



Urban Gardening Project Purpose, Goals and Positioning

- Spread awareness about the environment
- Play a role in saving the environment and humanity
- Eat healthier to be healthier
- Learn about careers that influence the environment and healthy living
- Learn how plants grow and develop
- Influence change about healthy food, wellness and urban gardening in the Bronx
- Promote urban farming sustainability through coops and green markets
- Learn how to communicate our concerns to others through conversation, advocacy, news media, etc.
- Try/taste new foods that are healthier
- Compare and choose better quality food when shopping

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We worked on our bulletin board so we could share with the school community the work we are doing. You can find it on the second floor.



Experiencing Urban Gardening

International Leadership Charter High School has provided us with a highly productive Gardening Program. It is a new experience because it gave me a bigger and better view on nature itself. I have learned that gardening is a very detailed task. You have to pay attention to the littlest things, from weather changes to growth in the plants. Some may think of this as a simple activity but once you know what you're getting into, you understand the sequence of events occurring. At one point you are impressed by the amount of improvement throughout the months. And that results in an amazing feeling knowing you are doing something yourself, knowing you grew those plants on your own (and a lot of help from nature!). - Lorena Argüello



Composting... (related story from page 1)

In the ILCHS urban gardening program I have learned many ways to improve the environment. I have learned how composting can be helpful for the planet and reduce food waste. That food waste can be used as an energy source. This experience has given me a better view of nature and what we can do to ensure its cleanliness. I have learned that gardening is a job that needs attention to ensure the growth of the plants. - Daleiris Lizardo



Photo left: Argenis Rosario, Karoline Garcia, and Adam Saleh taking a contribution of cuttings and dead roots from our garden clean up to be included in the composting at The Church of the Mediator.

Photo right: Erika Garcia and Bermay Martinez fill the wheelbarrow with leaves for the compost bin.





Left: Mr. McCarthy goes over the instruction manual



Above: Adam demonstrates how to install the rods

Right: Everyone gets an assignment for completing the tower. Below: Karoline fills the watertank; Adam learns how to set the timer; and the tower is capped.



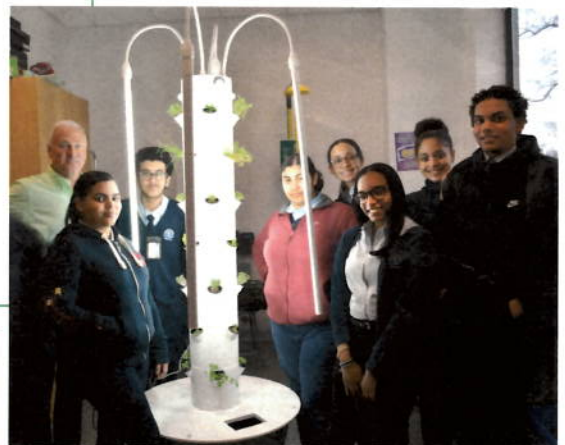
Below: April, Karoline and Bernary check the PH balance of the water in the tower



As a group, we built a hydroponic tower. In order to build this, we put together the pieces that at first seemed like a puzzle. Mr. Duane McCarthy, the company rep for the tower company, guided us through the process. In the water, we added nutrients in order for the seedlings to grow properly. We added the plants onto the hydroponic plant into little pods that get watered through the filters. The tower is on a timer that makes sure the plants get the right amount of light and water. This machine helps the plants to grow indoors



during the winter. The can also be used as an alternative to soil for indoor growing year round. Many people use this machine throughout the year to grow healthy greens and vegetables. Every week we are required to check the PH balance of the water to ensure it is growing correctly. – Argenis Rosario



In a few weeks, we will be harvesting lettuce and herbs.

