



GARDENS OF HOPE
JOSEPH P. CORY FOUNDATION

HAPPY

Hollydays

AND AN HERBAL NEW YEAR!

VOLUME XXVI - DECEMBER 2023

WHAT'S INSIDE?

VETERANS IN THE GARDEN HOW TO CONTROL SOME OF OUR LOCAL PESTS PROJECTS
UPDATES AND HIGHLIGHTS IN SCHOOLS SEASONAL RECIPES MEMBERSHIP "REAL PEOPLE" - NADA'S BIRTHDAY CAMPAIGN

A Note from President and Founder Nada Cory



Dear Friends,

As 2023 is ending, and a New Year is upon our doorstep; let's remember all the days, events, and highlights of the past twelve months. The Joseph P Cory Foundation delights in, and is grateful for, all the significant accomplishments we have reached together.

Our 2024 Foundation goal is ten new Gardens of Hope (GOH), ten new alliances, and ten new groups, young and old, we will serve and impact with our program.

For our attendees, students, staff, and volunteers, GOH, are in full swing, and the growing season is resplendent during this time of year in Zone 10. *We still have time* to build and amend new gardens and nurture seedlings into healthy and fruit bearing plants.

As we *tear off* December in our calendars, this is a reminder for all of us to step in and step up. Please ask yourself, "What have I done to impact the future health and wellbeing of our children? What can I do to be a vital component in the world sustainability movement?"

In the meantime, be kind and be generous, for all you give will serve others and

come back to you in multitudes!

We appreciate you, and all your help. Our children appreciate you, as does our beautiful planet Earth!

Happy Holidays!

A very Happy, Healthy, and Prosperous New Year!

In good health,

Nada

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December has brought forth some amazing produce in our school Gardens of Hope. This is the time when students can truly appreciate the growth process, and tend to their plants.

We were able to pick some of the little tomatoes and herbs that were planted only a month or so ago, and there is a real connection, and "energetic exchange" as Miss Nada would say, between the garden and the gardener.

Everyone is looking forward to January, and the projects we will implement together.

Below are links, so you may enjoy this with your family and friends. We would **love to hear more** about your holiday and how you may have incorporated any or all of these suggestions into your gatherings.

Getting All Our "Ducks" in a Row!



2:00 minute read.

No job was too small for this group, and the playing field was leveled, whether it be a principal, teacher, student, or contractor. The final reward, rebuilt and new garden beds, waiting for soil and planting to begin. One final obstacle... the iguanas, a new "friend" to south Florida gardeners. Protective cages for the plants are underway, so both flora and fauna may be coexistent at the school. Many thanks to all who volunteered their time, talent, and treasure.

The Joseph P Cory Foundation donated this garden to Mrs. Galvez, in conjunction with a study they are conducting on **BMI** and "Gardens of Hope". Classes featuring their GOH curricula have already been ongoing since the beginning of the school term, and everyone is really looking forward to the organic herbs and vegetables they will be growing, eating, cooking, and utilizing, for the remainder of the school year. filtered in during the day, getting "safety first" talks, protective gear, instructions, and the final coveted "community service" certificate.

In accord with Lake Worth Middle School resident mama duck leading her chicks, Choice program instructor Mrs. Marta Galvez, and **Joseph P Cory Foundation's** founder Nada Cory, mentored students through their new Gardens of Hope (GOH) buildout.

Everyone was present on December 9, 2023: Mind-Body-Spirit. Particularly for these soon-to-become healthcare professionals, desiring to influence health outcomes professionally. One function of GOH is to offer an additional component to Allopathic medicine, by understanding the advantages of herbal remedies. (Note our student with a handful of **aloe**, a plant recommended for burns and other issues.)

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[Link to photos:](#)

Welcoming Saint Juliana

1:00 Read

The weather did not "dampen" the spirits of Saint Juliana students as they arrived on a very drizzly morning this December.

These students hiked out to visit our Garden of Hope at Riverbend Park, Jupiter, Florida. They were full of energy, matched by great questions, and very correct answers indeed.



Luckily the weather held out long enough to see all the new plants

growing by leaps and bounds, including the squash planted during Pioneer Day in November. Students loved snipping the leaves, and identifying each species of herbs and vegetables.

We look forward to working with them again, and hope we can place a garden at their school in West Palm Beach in 2024.

Looking forward to our next guests in the New Year. Maybe it will be lucky you!



[Photo Link:](#)



Gentle Giants

1.00 minute read.

We look forward to the monthly visits from our Vets.

December 19th was not exception, when our local Vets were led to our turn-of-the-century Garden of Hope, by **Riverbend Park** naturalist Alissa Koch. Having a relaxing and educational walk on a brisk day, set the tone for a wonderful encounter for all.

It is no wonder gardening is a proven valuable activity for all ages, anyone involved will reap the benefits: mind, body, and spirit. Such was the case, as the mood and posture of all attendees became serene and very social. Any inner dialogues that might have existed prior to our program, were replaced with positive childhood memories and experiences, such as home cooking with herbs and vegetables, and other affirming sensory familiarities.



One Vet was reluctant to ask a volunteer if he could get another clipping of mint to pot and take back home. He said he didn't want to inconvenience us. We responded with a heartfelt "If you can put your life on the line to give us freedom, we can get you another piece of mint".

Wishing all our Vets here, and abroad, a safe and meaningful holiday. Come home soon!



Link to [photos](#):

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You Drink the Eggnog, the Plants will Eat the Rest!



You're not alone if you've ever wondered what to do with eggshells after cooking or baking. Often, eggshells go into the garbage. *You can't even put them in the garbage disposal!*

One of the best and most environmentally-friendly ways to recycle your eggshells is by adding them to a compost pile. This allows you to use your eggshells as fertilizer. Eggshells offer several nutrients for plants, especially calcium, but there are a few things you should do before tossing them in with the rest of your compost.

Composting is a way to turn food and yard scraps into fertilizer. When you build a compost pile, you create an environment that lets bacteria, fungi, and other organisms break the waste down in a safe way. There are two types of decomposition: anaerobic and aerobic. In anaerobic decomposition, the waste is broken down by organisms that don't need oxygen to survive. A by-product of anaerobic decomposition is the release of biogas, which is about half methane and half carbon dioxide. Both methane and carbon dioxide are bad for the atmosphere.

On the other hand, aerobic decomposition involves organisms that need free-flowing oxygen. This doesn't release biogas, making it safer for the environment. The decomposition in a compost pile is aerobic, while decomposition in landfills is often anaerobic. As a result, composting is usually better for the environment.

To make the addition of eggshells most effective, the trick is to grind the shells up as finely as possible. Letting them dry out, either by air-drying or by putting them in a warm oven, will make them easier to crush. You can use something like a coffee grinder to crush the eggshells into a fine powder. Once your eggshells are ready, you can add them to your compost pile. If you haven't made your compost pile yet, they aren't too tricky, so long as you **keep a few things in mind.**

Composting has other benefits as well. The process:

- Provides soil with essential nutrients like nitrogen, phosphorus, and potassium
- Reduces the amount of waste in landfills
- Reduces the cost of waste management
- Retains water, which reduces erosion and conserves water
- Eggshell water.

OH Deer!

How to Keep our Friends from Eating our Gardens.



You may not consider this elegant and graceful deer a pest -- until it decimates your garden in a single night. It doesn't have to happen, though.

You can use a number of methods, including erecting aluminum pie pan mobiles, to keep the deer away from your precious plants.

[Click here for other non lethal options.](#)



Pine Cone Brownies

Can be altered for ANY dietary preference.

These pine cone brownies are seriously the



cutest, and make such a fun dessert to share. They might look intimidating, but are not hard to make. The perfect dessert and fun activity with your kiddos.

[Recipe PDF](#)

Healthy Snacks to Bring in the New Year



[Berry Melon Bruschetta Recipe](#)



[7-Layer Taco Dip Recipe](#)



[Pomegranate Mocktail Recipe](#)



In the Spotlight!

Meet our newest Garden of Hope recipient, Mrs. Angela Norman.

This is Angela's 20th year in teaching, and her 10th year integrating the "Outside Classroom" discipline into The School District of Palm Beach County's program standards.

In 2020 Angela arrived at Meadow Park elementary, and seeing a need, she identified a way to get the students outside more. With the permission of her Principal, Angela took a small empty space and turned it into a beautiful above ground vegetable, and

sunflower butterfly garden.

Like most gardeners, this small patch expanded the following year, to edible herbs and vegetables. The passion grew as well, with Angela educating herself and the students regarding hydroponics and other topics. This regular outdoor interaction became so popular, soon a garden club of kids emerged!

We are pleased the Joseph P Cory Foundation Garden of Hope program is working with this campus, Mrs. Norman is the perfect steward, and we look forward to growing together: Mind, Body, and Spirit!

Nada's Birthday Wish
Click to Expand and Share - Happy Holidays to All!



To all our Devoted Readers and Supporters,

December was a busy month. Believe me, it is one thing to create a calendar of school visits and projects, but to see your mission transform into actual working Gardens of Hope (GOH) before your eyes... well, that is a dream come true.

Students want to build and tend to their own school garden so passionately; they are willing to build them themselves! Please look at these beautiful faces, our future, at our latest GOH build-out. I invite you to make an appointment to join me on a school visit one day, it is as easy as calling or emailing the Joseph P Cory Foundation.



These are REAL stories and photographs and you have made this happen. The work is far from over, and we need you to take action now, during this holiday season.

December is my birthday month, and that is my wish, **DONATE TO EDUCATE!** I am eager to share, we have a big-hearted donor who is excited to match your end-of-year tax-deductible gift, as you plant seeds of change.

Wishing you all the most Wonderful, Prosperous, and Healthy Holiday and New Year!

Blessings and Love,

Nada Cory
Founder and President





Please Be a Seed of Change!

Grow Hope. Invest in Kids.

Organic Gardens in Schools Encourage:

- Understanding healthy food consumption
- Early exposure to vegetables and herbs
- Increased food literacy
- Growth: Mind, Body, and Spirit
- *And so much more!*



ANNUAL 2023-2024 GARDENS OF HOPE IN SCHOOLS CAMPAIGN

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GARDENS OF HOPE

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CORPORATE/PRIVATE
SPONSORSHIP
2022-2023

Organic Teaching Gardens

Small - 8' x 12'	\$1,200
Medium - 12' x 16'	\$2,500
Large - 16' x 20'	\$3,200
Hydroponic Tower	\$800
Garden Tool Starter Pack	\$300
Raised Planter Box	\$175
Harvest Pack	\$100

Many opportunities/requests for the up and coming school year.

Your support will truly grow healthy lives, one seed at a time.

All gardens include:

- Physical garden beds constructed with sustainable materials, all soil, fertilizer, liners, mulch, seeds and organic plants.
- Water Timer System
- Classroom taught evidence-based Gardens of Hope curriculum
- Signage with your/business name

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