

# Seeds Of Leadership (SOL)

## Youth Garden Program Newsletter

In the Terra Nova Garden @ Morse High School

Spring/Summer, 2008

### Just a couple of days away from Summer Solstice

and the true start of another bountiful Summer in the Terra Nova Garden at Morse High School. Our Lacianato and Red Russian Kales have made room for warmer season crops such as Yellow Crookneck Squash and Black Beauty Zucchini. The Mustard Greens have all been harvested and eaten and now a wide variety of heirloom tomatoes such as Brandywine, Cherokee Purple, and Green Zebra have taken their place! It's a wonderful seasonal dance that happens in the Terra Nova Garden and Seeds Of Leadership (SOL) interns are enjoying the processes of change that take place on a daily basis in this 4,000 square-foot lot of paradise on the high school campus. In our last *Newsletter*, we wrote about the interns working on a video with San Diego Roots' videographer, Chad Reese. Well, that video was a lot of fun for the students to help make and is now airing on the San Diego Roots website! [www.sandiegoroots.org/terra\\_nova.html](http://www.sandiegoroots.org/terra_nova.html). You can hear from each of the interns as they express the kind of world they want to live in, as well as see some of the creative sides of Morse High School students, whether it be Arsaejah Talon's dancing amidst the pea trellis, or Tyree Robert's top notch narrating skills. Big shout outs to everyone who contributed their skills to the "Food Justice" video. This group also had the pleasure of being featured in a *Union-Tribune* article printed in February entitled, "Leadership Taking Root", written by Joe Tash. You can check out both the article and the video on the Roots' website. Good work SOLsters!

The fourth group of SOL interns that worked in the garden from March 11 through May 3 were 10th graders Dianne Martinez and Khalid Ahmed, 11th graders Ashley Tirona and Nilah Andrade, and Senior Randy Ortega. This group was outstanding (in their field!) and worked well together in tending and growing the Spring vegetables of Peas, Turnips, Carrots, Beets, Kohlrabi, Collards, and other cooler weather crops, and selling them at the weekly produce stand on campus. They gave public presentations about Food Security to the San Di-

ego Boys and Girls Club and O'Farrell Middle School. They also got to attend a potluck at La Milpa Organica Farm, milk some goats, spend the night at the farm and help at the Hillcrest Farmer's Market the next day. That Sunday they tabled with Roots for Earth Day, so it was an eventful and very busy weekend! They also had the opportunity to speak in the upcoming documentary film, "Hope Grows in San Diego," and share their experiences about creating a more sustainable food system in their Southeast communities of Skyline and Paradise Hills. Look for their smiling faces when the film comes out!

The newest group of SOL interns are 10th graders Juan Meha, Liz Hernandez, and Hussein Ahmed, 11th graders Robin Gacud, Hanna Hercules and Priscilla Alvarado and Seniors Aldrin Quindoza and Victoria Stinson. They have been working hard in the garden for three weeks and helping to reinvigorate the soil with compost (made on site with Hungry Tiger Restaurant food scraps!) and clear and prep new vegetable beds for the warmer season crops. Each of them also takes an area in the garden and 'manages' it for two weeks at a time—whether it be the Hungry Tiger raised beds, or the Greenhouse, or the Compost area, or Integrated Pest Management (lots of squirrel damage control right now!), these interns are learning all the

facets of keeping a working vegetable, herb and flower garden growing and thriving. Because school is now out for the summer, the interns will be growing the produce for themselves and their families, and also for the local senior food aid organization, Meals On Wheels. The on-campus produce stand will resume when school starts again next September. A big welcome to the new SOL crew in the Terra Nova Garden as Spring blossoms into Summer and all of Mother Earth's glory blesses us with the power to grow our own food.

May we all do our best to create beauty and strengthen communities where fresh, healthy food is grown everywhere—because all of us are the SOLution!

Warmly,  
Julia Dashe  
Garden Manager/Teacher, SOL Program

**"The ultimate goal of farming is not the growing of crops but the cultivation and perfection of human beings."  
— Masanoba Fukuoka, *One Straw Revolution***