



Progress Report Lucille's Garden Internship
Project W
9/25/2021

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The work at Lucille's Garden is meaningful. We raise a variety of healthy vegetables from all over the world and donate them to the local food bank. In the process we help people get to know vegetables and how to grow them on their own. This is the work that Sara Alam, our intern, has been doing since July 2021 thanks to the generous grant from Project W.

Working with Sara Alam has been a joy. She has a keen interest in nutrition and she knows part of good nutrition is to grow one's own food. Many conversations while working circle back to what food we can create with the vegetables that are grown in the garden. Sara also has experience in working with children as a child care provider. We can tell her nurturing nature and positive attitude will take her far whether she pursues food and nutrition or child care.

Since July, Sara has performed maintenance functions in different sections of the garden, including the rain garden, fern bank, vegetable beds, and perennial foundation beds. Duties include, but are not limited to, deadheading flowers (calendula, cosmos, zinnias, petunias, to extend flowering season and increase blooms); helping to stake and trellis top heavy plants; and harvesting vegetables twice a week for donation to the Media Food Bank. Sara has become familiarized with plant life cycles and maturity rates of edible plant parts. She is also well versed in harvesting methods of roots, leaves, and fruits. Her coach from Tutoring for Adult Life Learners, LLC (TALL) has also accompanied her during the summer months and will be phasing out as Sara gains confidence. With the repetition of tasks as an opportunity to hone her skills with the variability that comes with seasonal changes, Sara has been earnestly engaging and learning on a daily basis, we are so grateful for the curiosity and interest she has added to our team. The veggies are, too.

	Sara journaling about her garden tasks with her coach, Danielle.
	Looking for eggplants.