THANKFUL FOR ALL OF YOU!



Volume XXIV - November 2023

What's Inside?

Schools and Communities | Teachers Guide | The Three Sisters Legend
Updates and Highlights | Seedlings! | Membership | Holiday Recipes | Fall Fun

A Note from President and Founder
Nada Cory



Dear Friends,

I am so proud of the work we have accomplished this year to date; So thankful for all our partners, volunteers, and sponsors. Here is my short list of reasons why everyone should join us, a benefit for all!

- **Gardening is good for the soul. Thank your garden for improving your mental health. Studies show being outdoors and working in a garden is beneficial, and we gardeners know that for a fact.**

- **It lifts the mood, gives you a sense of self-confidence, and keeps anxiety and stress at bay. It's wonderful to witness your garden space all year long, so be aware and see all the beauty of each season's passing. The cycle of plant and animal life is best experienced with your hands in the dirt, tending to a garden.**

- **Pollinators keep gardens going. The next time you get annoyed by a fly or a bee buzzing by your head, remember what they do for us. No garden could succeed without amazing pollinators like bees, butterflies, bats, flies, and other animals.**

- **Gardening is for solitude and socializing. Be grateful for a hobby that allows you the peaceful solitude of a garden and the invigorating togetherness of a plant swap or gardening class.**

- **All gardens are a blessing. Your garden is your home and the fruit of your labors. Take time to be thankful for all of the other gardens as well. You get to see your neighbors' gardens on a stroll around the block, taking inspiration for plantings. Community gardens also offer new ideas and camaraderie, another win!**

If you don't have a garden now, it is not too late to start one, or you can visit one of our Gardens of Hope in a local school or park; you will quickly understand and appreciate all nature has to offer.

From my heart to yours, I wish everyone a very happy, healthy, and bountiful Thanksgiving.

Nada

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

More "Hope" in Schools

1.30 minute read.

Congratulations to one of our newest garden teacher/sponsors, Mrs. Angela Norman. When this teacher, the gifted-kindergarten program educator at **Meadow Park Elementary School**, responded to our Grant APB last year, we knew we found a perfect garden steward.

While working with the Joseph P Cory foundation's **Gardens of Hope** program, Mrs. Norman has successfully resurrected a "delicious teaching environment" for her student body to enjoy and benefit from.

We are excited to put life into this fallow location and are thrilled at the curiosity and participation students are exhibiting in such a short time. This could not be possible without the commitment and creativity of Mrs. Norman, who has taken the Gardens of Hope curriculum, and gone the distance.

It is exciting to receive photos that support the lessons, such as the attached example of vegetables growing in cut out pumpkin shells. What a sustainable way to use our October pumpkins from Halloween gone by.

We are looking forward to our next in class visit this month, when we speak about the "The Three Sisters Legend", and celebrate our harvest together! Read on and see what that is all about!

Thank you, Mrs. Norman.



Link to photos:

Welcoming The Benjamin School 1:00 Read



Thank you to the Joseph P Cory Foundation's volunteer Diane Z., for hosting another one of The Benjamin School's field trips at the Garden of Hope in Riverbend Park. Diane hosted this 4th grade group, to educate them all about seeds and the planting cycle. This was the second time this week, groups visited from their campus, and we look forward to working with this amazing school during the year.

Many kids and adults alike are unfamiliar with the seeds of assorted fruits and vegetables, and what possibilities can arise from this tiny holder of life. After all kids, that is how you started!

Follow us and see what this year has in store for schools and the community!

Photo Link 2:
Photo Link 1:

November Focus in Schools

November marks a defining moment in our school Gardens of Hope. This is the time when the little seeds and seedlings the students worked so hard to cultivate, start producing "food"!

What better way to teach sharing and community, then to explain the Legend of the Three Sisters. Better yet, harvesting some of our homegrown ingredients and mixing them into a Corn Salsa for a celebration, is even grander.

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.



Corn Salsa

Servings: 4

From The Joseph P Cory Foundation

Prep Time: 20 min. Total Time: 2 hours*, 20 minutes

Ingredients:
1 ear of corn, kernels removed. You can use frozen corn.
1/2 red bell pepper, diced small
1/2 green bell pepper, diced small
1/2 red onion, diced small
Juice of 2-3 limes and zest of 1 lime
Juice and zest of 1 navel or any orange
2 tablespoons extra virgin olive oil
1/4 cup fresh cilantro, minced
1 clove of garlic, grated
Salt and pepper to taste
1 jalapeno pepper, minced. Use seeds if you want more heat, remove seeds for less heat.

Preparation:
1. Combine all the ingredients together in a bowl and mix thoroughly.
2. Cover and refrigerate for at least *two hours.
3. For healthy options, serve with blue corn chips, romaine lettuce leaves, or on a veggie burger.

Enjoy!

The Legend of the Three Sisters

With herbs a plenty, what better way to incorporate them, but to create corn salsa in our classrooms. Here is our lesson plan and recipe, along with the Legend we have come to love.

Click here for Legend PDF

Click here for Teacher's Guide

Click here for Corn Salsa PDF

Click here for Legend Word Search



Pioneer Day 2023



Smart Phones Down! 1.30 minute read

Let's transport ourselves back 123 years and experience the simple joys and gifts of a turn-of-the century garden.

That is exactly what took place on Saturday, November 4, 2023, at **Riverbend Park**.

It was Palm Beach County Parks and Recreation's annual Pioneer Day, and for the fourth year running, the **Joseph P Cory Foundation** was on site to educate children and families in the homestead Garden of Hope. Gardens of Hope are the foundation's signature program and offer hands on gardening experiences and a curriculum during the year.

President and Founder Nada Cory led tours through the newly planted garden beds. Everyone had an opportunity to pick some of the growing crops, to taste, sniff, and identify the herbs and vegetables. Volunteers helped attendees better understand how everything is sustainable and utilized, by drying, smoking, and regenerating seeds. There was even a meat and cheese smokehouse demonstration in one of the buildings on this unique Riverbend Park homestead.

Nobody missed their mobile devices, which was evident by the smiles, as kids walked away with a potted seed they crafted, ready to "take root" and provide a whole new level of understanding on how to live a healthy and delicious life.

Photo link:

It's not too late - Seedlings!

"Starts" or seedlings are baby plants that have been planted from seeds and "grown out" by someone else. Also, they've often been acclimated to the outdoors and are ready to finish out their lives in *your* garden.

Plant starts can be found at your local nursery, grower, or garden center. Depending on your source, they many not seem cheap when compared to seed packets, but they can be well worth it! Here's why:



1. It's your first garden. It's true that purchasing starts is limiting, because there aren't as many varieties to choose from if you started from seed. But that's not always such a big deal.

As a new gardener, plant starts can give you the confidence to plant a vegetable garden in the first place because you're beginning with plants that are already well on their way.

2. It's not your first garden. You read that right. Savvy gardeners know all too well about the advantages of plant starts. They are more than willing to grab some to fill in here and there, even when they usually grow veggies from seed.

3. You want a leg up on the growing season. Maybe you didn't order your seeds fast enough or perhaps you just didn't get your seeds planted in time. You may have moved to a new home during the seed starting months and want to be sure that you have a garden this year. Whatever the reason — starts are the answer.

4. Instant gratification. You have precious little time to spare at the moment and you need to get that garden in! Or maybe you hate planting seeds. One thing is for sure, you can hit a nursery at 9:00 AM Saturday morning and have a visible **vegetable garden** planted by 7:00 PM that evening using starts.

5. Skip nail-biting steps. Germination, pests, soil temps, light, over-watering, under-watering are all situations that discourage gardeners or easily set you back to square one. Skip that stuff.

6. Zone guarantee (almost). It's not a 100% guarantee, but as close as you can get. Your local nursery will offer vegetable plants that grow and thrive in your area. It also takes away most of the timing guess-work of each vegetable that plagues you when ordering through seed catalogs.

7. Less plant loss. For all of the reasons above, you will keep more plants alive than not, when you begin with small vegetable plants as opposed to seeds.

8. Less tools. When you let someone else do the baby-raising, you don't have to purchase all that is needed in excess. Assuming that your garden bed is ready — you purchase only the plants. Ta-dah!

Suggestions... Local, or not so far away growers, offer gardeners the option of choosing from a large variety of non-GMO organic seedlings, shipped to your door within two days. One of our volunteers is doing that as we speak, and we will track her progress.

Brad's Bedding has a nice selection you can pick up and drive away with, but caution... call first or visit their website to see if they are available.

WD Farms in NC can ship you some very healthy looking seedlings, but caution... you must be ready to put these fragile babies in the ground within a day or so.



NOVEMBER 25TH IS THE DAY!

"Mooning" over your seedlings.

According to those who plant by the phases of the moon, the moon's "second quarter" (specifically, two days before the full moon) is the best time for transplanting crops that have their "seeds inside the fruit," such as beans, melons, peppers, squash, and tomatoes.

South Florida gardeners, if you have been nurturing some seedlings, and it is time to find them a permanent home, consider breaking away from your Thanksgiving leftovers and get out there and plant this weekend!

Text Link



Fly Me To The Moon

Maybe your plants would like some entertainment!
Song Link





Thanksgiving Herbs

Obviously, if you are reading this days before you are ready to set your Thanksgiving table, you will not have time to grow your own herbs for your feast.

The good news is, once you plant them, they will last the yearlong, to enhance all your menus, and even help with what ails you at times!

Here is a list of your basic herbs, perhaps you are already growing them.

- **Chives** tend to spread, but again if constantly harvesting the herb, will do well potted and can then be moved to the garden in the spring.
- **Marjoram** and **oregano** are members of the same family and will begin to taste much the same if grown in the same container, so separate these herbs. Both of these are vigorous spreaders and should be relocated to the garden eventually, to allow them to flourish.
- **Rosemary** makes a stunning topiary and can do double duty both as a decorative item and a useful culinary specimen. Again, at some point, you will probably want to relegate the herb to the garden since it will eventually become more of a bush. Rosemary is a common Thanksgiving herb used to flavor potatoes or stuffed into the cavity of your turkey, or yummy sides.
- **Sage** will do well with rosemary and comes in many varieties, including variegated. When using potted herbs for holiday dishes, sage is a must have for Thanksgiving dinner – sage stuffing anyone?
- **Thyme** is another popular Thanksgiving herb, which again, has a tendency to spread. There is quite a variety of thyme to grow from those with creeping habitats to more upright types.

Recipes for a Delicious and Healthy Holiday









Ingredient List





Ingredient List



Gardening Help for Success

UF IFAS
UNIVERSITY of FLORIDA

[Link to US/USAF Garden Guides]
[Link to Planting Guides]

SHARE

Seed Exchanges

Check your social media channels. There are lots of people who like to swap seeds. Also social activities surrounding seed exchanging is popular, you never know what relationship may "grow" during one of these opportunities!

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Organic Flower Fertilizer Recipes

We are repeating this article because plants need to eat too.

This would be a good time to give your garden some nourishment.

Make these Easy Organic Fertilizers at home using everyday ingredients, so you can feed your plants naturally and grow lots more food! It is important to feed your plants as they use up the nutrients in the soil to grow and produce food.



It is also so important that you use organic, natural fertilizers so that we..



1 – don't consume harmful synthetic toxins but also..

2 – don't have harmful toxins upsetting the microbiology and killing off all the amazing beneficial insects and pollinators.





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SPOTLIGHT: Meet Zayden

Zayden, an exceptional fourth grader with a giant heart. The Joseph P Cory foundation was lucky to have met him at our Pioneer Day several weeks ago. Zayden came with his Grandmother, who was volunteering, and little did we know, he would jump in and be a stellar example to everyone. How he managed the crowds of families who wanted to partake in our projects, was amazing.

This young man likes school, especially math and science. His hobbies are fishing, playing games, and animals. He is most enthusiastic when you mention reptiles, as he has quite a collection at home, and he also volunteers at a reptile venue!

We look forward to hearing great things about Zayden's future accomplishments. So stop by our next event, you might have the pleasure of meeting him one day!

Click here to listen to Zayden's take on volunteering!

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YES! I want to become a Member.

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