


A Note from President and Founder
Nada Cory



**Welcome back happy gardeners!**

**In Florida, Zone 10, we have been preparing our gardens for planting. Yes, it is a busy time for all of us, but also is a lot of fun, with familiar physical undertakings, ranging from fixing our garden beds, building new ones, adding fresh nutrients and rich soil, and finally, planting seeds or seedlings.**

**The Joseph P Cory Foundation and our signature program Gardens of Hope is excited to welcome back our old, as well as our new, garden grant recipients. Together, we are creating a partnership, in which we will learn, plant and tend to our seedlings, harvest, and cook rich nutritious and fun dishes, all created with love from our bountiful yields.**

**As you can witness from our happy smiles and busy students within this newsletter, all signs point to a fun and successful year ahead; we are so happy to have you be part of it all!**

**When we are open to give of ourselves, share, and commune with our mother nature, great rewards await us at the end. I encourage you to step barefoot onto the soil, "ground" yourself, and release all the negative charges you accumulate throughout the day and exchange *your* energy with the energies *of your* garden. You will be greatly rewarded and surprised how much lighter and brighter you will feel.**

**Let us together create and surround ourselves with beautiful gardens, breathe fresh air, and take in the warm healing rays of the sun. Happy gardening my fellow garden**

**fairies! Happy Fall to all of you!**

**With Love,**

Nada

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## October Focus in Schools

We would like to recount some of the stories from October. Our students have worked hard planting their gardens, and we are proud to share their experiences and accomplishments.

### And one for good measure!

1.30 minute read.

Sandpiper Shores Elementary students are really measuring up to be great gardeners who know about and appreciate nutrition and sustainability.

With gardens planted… our "Ready, Set, Grow" lesson plan illustrates how to chart the growth of new seeds and seedlings. With magnifying glasses, rulers, and journals in hand, there isn't much that will go unnoticed!

What we do notice immediately; engaged and happy students spending quality time outdoors, socializing with fellow classmates, in a beautiful Garden of Hope. Aptly named!

Photo Link:



### Welcoming Loxahatchee Groves Elementary 1:00 Read

One of our newest and youngest Gardens of Hope grant recipients, Loxahatchee Groves, had a very busy "Ready, Set, Grow" day on October 16th . Volunteers arrived to clean out some existing garden beds, and construct new ones. We were surprised to locate yet

another site that would be perfect for seeds to bloom and grow, and we will keep you updated on this project.

Student gardeners received lessons and snacks, awaiting the moment when they could don their new gloves and get their hands in the soil. Garden Club teachers Mrs. Feltwell and Mrs. Grimes did a wonderful job preparing their class for a year of fun and knowledge: Mind, body, and spirit.

*Waiting for parental release of photos to showcase all the smiles.











FYI. There are several ready-to-go, out-of-the-box options for garden beds on the market. Everything you need is in the carton and can be assembled with kids as young as middle schoolers, and a little adult assistance.



## Never too young to garden

Hammock Pointe elementary is one of our oldest Gardens of Hope. Under the excellent stewardship of teacher Holly Nilsen, this campuses' herbs and veggies even succeed to grow during the harsh summer months. In the photo link, you can notice mature plants that have sustained Florida summer weather, and fail to give up. That of course makes it difficult to start gardening when classes resume, demanding lots of clean up and repairs.

Joseph P Cory Foundation to the rescue. With our weekend volunteers, and "mini" gardeners (pictured), Mrs. Nilsen's garden club was *more than ready* for "Ready, Set, Grow" this month.

Photo Link



Getting the garden back into shape



Mature onions thriving through the summer heat and dry weather.

## Lake Worth Middle School - BMI Program

Off and running again, our Middle School Choice Medical program, spearheaded by Mrs. Marta Galvez, is growing by student participation, enthusiasm, and square footage. The class worked though bad weather, hurricanes, and interrupted schedules, to get ready for their first lesson, and planting.



Iguana proof



New bed construction



Teamwork



Assessment survey



Lesson indoors first



Accomplished gardeners




### Ready, Set, Grow - Lessons

Elementary Level PDF

Middle School PDF






## *SAVE THE DATE!*

### *Pioneer Day - November 2, 2024*

**We will be on site with garden tours, demonstrations, & family projects. Join Us!**




*Let's transport ourselves back 124 years and experience the simple joys and gifts of a turn-of-the century garden.*



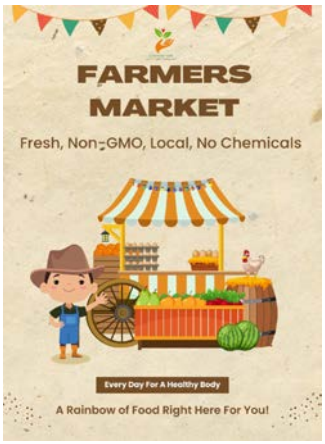

*Riverbend has many experiences and activities for all ages planned, so come on out and enjoy the day.*




## Early Education Project:

You can create a pretend farmers market with kids at home by making fruits and vegetables, setting up a market, and playing with play money. You can also try these activities:

- Make your own produce: Craft fruits and vegetables, and then use them to create a market.
- Set up a market: Build a market stand and chalkboard signs.
- Play with play money: Use play money to "sell" your produce to customers.
- Learn about nutrition: Teach kids about the nutritional value of fruits and vegetables.
- Make a rainbow: Decorate a plate with a variety of fruits and vegetables to make a rainbow.
- Go on a scavenger hunt: Create a list of fruits and vegetables that are in season, and have kids find them.
- Make a meal: Use ingredients from the market to make a meal.




You can also visit a real farmers market with your kids. There, you can:

- Say hello to farmers
- Try free samples
- Ask farmers how they cook with unfamiliar vegetables
- Buy butter and eggs from dairy farmers







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## How to grow your own Pineapple



There are multiple ways to grow a pineapple, including from a crown, from seeds, or by placing a pineapple on top of water. Please enjoy a simple gardening lesson from Nada, and see how easy it is.

This is a great project with kids, but you must be patient, it will take a while to mature. Shown is the easiest and most reliable, the crown method. Note the photos and watch the video.

1. Remove the crown of a pineapple, including at least one inch of stem.
2. Trim excess fruit flesh and the bottom of the stem.
3. Let the crown dry.
4. Find a garden bed area or flower pot with well-drained soil (bright indirect light).
5. Bury the crown up to the base of the leaves.
6. Water thoroughly and move the pot to bright, indirect light.
7. Be patient! You can keep regrowing this pineapple each time you harvest it!



Video 1



Video 2



Planted in Place

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## Gardening Help for Success

O.L.I.V.E.™

Online Lecture, Information, Video, Education Library

### Meet O.L.I.V.E. (online lectures, information, video, education library)

**The Joseph P Cory Foundation's OLIVE™ Video Library is an exclusive series of health and wellness videos hosted by experts sharing their knowledge and gifts with you. There are also cooking videos and story readings, and more. Don't forget to subscribe to our YOUTUBE channel.**




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## SPOTLIGHT: Our Volunteers and Partners

A Letter of Thanks to our Volunteers and Sponsors

October is almost gone, and it feels as if it simply flew by with the wind and rain; we certainly have had plenty of it.
Lists and lists of required items were made, purchased, and supplied to those who needed them, and for that, I thank all of those who invested in student health. Thanks to all our garden fairies, sponsors, volunteers, and mostly to our amazing teachers, the stewards of each Garden of Hope campus!

Everyone in their volunteer capacity, rolled up their sleeves, to make this very important phase of our Gardens of Hope a success. Several patrons and friends of the foundation did their part donating time, talent, and treasure. Free deliveries of nutrient rich soil were personally driven on precious days off to several school gardens by Misterio Landscaping's (Boynton Beach) owner Mr. Sergio Flores.

Hundreds of organic seedlings were bought from our trusted growers, Brad's Bedding, and delivered by our loyal volunteers Diane and Jay Zapack, as well as by our own Michael Cory (pictured assembling a garden bed), one of the Joe Cory's grandsons, for whom this foundation is dedicated to. Micheal said to me, "Whenever I do something for the Joseph P Cory Foundation, I remember my Grandpa, and I know he would be proud of me helping out!" Being the father of two young children himself, we thank him for donating this precious time.

Laying the foundation correctly and with such diligence, is the key for an abundant harvest and truly learning about and understanding the growing of plants: physically, emotionally, and spiritually. All these hands-on lessons will be remembered now by our young gardeners and will serve them in their adult lives. Planting seeds literally and figurately, will bear fruit in the not-so-distant future.

Finally, our collaborative partnership with Palm Beach Parks and Recreation organization has helped us to support and maintain Gardens of Hope within their sites. They assisted with clean up, fresh new soil, fixing a few beds needing attention, and constructed protection to keep occasional "wildlife" visitors from free lunch buffets. Their efforts are heartfelt, and they keep giving back in this way to maintain beautiful well-stocked gardens for our veterans, home and private schoolers, and others eager to learn more about sustainable living. Thank you, friends, at Riverbend Park in Jupiter. Come see the Riverbend Park Homestead Garden on November 2nd during Pioneer Day!

Moving forward throughout the year, we pledge to maintain, educate, and have lots of fun learning all about the various of ways to live a healthy and sustainable life in partnership with Mother Nature,

Thank you,
The Gardens of Hope Team and Nada

"Coming together is a beginning, staying together is progress, and working together is success!"

-Henry Ford




## Interested in joining us?

Call: 561.501.3538
info@josephpcoryfoundation.org

Looking forward to your help!

GARDENS OF HOPE
JOSEPH P CORY FOUNDATION

### WE NEED HELP WITH:

- Weeding, Pruning, Planting
- Mulching, Hauling, Building
- Events, Education...

### FOR YOUR EFFORTS:

- Community Service Hours
- Creating a safe outdoor learning environment for Kids
- A great mind-body experience!

**DONATE TO EDUCATE HERE!**

# HONORING

*the life and work of*



# JOE CORY

*You will always be remembered!*

**"The Joseph P Cory Foundation is built upon the premise of love. Joe's legacy continues through our organization, helping families, communities, and veterans, live a healthier and more sustainable life." - Nada Cory**

**LOOK HOW JPCF HAS GROWN!**

GARDENS OF HOPE
JOSEPH P CORY FOUNDATION

**DONATE TO JPCF PLANT HEALTHY LIVES!**

# Become a Member and Be a Part of Something Special!




**YES! I want to become a Member.**

Please Note: All medical information/nutritional content is compiled from affiliates and experts in their fields, and is not meant to treat or to replace the advice of your personal healthcare professional. The Joseph P Cory Foundation, provides guidelines and suggestions that align with our mission: Empowering people and communities to achieve wellness
and well-being through education, expertise, and guidance. Nada Cory/the Joseph P Cory Foundation does not receive compensation for recommendations and affiliate links.

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