



NEWSLETTER

JULY 2021



a word from elaine

Summer is here and the bees are buzzing. They are super busy at this time of year gathering pollen and nectar from our plants and flowers. The Stone Gardeners are also abuzz planting, nurturing and harvesting the food gardens plus dusting off the benches for our first three outdoor events in over 16 months.

LEAF is very excited to announce an **Introduction to Beekeeping** series of classes to be given by our LEAF Beekeeper, Syndee. This is a three-part course to be held from 9am to noon on July 10th, 11th, and 17th. You can read more about this event in a section below.

Our second event will be held by **The Fremont Beekeepers**. Their monthly meetings will kick off on July 17th from 4pm to 7pm with a potluck, honey tasting and presentation.

Thirdly, **The Fremont Garden Club** will hold their monthly meeting on Tuesday, July 20th with socializing at 5:30pm and a presentation from 7pm to 8pm. The public is welcome to attend both.

PLEASE NOTE: To keep our community safe, COVID vaccinations are strongly encouraged for participation in these events. Otherwise, please wear a mask.



Faces of LEAF



A Chat With
Syndee
LEAF Beekeeper
& Stone Gardener

Elaine: Hi Syndee, I love talking bees with you. First question, are bees dangerous to people?

Syndee: If you are really scared of bees, you should pretend you are a tree and be still if a bee comes near you. Don't wave your arms or swat at them. If you do, then you might get stung.

Elaine: Why did you become interested in beekeeping?

Syndee: I was getting ready to retire. I had been a preschool teacher my whole life and was thinking about what I wanted to do next. I was looking for some local honey to help with allergies and found myself becoming really interested in bees. So, I started reading about them and the topic drew me in deeper and deeper. My husband signed me up for a beekeeping class and, as soon as I held a frame of bees in my hand, I was hooked. It was the most phenomenal, fascinating, and mesmerizing thing I'd ever experienced.

Elaine: How long have you been a beekeeper?

Syndee: Seven years, and I'm still learning all the time. Every season is different with something fun and new to learn.

Elaine: What do you like most about bees?

Syndee: They are very cute, wonderful little creatures that keep the world flowering and fruitful. If you watch them foraging on a flower, it calms you down. It's very zen.

Elaine: How do bees help the environment, particularly in a garden?

Syndee: Bees keep the world flowering through pollination. They pollinate over 50 different food crops. Without them we would have much less food to eat.

Elaine: How can our community learn about beekeeping?

Syndee: Browsing the internet, reading books, watching documentaries, joining Fremont Beekeepers or the Alameda Beekeepers Association and taking my Intro to Beekeeping course series being taught this month (see below).

Elaine: What can people do to help save the bees?

Syndee: Plant, plant, plant lots of herbs and purple and blue flowers. And be sure to put water out for them to drink.

Elaine: Do you enjoy other activities besides beekeeping?

Syndee: No, I only like beekeeping. Just kidding! I love reading, baking, and riding my bike when it's not windy. I love to walk, watch good movies, listen to good music, love to eat, like to be busy, and I love gardening.

Elaine: Do you have a home garden? What do you like to grow?

Syndee: I have a pot garden on my patio. No, not *that* kind of pot! All my plants are in terra cotta pots. I love flowers and edibles, especially

strawberries and blueberries.

Elaine: How did you learn about LEAF? How long have you been involved with LEAF?

Syndee: In January 2016, I was looking for a place to keep hives. I saw a blue tarp when I drove past this place so stopped. Saw old bee boxes. Looked up **Fremont LEAF online** and met Bruce Cates (LEAF Founder) who said I could have a hive and volunteer.

Elaine: What excites you about working with LEAF?

Syndee: All of it excites me. I love playing in the dirt, especially gardening and composting. Our garden constantly changes year round, plus I've made good friends. It's very fulfilling, very community oriented and keeps me happy. I feel blessed to have found this place. The only thing that doesn't excite me are the gophers!

Elaine: If you could have the whole world's attention, what would you say?

Syndee: Put down your guns, cowboys, you don't need them. Live and let live. Follow the golden rule you learned in kindergarten, do unto others as you would have them do unto you.

Watch the full "23 Questions" interview with Syndee on YouTube!



What's New?



Introduction to Beekeeping

This beginning beekeeper's course is being taught by LEAF's Beekeeper, Syndee. She believes that hands-on training is the best way to learn beekeeping. Each session will begin with a presentation. Then you will suit up and go into the hives. By the end of the course you will have a fundamental understanding of how to start your own hive. Class size is limited to 6 students to maximize the time in the hives and with Syndee.

Course Schedule

Part 1: Intro to Bees and Beekeeping Basics

Saturday, July 10th 9 am-12 pm

Part 2: Into the Hives, Inspections and Maintenance

Sunday, July 11th 9 am-12 pm

Part 3: Healthy Hives Saturday

July 17th 9 am-12 pm

Details

- Cost for the Series: \$300 (for more than 9 hours with a beekeeper and hands-on experience with beehives)
- Protective clothing and equipment are provided
- Location: The Apiary at LEAF C.R. Stone Garden in Fremont
- Proof of vaccination and a signed LEAF liability waiver are required

Follow this link for full details

To register, please contact elaine@fremontleaf.org

Upcoming Class: Honey Harvesting

Mid to late August (date TBD by the bees ;)
\$75 for a three-hour class plus one jar of the honey you harvested and processed.



Earth Day Recycling Event

The Earth Day Recycling Event was a very successful collection program that promoted the recycling of goods that would otherwise end up in landfills. We plan to have another collection program this fall. Everyone who participated is now part of the Circular Economy. YAY!



Here's where your goods went...

841 Large Brown Paper Bags went to Tri-City Volunteers Food Pantry in Fremont for reuse.

2184 CDs/DVDs - New items went to (new) Half Price Books in Fremont for resale/reuse, and old items went to Back Thru The Future Computer Recycling for recapturing of plastics.

251 Bras went to The Bra Recyclers

for reuse to support women and girls around the world escaping domestic violence and human trafficking

92 lbs Socks went to Zkano Recycles Program that reworks and reuses old sock fibers

20 lbs Crayons - New items sent to be redistributed locally and old items went to The Crayon Initiative (non-profit) for melting into new crayons and donated to kids in hospitals.

28 lbs Writing Utensils went to BIC Stationary Recycling Program via Terracycle for recycling.

27 Medals went to Sports Medal Recycling for recycling metal from the medals and ribbons to textile, proceeds donated to non-profits for charity races and events.

22 Brita Products went to Brita Recycling Program via Terracycle for making new recycled products and filters for use in polymers.

YOU DID AWESOME!



Tips for your Garden



Keep an eye out for pests and diseases, especially aphids, powdery mildew, and white fly. If removing aphids by smushing and spraying them off with water isn't working, try using a topical pesticide like a neem solution of 4 tablespoons of concentrated neem + 1 tablespoon of organic liquid soap to 1 gallon of water. Neem solution can also be used for powdery mildew and white fly.

Continually harvest fruits and veggies to keep them producing, and deadhead flowers to keep them blooming.

Deep water your fruit trees every other week with a soaker hose or drip irrigation especially, before the onset of a summer heat wave.



Get Cookin'!

OUR FAVORITE RECIPES



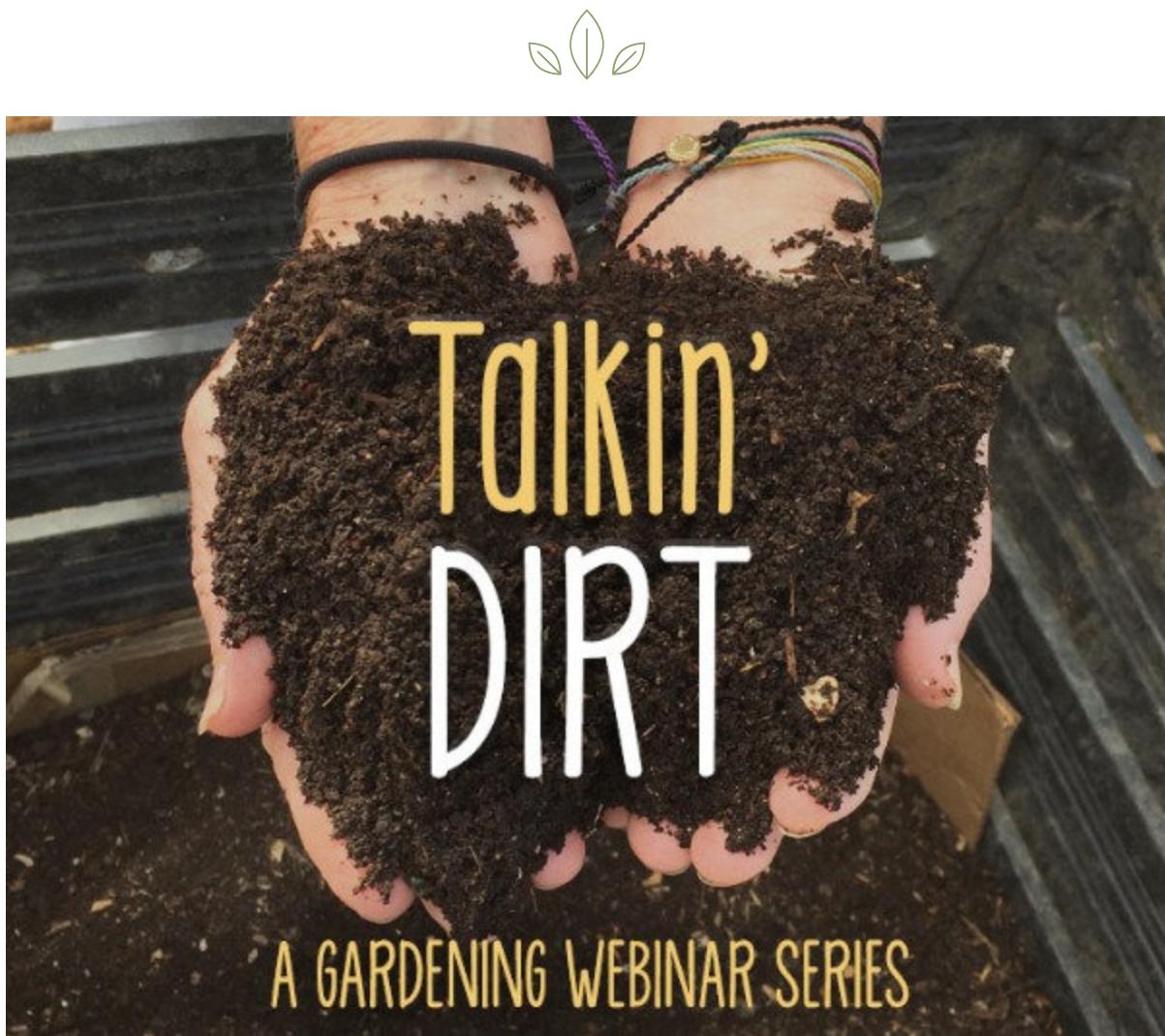
Simple Protein-Rich Yummy Granola

Vegan, grain-free, gluten-free protein rich granola packed with seeds, nuts, coconut and sweetened with honey.
Adapted from a Minimalist Baker recipe.

1/2 cup unsweetened coconut flakes
2 cups slivered raw almonds
1 1/4 cup raw pecans or macadamias
1 cup raw walnuts (halved)
3 Tbsp chia, flax or hemp seeds
2 Tbsp coconut sugar
1/4 tsp sea salt
3 Tbsp coconut or olive oil
1/3 cup raw local honey from LEAF Stone Garden 😊
Dried blueberries or cranberries (optional)

- Preheat oven to 325 degrees and position the rack in the center of the oven.

- In a large mixing bowl, combine the coconut, nuts, seeds, coconut sugar, and salt.
- In a small saucepan over low heat, warm the coconut oil and honey, pour over the dry ingredients and mix well.
- Spread the mixture evenly onto a large baking sheet and bake for 15-20 minutes.
- Be sure to watch the coconut flakes because they burn easily. Once the granola is visibly browned remove from the oven and let cool completely.
- Store in a container with an air-tight seal, and it should keep for a few weeks.



Join our next webinar on **July 10th** from **9am to 10am**. Guy and Michele, Master Gardener Volunteers, and Joyce from LEAF, will be presenting.

CLICK HERE to register in advance!



PRODUCE DONATIONS AS OF June 28, 2021

1,785LBS



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