



Spring Newsletter

GYP Says Hello to Summer and Farwell to Spring

Growing Youth Project has had a very, very busy spring. From beginning to plant our summer crops and flowers, to completing our learning labs, as well as taking part in FitBoot, we have been a very active group. Check out our newsletter below to find out more. As we begin to dive right into summer, we would like to take this opportunity to provide you with our end of spring newsletter and introduce our grand opening of our farm-stand this summer.

From Food to Flowers! By Dylan Hale

As you all may know GYP has been growing and delivering fresh produce to some of the residents of APC for some time now. Well, now we are starting a new trade – flower growing and arranging! We will be growing all kinds of flowers, from sunflowers to zinnias to dahlias to Bells of Ireland. These flowers can be used for any special occasion for any upcoming summer events. We will be learning about marketing and visit a flower farm to see how a mass production of flowers are grown.

[Continued on Page 2](#)

Spring-Summer 2009



Allen Beene, the GYP OJT, helping to put the finishing touches on the newly built farm earth oven.

Grand Opening of the Farm-Stand !!!!

Starting this June, GYP will begin running a farm-stand on site. Every week, starting June 26th, we will be offering a variety of seasonal vegetables, fruit, flowers, and handmade hand creams and lip balms. Location is the corner of Main and Singelton in Alameda on Fridays from 3-6 PM. See you there !!!

FITBOOT! By Jerrard Green

Would you like to know what FitBoot is? Well, I will tell you a little about FitBoot; it is a fitness program at APC where we are given the chance to run and workout outdoors and get ourselves in shape. When I think of FitBoot, I think of a boot camp where people work really hard to become fit and in shape just like in the military. The instructor of our fitness program is Charla McMillan, a former United States Marine Corps Officer.



GYP on the basketball court doing some calisthenics

I think Charla is a great trainer for people who want to become fit. Designed and introduced in 1997 in New England, Charla started the FitBoot training in Boston, Mass. Along with Charla, Heather Ryder of Boston is also an instructor of the Fit Boot camps. You might test yourself in all or only some events - it's all intended to give you a big picture of your current fitness level. Every fitness level - no matter how perfect or how poor - can be improved with focused training and I know Charla can help you get there so if you have not tried FitBoot, you should stop being lazy and get down to APC and try it we would love to see you get in shape along with us.

[Continued on Page 2](#)

From Food to Flowers! By Dylan Hale, cont. from page 1

We have already begun seeding and planting and bouquets should be expected sometime this June and July. We are all excited about the surprisingly amazing flowers that will be blooming this summer. GYP would like to give special thanks to Karla Parker, our marketing and flower arranging partner.

If you are interested in purchasing the bouquets or finding out which flowers are being grown, please contact Tia Ukpe at (510) 898-7846.



Pumping out some pushups with Charla watching over

FITBOOT! By Jerrard Green, cont. from page 1

If you would like to know more about FitBoot, you can visit the website at www.fitboot.com.

I got a lot out of doing FitBoot, I have learned how to run for one to two miles which was something I didn't know I had in me. I also improved on my sit ups; I would like to do everything except for sit ups when I did my workout by myself. Charla helped me by pushing me to try harder and told me that my workout is not a race and to slow down and take my time and do as many as I can. She has really influenced me and made me a lot stronger. I may even continue doing her FitBoot classes even after the eight weeks of classes are over.

The participants who committed to the program received a nice incentive which included an overnight stay at Kirkwood Ski Resort. This program has been so successful and fulfilling for myself as well Charla, I am sure, that Fit Boot will be coming back again this summer starting in June. Hopefully, it will not be like starting from scratch again and we will get ourselves whipped back into shape in no time. We are hoping to have more staff and residents take part in this and get in shape for the summer.

APC Opens up a Spa for the Day by Tia Ukpe

APC and GYP hosted the first Spring Your Way to Health event for staff and residents on May 1st to help bring in spring the healthy way. This day focused on providing a natural, alternative and soothing way to calm, de-stress and purify the face and body. Some of the events from the day included Do-It-Yourself facials, a drumming class, a meditation workshop with a focus on stress and racism, massages, a yoga class and some great food which included making your own juice from a juicer.

Many of the residents as well as staff were thoroughly impressed and the free massage sessions were a big hit. For many of the residents and staff, it had been their first time ever receiving a massage and many of the massage therapists were touched by the stories of the residents and felt that they helped to provide a valuable service. A few of the women were impressed that they were able to use ingredients that they can find at home such as bananas, oatmeal or avocados for their face. After applying it on their face and during the day, they commented about how less oily their face had become and how this would become one of their new beauty rituals.

All in all, it was such a huge success that Spring Your Way to Health Day will most likely become a yearly event.

The Re-education of GYP, by Cassie Linzie

This spring, GYP has been taking part in Learning Labs that have been ranging in various topics from the mission of APC, food security, food justice, race and class issues around food, the food movement, various topics on nutrition and lastly about plants, different plant varieties and the makeup of soil.

Interesting fact: Egg shells are one of the best sources of calcium, which are 90 % absorbed by the human body. Zinc, iron, fluorine, sulphur, silicon, molybdenum are also found in egg shells. It provides more brittleness in nails, hair, helps with gum bleeding, constipation, hay fever and asthma. It has also been found to be very helpful in the treatment and prevention of osteoporosis. To consume, immerse shells in boiling water for 5 minutes, allow to dry, and place in coffee grinder.



The Re-education of GYP, cont. from page 2

Each GYP member has participated in each lab section to see what it means to them – we start each week by doing a free association with the weeks' topic and then process as a group, this helps us to understand the topic more and put some of the concepts into our own words.

Then we did group work and research projects about the topic. There was usually time for some creative activity each week – such as art work, maps, and skits. The Learning Labs ended with a final Olympics in May consisting of Jeopardy-like questions about all of our labs.

These are just a couple of the things that we have learned so far. We learned about how our food travels all over the world to get where it needs to go and into the stores and eventually into our homes. We also learned how food is processed and how its get from the seed to the table. These two particular topics helped me understand the food process and learn more about the global food system. I continue to look forward to learning more about our food system in the future while I am with GYP. The topics covered during the month of April included Food as Medicine and Children of the Corn and then we jumped into topics in regards to farming, soil makeup and what fruits and vegetables are in season.



Taking a break from a morning of skiing up in Lake Tahoe

GYP Visits Veritable Vegetable in SF, by Cameron Holcombe



This spring, GYP took a trip to Veritable Vegetable located in San Francisco. Veritable Vegetable is the nation's oldest distributor of certified organic produce. Through the creativity and hard work of many women and men who have worked there since 1974, they are proud to have earned a reputation for quality, integrity, and leadership.

Their warehouse and offices are located at 1100 Cesar Chavez Street, San Francisco, California. Going there for the tour, we learned many things such as the different indications for ripening bananas and an interesting fact that apples and carrots should not be stored in the same space because apples give off ethylene which affects carrots in a bad way, they start to taste bitter. Different types of produce were separated in different freezers at various temperatures in the warehouse and we learned the reasons why.



View of the chicken coop, where half of the chickens are currently residing while on the farm

Veritable Vegetable was part of a movement of the Black Panthers that sought to bring low cost, nutritious food to neighborhood co-ops and community storefronts. Called simply The People's Food System, and extending throughout the greater San Francisco Bay Area, the idea was to provide a large-scale collective alternative to the corporate food system. VV doesn't actually grow the produce; they get their produce from other farms, both corporate and small, family run farms, and deliver the produce to other companies such as restaurants or natural grocery stores throughout the Bay Area. VV is also a company that is currently run by women. The reason why we went on this trip to Veritable Vegetable is because GYP has been learning about the global food system through our weekly learning labs. The lesson on how food gets distributed and processed before taking home to eat tied in perfectly with the field trip. It was good to see this particular part of the food system in action during our tour at Veritable Vegetable.

The Price is Right!!! - Grocery Produce Comparison

So have you ever wondered if the produce that GYP grows is really cheaper than the grocery store? GYP was curious as well, so we conducted a short comparison study looking at what a typical bag of conventional produce costs at a grocery store compared to what you would receive from a GYP produce delivery bag. We weighed and priced the produce at the Safeway Grocery store in South Shore and compared it to our \$5 produce bags. The conventional produce bags that we priced out at Safeway were between \$15.00 - \$21.00! See the price comparison below.

A typical GYP organic produce bag this spring contained strawberries, carrots, greens (collards), and beets, and they are all organic and local. The residents who receive our produce bags know where their food is coming from. The same could not be said for the produce that you may get at Safeway. Our produce is less expensive and much more affordable for the residents who live at APC compared to a typical grocery store. The fact that it is organic makes it to be a better deal since most of the organic produce you get at grocery stores are even more expensive than conventional produce!

Typically, most of the produce that you find at Safeway comes from all over the world and are sprayed with all kinds of chemicals to keep it fresh and looking shiny and pretty. One other example we found was for 3 artichokes, you can end up paying up to \$9.00. With a recent GYP produce bag, we gave out 3-4 fresh and organic artichokes and that was still with a resident only paying \$5.00 for a produce bag. In addition, cabbage at Safeway is \$3.56 a head whereas GYP's big head of cabbage is one of the additional vegetables provided in the GYP produce bag. So what about a basket of strawberries? At Safeway they are priced at \$2.39 a basket. For a basket of organic strawberries, the price is up to \$4-5. So, adding up artichokes, cabbage and strawberries and you are already way over \$5! And that's not even all of what is included in the GYP bags.

So, the next time you think of going to Safeway or any grocery store, think of the price you are paying as well as the quality of the produce. One option that you have available to access less expensive, fresh and organic produce, consider getting your produce from GYP, plus you help to support the teens of GYP.

Price Comparison

| | |
|---------------------------|--------|
| 1- head of garlic | \$.50 |
| 5 carrots | \$.99 |
| 1 small bag of mushrooms | \$.40 |
| Beet -1 bunch | \$2.99 |
| Cabbage - 1 head | \$3.56 |
| medium handful of spinach | \$2.39 |
| Strawberries - basket | \$2.39 |

| | |
|------------------------|--------------|
| Total: \$5-GYP Produce | \$13-Safeway |
|------------------------|--------------|

Volunteer Opportunities

THE GYP HAS SEVERAL VOLUNTEER OPPORTUNITIES AVAILABLE!

Where: Alameda Point Collaborative

What: Farming/Gardening, Cooks, Nutritionists, Website Developers

ARE ALL WELCOME TO COME AND SHARE THEIR EXPERIENCE WITH US AS

WE CONTINUE TO GROW

Contact Kate Casale
510-898-7828 phone
510-898-7858 fax

Evan Krokowski
510-898-7824

Tia Ukpe
510-898-7846

Thank you for supporting the Growing Youth Project!

From the GYP Team
www.apcollaborative.org