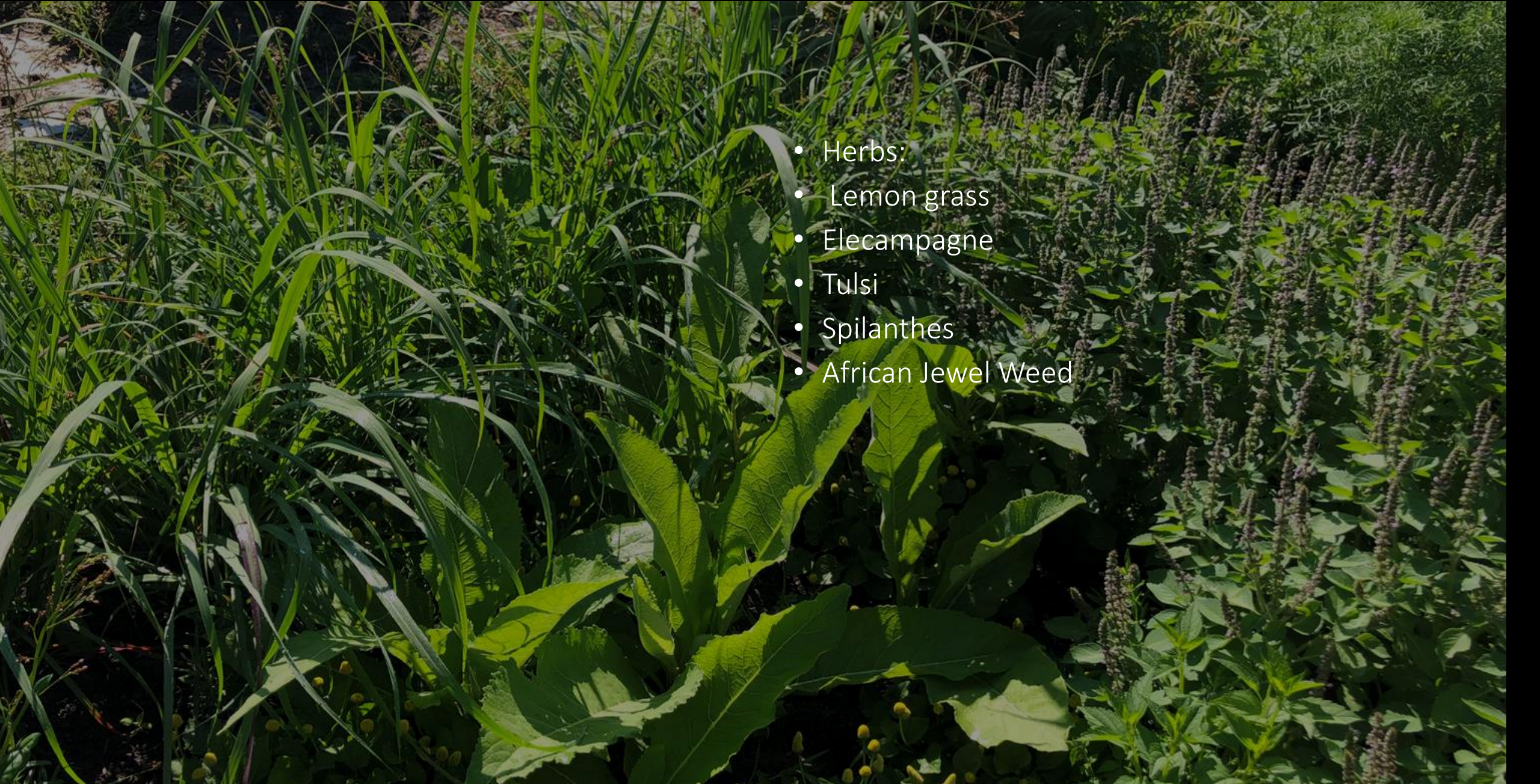
- Paska's African Spider Plant, prior to it's flowering

- Tri colored Salvia
- Feverfew



Milkweed: Vital food for Monarchs.  
Grown from seed and transplanted  
into the Shared Learning Garden





- Herbs:
- Lemon grass
- Elecampagne
- Tulsi
- Spilanthes
- African Jewel Weed



Perennial Asparagus growing  
alongside African amaranth, okra,  
herbs and pollinators.



Caring for our microbial communities:

- Composting
- Cover cropping





# Harvest Celebration 2023: African Drumming led by Harrison Tei

## Harvest Celebration 2023

- Gardeners Hari and Prem Khatiwada performed Nepalese folk music and we all danced!





May we continue to grow, heal, and celebrate each other; for each and every one of us, for the earth, and for the next generation.