

The Grapevine

The Newsletter of Project GROW

Volume 1, No.1 Summer/Fall 1999

Project GROW Takes Root!

Interval House is thrilled to be chosen as one of the nine shelters in the State of California to take part in Project GROW. With our 85% ethnically diverse staff and ability to speak over 32 languages, we hope to be able to develop an original and stimulating program that serves as an inspiration and model to others in the future.

We held focus groups with the women, volunteers, staff and Board members to ensure that our project most accurately reflected the needs and preferences of the group that the garden was intended to serve. This will be instrumental for many aspects of the project in the future.

Interval House has been fortunate to have some fabulous partners. We are proud to have had the expertise and experience of Long Beach Organic throughout our project. LBO's Executive Director, Paul Racko, was responsible for redesigning the yard of one of Interval House's shelters into a lush, green food forest that will provide over 50 varieties of fruits, vegetables, herbs, and flowers.

The lawn was rarely used by the residents and required lots of water and energy to maintain, so raised beds were installed to provide an area for vegetables. Special containers called Earth Boxes were placed along the concrete area at the side of the house to provide additional growing space. Since security for the shelter's residents is an important issue, a variety of fruiting trees and shrubs planted along the outside perimeter of the yard will be espaliered into a single hedge to provide fruit year round. Trellised kiwi and passion fruit vines will occupy vertical space and shade the house from the heat of the afternoon sun. Japanese landscape artist, Shigemasa "Masa" Kawamura, other volunteers, staff, and shelter residents

installed the garden.

LBO will be providing over thirty garden workshops along with volunteers from the U.C. Cooperative Extension's Master Gardener Program. Workshops in composting, pruning, and various other subjects, will give shelter residents the information they need to start successful garden projects of their own. Food that is not grown on site



Staff and clients planting earthboxes.

will be augmented by local Farmer's Markets and gleaning events at local ranches and farms.

Furthermore, Interval House and LBO board member and TV chef, Paul Levitt, will host cooking workshops to turn the produce grown and gathered on-site into healthy, delicious, international meals.

Nutritionist Helen Wong will work with our staff in creating an ethnically diverse, seasonal menu incorporating produce from the garden and Farmer's Market that will result in a cookbook that Interval House can proudly call its own.

Interval House's Executive Director, Carol Williams, has enlisted the help of Michel Stroot, executive chef at the world-famous Golden Door health spa in San Diego County, and Christian Rassinoux, executive chef for the Ritz-Carlton in Laguna Niguel. They will add their experience and special touch to the recipes that are created.

The response to our project has been amazing. Both residents and staff look forward to each workshop and enjoy the beauty and relaxation that has come from transforming the yard of our shelter. Working with Long Beach Organic and others, Interval House's model Project GROW is bringing to life the lessons and benefits of this therapeutic partnership with nature.

By Paul Racko, Carol Williams, and Melissa Yates

In each future newsletter, one or more agencies will write an article profiling their Project GROW pilot program.

Project GROW Contact Info

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Greetings from the Oxy Team!

The Occidental College Technical Assistance and Training-Evaluation Contractor (TAT-EC) Team went on a grand tour of the Project GROW pilot programs in May and June. Our consultant team (depending on the site this has included Robert Gottlieb, Michelle Mascarenhas, Susan Stuart, Kate Stafford, and Christine Welsch) had a wonderful time meeting with all of you.

From the southern border of San Diego County to the northern border of California in Crescent City, the populations that Project GROW agencies serve are as diverse as the range of climates and growing seasons the projects will operate in. This also means a “smorgasbord” of menus and gardens taking into account the diets of women and children from southeast Asia to Latin America to Native

America.

As Program Manager, I will work with the Project GROW pilots to make sure they get the technical assistance and training they need to make the programs a success. I will also be helping to coordinate the evaluation and documentation of the pilot projects, to learn what it takes to develop them. We may learn that some parts of these models just aren't feasible in domestic violence program settings, but that's important information for other agencies trying to get such programs going. It's like composting - - building better soil for the future. But if our first site visits tell us anything, it is that there are going to be some fantastic success stories and lasting benefits developing out of Project GROW!

-Susan Stuart, M.P.H.

What is the Occidental College Food Security Project?

The Community Food Security Project (CFS Project) develops collaborative programs and conducts research and education to promote a sustainable and socially just food system.

In addition to our work on Project GROW, we have also developed farm-to-community programs such as the Market Basket and the Farmers' Market Salad Bar Program.

The Market Basket Program works to get farmers' market produce to families through schools, Head Start preschools, and social service agency offices. At these sites, families and individuals sign up to purchase a “basket” of seasonal fruits and vegetables at a price that is lower than

the farmers' market. Farmers at the farmers' market agree to provide fresh fruits and vegetables to the bulk-buying program at a discounted rate. Subscribers then pick up their Market Basket at the community center where they signed up. Your domestic violence agency might be able to work out such an arrangement with your local farmers' market too!

The CFS Project has also developed a Farmers' Market Fruit and Salad Bar in collaboration with schools in Santa Monica. The program also integrates gardening and tours of farmer's markets and farms. The interactive program has been a hit with children and adults alike! Next on the menu: Los Angeles Unified School District,

The Seeds

Today we put on our straw hats to welcome Project GROW and the first issue of the newsletter. Before this groundbreaking project, we couldn't tell the difference between a tomato and squash plant, but did understand the fundamental joy and rewards of:

- ❖ Working with your hands in the soil,
- ❖ Exercising in the fresh air and sunshine,
- ❖ Preparing garden-fresh foods,
- ❖ Socializing in a safe and nurturing environment, and
- ❖ Developing new skills that benefit the whole family.

Perhaps you too have thought of spending some time with these simple empowering activities, or just relaxing in the cool shade of a peach tree in the back yard.

One executive director told us, "staff thought I was crazy to forego a more lucrative grant application to spend a day planning our Project GROW application (only \$18,000). But now the children, women, volunteers and staff are all feeling such a connection with the garden. It's so grounding, and we all benefit." Similar accounts from around the state show how quickly these projects have forged a common bond and sense of pride and ownership at the shelters.

The Domestic Violence Section seeks to understand the approaches, challenges and benefits of Project GROW-for women, children, staff, agencies and communities. Results and insights from these projects will be shared through Project GROW

workshops, web site and newsletter. We are pleased to work with the technical assistance team from Occidental College, who bring extensive experience and creativity to this process.

Gardeners are by nature optimistic, and many tell us that one of the best things about a garden is the anticipation it provides. Join us in anticipation of the rewards of these exciting pilot projects.

Kathony Jerauld, R.D., M.P.H.
Project GROW Coordinator

Carol Motylewski-Link, M.P.H.
Chief, Domestic Violence Section

Los Angeles Area Resources

- | | |
|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| Garden Council
Glen Dale
(323) 663-6580 | (323) 259-2712 |
| Long Beach Organic
Paul Racko
(562) 438-9000 | Occidental CFS Project
(323) 259-2633 |
| Veterans Garden
West Los Angeles
Ida Cousino and Bob Vatcher
(310) 268-4062 | SHARE
(800) 773-SHARE |
| UC Cooperative Extension/Common Ground
Yvonne Savio
(323) 838-4532 | LA Grows
Chris Braswell
(323) 526-1460 |
| 5-A-Day
Marianne Chiaro
(323) 828-4542 | Food for All
Helen Anderson
(909) 605-2777 |
| EFNEP
Margaret Fields
(323) 838-8352 | Southland Farmers' Market Association
(213) 244-9190 |
| LA Food Security and Hunger Partnership - contact Board Member Bob Gottlieb | WIC- Public Health Foundation
(626) 856-6618 |
| | Urban Resources Partnership (213) 580-1055 |
| | Casa Colina
Wolfram Anderson
(909) 596-7733, ext. 4263 |

Project GROW Gets Cookin'

Vegetable-Pasta Gratin (4-6 servings)
(Recipe provided by Kings Community Action Agency)

- Ingredients:**
- | | |
|----------------------------|------------------------------------------------|
| 8 oz Penne or Other Pasta | 1/2 Cup Bell Pepper, Diced |
| 2 tsp Olive Oil | 1/3 Cup Tomato, Diced |
| 1/2 Cup Onion, Chopped | 1/8 tsp Black Pepper |
| 2 Cloves Garlic, Sliced | 1/8 tsp Salt |
| 1 Med. Carrot, Shredded | 1/4 Cup Parmesan Cheese |
| 1/2 Cup Zucchini, Shredded | 1/2 Cup (Part Skim) Mozzarella Cheese Shredded |

Instructions: (CHECK RECIPE!)

Bring a large pot of water to a boil. Add Pasta and cook until tender but still firm, 10-15 minutes. Drain. Heat oil in a large non stick skillet. Add onion and garlic and cook three minutes. Add carrots, zucchini, bell pepper, tomato, salt and pepper, mix well and cook three minutes longer. Heat oven to 350°. In a 8x8 inch pan, mix vegetables, pasta, 2 1/2 tablespoons parmesan and mozzarella. Sprinkle remaining cheese over top. Bake 15 minutes. Cut into squares and serve.

KID TIPS: OLDER CHILDREN CAN HELP BY SHREDDING THE CARROTS, ZUCCHINI, OR CHEESE AND BY MEASURING THE SALT AND PEPPER.

A different region of the state will be featured in each issue of the

Project GR

GARDEN-TO-TABLE NUTRITION EDUCATION

Interval House Seal Beach, CA	Rural Human Services Crescent City, CA	Community Resource Center Encinitas, CA
<p>Project: A collaboration with local community garden leaders, Long Beach Organic, to transform the lawn of their 20-bed transitional shelter into a food, herb and flower garden and to also create a container garden. LBO will provide workshops on gardening skills; chefs and a nutritionist will help residents develop menus using seasonal produce and publish a cookbook; and field trips will take participants to a farm to glean fruits and nuts.</p> <p>Clientele: Very diverse, representing 32 different languages</p> <p>Contact: Christine Delabre; 562-594-9492</p>	<p>Project: A multi-site gardening, nutrition education and food security program called “Make It Fresh”. Families will garden at the 24-bed emergency shelter and use the children’s garden at Crescent Elk Elementary School. Nutrition, cooking, and health classes developed with public health nurses and the WIC nutritionist will build skills and help participants produce a cookbook. RHS also purchases harvest “shares” from a local Community Supported Agriculture (CSA) farm.</p> <p>Clientele: Primarily Caucasian; also Latino and Native American</p> <p>Contact: Teri McCune-Oostra or Claudia Frances; 707-465-3013.</p>	<p>Project: A resident-designed on-site garden, shared by the 12-bed emergency shelter and the 15-bed transitional shelter, plus weekly trips to the Farmers’ Market will teach participants about growing and selecting fresh produce. A nutrition consultant will help design a curriculum, local nurseries and horticulturists will provide garden tips, and children will have their own garden section and classes. Progressive dinners, children’s recipes and a personal trainer to demonstrate safe ways of bending, digging, etc., will add spice to the project.</p> <p>Clientele: Caucasian and Latino.</p> <p>Contact: Traci Chester; 760-942-5485.</p>

ON-SITE HORTICULTURAL THERAPY

Ocean Park Community Center Santa Monica, CA	San Leandro Shelter for Women & Children San Leandro, CA
<p>Project: An aromatherapy garden in the front yard and a vegetable and horticultural therapy garden in the backyard of the 15-bed emergency shelter. Designed in concert with a landscape architect and horticultural therapist, these will be accessible to women, children, and staff. Produce grown will be incorporated into shelter meals, and herbs will be used in arts and crafts and as homeopathic remedies.</p> <p>Clientele: Diverse population</p>	<p>Project: A children’s horticultural therapy program will be added to an expanded garden at the 30-bed emergency shelter for children at the shelter as well as at the 20-bed safe house. Two horticultural therapists provide direction and program design to staff and volunteers working with children. In addition to gardening, there are projects for rainy days such as planting fast-growing seeds and arts and crafts.</p> <p>Clientele: African American, Caucasian, Latino, and Native American</p>

Espalier?

Espalier (pronounced "es-paul-yay" in French) - a plant (such as a fruit tree) trained to grow flat against a support (such as a wall). Can be used as a verb or a noun.

Want to maximize your garden space? Espalier fruit trees along a wall or a fence for a delicious harvest without shading too much of the garden!

OW Agencies

GARDEN PROJECTS	
<p style="text-align: center;">Plumas Rural Services Quincy, CA</p> <p>Project: The agency's WIC and domestic violence sections are partnering to establish a garden at their business office for use by both WIC participants and women staying in the 8-bed emergency shelter. Clients will be able to utilize the garden even after they leave the shelter and will be encouraged to start their own gardens. Activities will include growing produce for entry in the county fair, working with women and children at the shelter to plan the menus using the garden harvest and WIC commodities, and teaching how to preserve fruits and vegetables.</p> <p>Clientele: Caucasian, Latino and Native American Contact: Tina Wood; 530-283-5675</p>	<p style="text-align: center;">Center for Community Solutions San Diego, CA</p> <p>Project: CCS and Little House have partnered on Project GROW to allow an opportunity for women from the 10-bed emergency shelter and women in the community to form relationships through a community garden. It is hoped that the garden will provide a safe space for women from the El Cajon community to come, for women to learn of the shelter and the domestic violence programs offered through CCS, and for women in the shelter to develop relationships with people in El Cajon. Gardening classes will be offered through Grossmont Adult Education Center.</p> <p>Clientele: Caucasian, Latino, African American and Chaldean Contact: Lizeth Porras; 619-272-5777, ext. 34</p>
CHILDREN & MOTHERS COOK & LEARN	GARDEN-BASED JOB TRAINING
<p style="text-align: center;">Kings Community Action Organization Hanford, CA</p> <p>Project: Head Start nutritionists offer nutrition classes in the 38-bed emergency shelter. Through these classes, the women and children will also learn how to prepare quick and simple meals from fresh, seasonal produce. Produce from the shelter's existing vegetable garden, which was established in partnership with the Hanford Garden Club in 1998, will be incorporated into these meals when possible. Plans to develop and market a cookbook from recipes used in the GROW project, as well as recipes submitted.</p> <p>Clientele: Caucasian, Latino, African American</p>	<p style="text-align: center;">South Bay Community Services Chula Vista, CA</p> <p>Project: A landscape training program for women in their emergency shelter (11-bed) and transitional housing program (52-bed). Plans are also being made to establish a microenterprise component so that participants in the job training program can develop business skills while they are learning about horticulture and landscaping. Classes will be taught by Southwestern College's Horticultural Department.</p> <p>Clientele: Latino, Caucasian and African American Contact: Joan Pelkey; 619-420-3620, ext. 23</p>
<p>Here are some other exciting projects that are not Project GROW pilot programs: SAVE, in Fremont, has a community garden plot and gardening activities for children at its transitional shelter; Defensa de Mujeres shelter in Santa Cruz County has a small garden which was a volunteer project of the Monterey Bay Master Gardeners; and</p>	<p style="text-align: center;">Other Yummy Projects</p> <p>La Casa de las Madres in San Francisco has initiated innovative cooking and baking classes. Let us know about other projects such as these so that we can spread the word in future issues!</p>

Welcome to Project GROW!

Project GROW (Gardening for Respect, Opportunity and Wellness), an initiative of the DHS Domestic Violence Section, grew from the idea that gardens and access to healthful foods can play an integral role in improving the lives of women and children survivors of domestic violence. At the same time, Project GROW could provide a vehicle for agencies to conduct therapeutic and educational activities that could inspire staff and partnering organizations. A garden can also bring the otherwise untapped skills and gifts of individuals and organizations to a domestic violence agency setting.

The Seeds:

In 1997, Hope Mohr, Occidental College Community Food Security Project, released a report, "Gardens for Survivors: A Feasibility Analysis for Developing Healing and Food Security Strategies for Survivors of Domestic Violence" which concluded that food security should become an integral component of serving survivors of domestic violence, and that gardens could provide both food and a healing environment.

Mohr interviewed staff at battered women's shelters and found that many shelters had been forced to rely on a patchwork system of food acquisition, storage and preparation. Donations, government vouchers, and supermarket purchases included many highly processed foods of low nutritional value.

In addition, many women come to shelters with little nutrition knowledge or skills in budgeting, shopping and cooking.

Coming into a domestic violence program is a time of great stress and upheaval. Thus, this may not be the time to deny women and children comforting or familiar foods. Yet by creating an environment to grow, purchase and prepare fresh fruits and vegetables, agencies can empower women and children with the knowledge and tools to incorporate more nutritious foods into their diets in an enjoyable way.

The Sprouts...

In Spring 1998, DHS collaborated with the Occidental College Community Food Security Project in sponsoring three Project GROW workshops. As a result of the enthusiastic response of shelter staff and the support of the Statewide Domestic Violence Council, MCH/DVS agreed to fund project development and technical support to a number of pilot projects.

The Fruit...

In March 1999, DHS funded nine Project GROW programs (see extended descriptions of each of the pilot projects on pages 3-4). While each agency has developed a different program based on their particular goals and resources, as a whole, Project GROW seeks to accomplish the following goals:

- provide horticultural therapy to clients and staff of battered women shelters
- assist agencies in finding methods to address the issue of community food security
- empower women and children with food security and/or job skills

- identify effective programs that can be implemented in other shelters to improve therapeutic and educational programs

DHS also funded the Occidental College Community Food Security Project as the Technical Assistance and Training-Evaluation Contractor (TAT-EC) Team to provide support during the 21-month duration of the pilot program. The team will also help DHS and the BWSPs evaluate whether the projects are feasible and accomplish their objectives and where additional resources are needed.

The Harvest...

Over the next two years, the BWSPs funded through Project GROW, DHS, the Occidental College Community Food Security Project, and all of the other individuals and organizations involved will work together to make the pilot projects successful in bettering the lives of survivors of domestic violence and the communities they live in.

GROW light on Partnership

Blue Shield of California has committed to provide support for 3-6 gardens at domestic violence programs throughout the state. Thus far two programs have been identified: 1736 Family Crisis Program in Los Angeles and the Sexual Assault and Domestic Violence Center in Davis. Blue Shield staff will work with these garden projects as part of their commitment to community involvement.

Healing Through Gardening

Any gardener will tell you what experts are now applying in a professional context: for many people gardening is therapeutic. Horticultural therapy has been accepted by many in the medical profession as an effective medium to rehabilitate or stabilize individuals facing physical and mental challenges. Whether by walking through a garden, watering, or double-digging a bed, gardening helps the body and soul. Many populations including people with physical disabilities, low-income families in dense urban environments, and children and adults who have suffered from abuse continue to benefit from horticultural therapy.

The Benefits: **Self-Worth:**

Helping and watching a plant grow and preparing meals using fruits and vegetables from the garden, can improve self-esteem and self-worth.

Dealing with anger:

Gardening can teach constructive ways of dealing with aggression and anger that then can be applied throughout one's life.

Physical activity:

Gardening provides a chance to work outdoors and exercise many parts of the body.

Community Building:

A garden can bring together many individuals who might otherwise be isolated from one another.

Skill Building:

Acquiring gardening skills can help an individual to believe in his/her abilities to get a job, or take other steps that they would not have been confident to take

in the past.

"In gardens, children learn to care, to be patient and to experience both success and failure. In time, children's maintenance of plants might give them insight into the care that they will require in their relationships with others."

-Maureen B. Heffernan
in *American Horticulturalist*
July 1994

Whether through a structured horticultural therapy program or just through gardening, Project GROW is sure to yield a harvest of benefits for the women and children who participate.

-*Martha Contreras*
Project GROW Intern
Occidental College

References used:
Discussions with Kate Stafford;
The American

Horticultural Therapy Association "HT Facts"; Mohr, Hope, Michelle Mascarenhas and Robert Gottlieb. "Garden for Survivors: A Feasibility Analysis for Developing Healing and Food Security Strategies for Survivors of Domestic Violence" February 1998; Relf, Diana "The Use of Horticulture in Vocational Rehabilitation"; and American

WEB SITES ON HORTICULTURAL THERAPY

<http://www.ahta.org>
<http://www.hort.vt.edu>
<http://www.netreach.com/pac>
<http://www.usda.gov/news/garden>
See Project GROW tool kit developed in 1998.

What is a Horticultural Therapist?

A person who has completed the required coursework in the fields of horticulture, therapy/human sciences, and management as well as an internship may apply for professional registration through the American Horticultural Therapy Association. For more information on H.T. Registration or to locate a horticultural therapist near you, contact:

**American Horticultural
Therapy Association:**
909 York street
Denver, CO 80206-3799
(800) 634-1603

or call Kate Stafford,
Horticultural Therapy
consultant on the Project

Horticulturalist, July 1994.

Seasonal Tip:

In the fall, plant a **cover crop** of rye, vetch, fava, and/or other "soil fixing" plants to build the soil while crowding out weeds. In the spring, turn it under to add nitrogen-rich organic matter. Wait two weeks before replanting the garden.

Upcoming events and deadlines **What is Food Security?**

Project GROW
Occidental College
c/o PPERC
1600 Campus Road
Los Angeles, CA 90041

In August:

Time to plan your winter garden!

In September:

9/14-9/15/99:

* Project GROW Annual Meeting and Field Trip

9/15/99-9/17/99:

* MCH Domestic Violence Conference

In October:

* Progress Report Due to DHS

10/14/99-10/17/99/99:

* *USDA Food Security Summit and Community Food Security Coalition Conference in Chicago*

In November:

11/7/99-11/9/99:

* Farm Conference (Urban/Rural Links) in Berkeley

11/7/99-11/11/99:

* American Public Health Association Conference in

Chicago (Project GROW presentation)

“Food security means first and foremost the income to buy food, but also access to safe food that is culturally appropriate. It means the skills to prepare and grow food that promotes health, makes us feel personally good, strengthens our families and builds our communities.”
World Hunger Year

Logo Survey

We are in the process of selecting a logo for Project GROW and need your input! Below are a number of logo designs by artist, Joe Linton. Please fill out the form and fax it back to us with your choice for Project GROW's logo. Fax to Michelle Mascarenhas at (323) 239-2734 or mail to Oxy CFS Project.

Name: _____

Organization: _____

Which design would you like to represent Project GROW? Please circle one.

A

C

B

Why did you choose that logo?

Are there any logo designs that you do not like? If so, please explain.

Any other comments?

Please fax the complete form to Michelle Mascarenhas at (323) 259-2734. Thank you for your input.