

# LETTUCE GROW

DECEMBER, 2012 NEWSLETTER



**H**ello and happy holidays! We hope you had a wonderful Thanksgiving and wish you a bright and happy New Year. This year has been a busy one for Lettuce Grow. In this newsletter, you'll find updates about programs and harvests, and as we start thinking about planting next year's seeds, some resources about seed saving.

As always, you'll find this month's report form attached. Please fill it out and email it to me. Thank you for all you do to support Lettuce Grow!

## LETTUCE GROW UPDATES

The numbers are in and impressive; we have harvest totals from all institutions with gardens. In total, inmates harvest-

ed 219,879 lbs of produce and donated 20,029 lbs of that total to food banks. The institutions used 199,150 lbs. OSCI alone harvested 52,800 pounds of food! The total estimated value of all of the produce harvested is \$109,692. What a great year!

## NEW PROJECTS UNDER WAY

We're proud to share that two of our newer volunteers, Elaine and Gail, have spearheaded teaching the Seed to Super classes to youth in the Hillcrest Youth Correctional Facility in Salem. Elaine writes, "These young men are engaged and enthusiastic, excited about the "lab" where they will be doing soil amendment assessment during the winter, lighting up with delight when something in the

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KNOW FOLKS WHO ARE INTERESTED IN VOLUNTEERING FOR LETTUCE GROW, EITHER AS AN INSTRUCTOR OR EMPLOYING STRENGTHS IN FUNDRAISING, NETWORKING, WEB DESIGN, GRANT WRITING OR SOMETHING ELSE? GET THEM IN TOUCH WITH OUR VOLUNTEER COORDINATOR, JILLIAN GLASGOW, AT: [VOL.LETTUCEGROW@GMAIL.COM](mailto:VOL.LETTUCEGROW@GMAIL.COM).

DID YOU KNOW? PEOPLE GIVE TO NONPROFITS MORE AROUND THE HOLIDAY SEASON THAN ANY OTHER TIME OF YEAR. SEE PAGE 2 FOR INFORMATION ON HOW YOU CAN HELP US RAISE END-OF-YEAR FUNDS!

gardening class connects that ‘real world’ with something they’ve been studying in school... **It’s been one of the more rewarding activities I’ve found in recent years.**” We’ve been so impressed with Gail and Elaine’s initiative, creativity, and dedication. Many thanks to the supportive staff at Hillcrest as well.

We are also in the preliminary stages of building community support in Madras for beginning to teach advanced gardening classes with the curriculum provided by OSU Extension Service’s Master Gardener program. We hope to begin teaching classes at Deer Ridge Correctional Facility in the next few months. Please drop me a line if you know of anyone who might be interested in facilitating a class there.

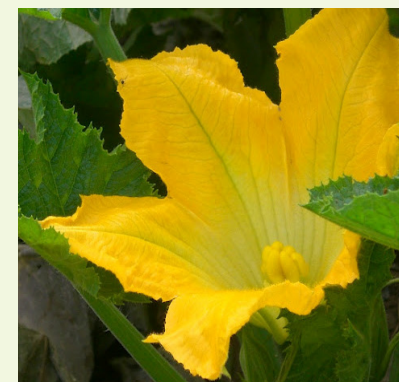
In mid-November we had a successful meeting with representatives from OSU, Oregon Food Bank, Marion-Polk Food Share, Oregon Youth Authority, Institute for Applied Ecology, Oregon Department of Corrections, Multnomah County and others. The purpose of the meeting was

to discuss partnerships that could expand opportunities to learn about gardening and sustainability in prisons. The group now has a name - Sustainability in Prisons Project Oregon or SPPORE. Ideas and partnerships are still forming, and we’ll let you know more about the group and potential projects as they develop.

## OUR WINTER FUNDRAISING APPEAL

Lettuce Grow touches many lives and makes a tremendous difference on a very limited budget. However, in order to expand our classes and provide you and our students with additional resources and support, we need to grow our budget like we grow our gardens. **You are the best ambassador for what we do.** Would you share our fundraising letter with five of your friends or family? You can send me the names and addresses of your friends and family, or I can send you the letter and other information to send yourself. Remember, contributions are tax deductible, and we will not use the names and addresses you send us in any other way.

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### ATTENTION!

WE NEED A FREE SOURCE FOR SOIL AMENDMENTS AND COMPOST IN THE SALEM AREA. PLEASE EMAIL JILLIAN WITH YOUR SUGGESTIONS.

CHECK OUT THIS STORY FROM DISCOVER MAGAZINE, [IS DIRT THE NEW PROZAC?](#) THE ARTICLE HIGHLIGHTS HOW SOME MICROORGANISMS IN THE SOIL MAY ACTUALLY MAKE US FEEL BETTER AND IMPROVE OUR HEALTH.

**SAVE YOUR SEEDS!** [HERE’S A WEBINAR](#) THAT COVERS THE FUNDAMENTALS OF SEED SAVING FROM SHANNON CARMODY OF SEED SAVERS EXCHANGE.