



# Grow Your Health

A Seasonal Newsletter for the Leland Community Garden discussing Gardening, Food, and Health.

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City of Leland

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## Groundbreaking Set for Saturday, October 2nd

Through a partnership between the City of Leland's Community Garden Committee and the Delta Health Alliance's 21<sup>st</sup> Century Project, the creation of a Leland Community Garden is becoming a reality. Interested residents and volunteers are invited to join our "community build" project as we create our community garden, including 15-20 raised beds, berry vines, and a communal garden plot.

A "Planning Event" is scheduled for Tuesday, September 28<sup>th</sup>, at 5:30 pm at the old National Guard Armory site (near La-Z-Boy). Teams will be formed and tasks detailed as preparations are made for "Build Day" on Saturday, October 2<sup>nd</sup>, at 8:00 am at the Armory site.

Leland individuals or groups are invited to apply for the use of an individual raised bed available on a first come, first serve

basis for an initial \$15 fee for the Fall/Winter growing season. Plants that grow well during this period include broccoli, cabbage, spinach, and greens. Subsequent lease for the Spring/Summer growing season will be \$20 per raised bed. Tools, supplies, and seeds will be provided



through DHA's 21<sup>st</sup> Century Project which is providing access to care and disease self-management education for the uninsured through the Good Samaritan Health Center at the Leland Community Garden please call Jesse Tyler at 662.822.4868 or Ryan Betz at 662.390.6529.

## Want to Join the Community Garden?

Residents who may have considered gardening, but hesitate due to limited spare time or knowledge of gardening are invited to participate in the Leland Community Garden. Applications will be available at City Hall and at

the 21st Century Clinic at the Good Samaritan Health Center in Greenville. Raised Bed registration is \$15.00 and General Garden membership is \$5.00. 21st Century Clinic Patients may apply for free. Regular workdays will be

planned, but participants will only be asked to commit to a minimal number of hours. For more information on the Leland Community Garden please call Jesse Tyler at 662.822.4868 or Ryan Betz at 662.390.6529.

# Message from the Project Manager



A head of broccoli I picked from my home garden in May.

Hello and welcome to the first Leland Community Garden Newsletter *Grow Your Health!* The newsletter will be published at the beginning of each growing season: Fall, Spring, and Summer. It will serve to include news on the community garden, provide health guidance on fresh foods, give growing information, and share recipes on produce grown during a particular season at the garden.

Fresh foods are not readily available in most of the Mississippi Delta. We live in what's called a "Food Desert."

This has a serious, negative impact on our health. Also many of us have lost the tradition of growing our own food previously passed down by one generation to the next. This contributes to the limited access of fresh foods in our neighborhoods too. The community garden looks to reestablish this lost connection and get good, healthy foods back on the table again. People will also rediscover that nothing beats the taste and flavor of fresh fruits and vegetables!

I would like to extend my thanks to everyone who has

helped make the Leland Community Garden a reality: the people of Leland, Mayor James Lowe, the Mayor's Health Council and Coordinator Jesse Tyler, the members of the Leland Community Garden Committee, and my colleagues working with the 21st Century Project at the Good Samaritan Health Center in Greenville and the Delta Health Alliance.

Let's all continue to work together and maintain the momentum to Grow Our Health!

In Cooperation, Ryan Betz

*"Throughout the year, participants will have the benefit of learning from gardening consultant Cornelius Toole."*

## Garden Consultant Cornelius Toole

Throughout the year members of the community garden will have the benefit of learning from gardening consultant Cornelius Toole, a resident of Mound Bayou. Cornelius has over 20 years of experience growing fresh foods in the Delta. He is a member of MEGA, Mississippians Engaging in

Greener Agriculture, which is associated with former Basketball star Will Allen's *Growing Power* organization. *Growing Power* has been recognized nationally for promoting sustainable growing methods. Mr. Toole has also been featured in Delta Magazine for his produce. Most recently

in June Cornelius was featured for his work on a piece by PBS's *NewHour* addressing the Food Deserts in Mississippi. The Leland Community Garden welcomes Mr. Toole and his wealth of knowledge and looks forward to his presentations throughout the year.

## The Benefits of Community Gardening

Wood-framed raised beds will be constructed at the Leland Community Garden



Aside from providing people with access to nutritious, fresh fruits and vegetables, community gardens provide many other benefits to people who garden there and live nearby.

Community Gardens: improve the quality of life for people in the garden; provide a catalyst for neighborhood and community development; encourage self-reliance; beautify neighborhoods; reduce family food budgets; conserve resources; create

opportunity for recreation, exercise, therapy, and education; reduce crime; preserve green space; create income opportunities and economic development; and provide opportunities for intergenerational and cross-cultural connections.

# The Health Benefits of Fresh Foods

By Will Rowland, RD, LD - 21st Century Project Clinical Dietician

Almost everyone needs to eat more fruits and vegetables. A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as

part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

Busy lives can benefit from food that's nutritious and easy to eat on-the-go like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going. Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and

other natural substances that may help protect you from chronic diseases. To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly. Aim for 3 to 5 vegetable servings and 2-4 fruit servings per day.

*“Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.”*

## Fall Crops

Cool Season Crops that can be planted in the Fall include:

- Greens
- Broccoli
- Cauliflower
- Spinach
- Lettuce
- Radish
- Cabbage
- Carrots
- Beets
- English Peas
- Winter Squash
- Swiss Chard
- Cilantro
- Fruit Trees/Bushes

## Healthy Recipe: Mustard Greens

### Ingredients:

- ½ cup thinly sliced onions
- 1 Tbsp Olive oil
- 1-2 pounds of mustard greens, well washed and torn into large pieces
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 lb of smoked turkey
- 2 cups of water
- ½ teaspoon Sugar, (optional)

### Preparation:

Wash mustard greens 3 or 4 times in fresh water, draining them each time. Strip the leafy part of greens from the stem and discard the stems. In a large pot, fry olive oil, onions, and smoked turkey until brown. Add mustard greens. Stir and fry mixture until greens begin to wilt. Add 2 cups of water and cook 30 minutes or until tender. Add more water if necessary. Stir frequently and continue to cook on medium heat. If desired, add ½ teaspoon of sugar.





For more information on the Leland Community Garden, call Jesse Tyler at 662.822.4868

To learn more about the 21st Century Community Garden Project please contact Project Manager Ryan Betz at 662-390-6529 or [rbetz@deltahalthalliance.org](mailto:rbetz@deltahalthalliance.org)

**Grow Your Health!**

The Leland Community Garden is a partnership between the City of Leland, the Leland Community Garden Committee, and the Delta Health Alliance's 21st Century Project partnership with the Good Samaritan Health Center in Greenville to provide primary care for the uninsured.

The 21<sup>st</sup> Century Community Garden Project seeks to support the development of sustainable community gardens to encourage increased access to and consumption of fruits and vegetables, and increased physical activity for clinic patients and other community residents.

## Community Garden Events for Fall 2010

Saturday, October 2nd

Groundbreaking/Workday Celebration

Saturday, October 23rd

Planting Workshop/Health Event TBA

Saturday, November 20th

Crop Care Workshop/Health Event TBA  
Tree and Berry Bush Planting Workday!!

Saturday, December 11th

Harvest Workshop/Holiday Celebration