

# Back"pack" to School!



GARDENS OF HOPE  
JOSEPH P. CORY FOUNDATION



VOLUME XXVIII - AUGUST 2024

## WHAT'S INSIDE?

READY, SET, GROW EDUCATION    GARDEN TIPS IN THE BACKYARD    TEACHER/PARENT GUIDE    DIY PROJECTS  
GETTING STARTED IN SCHOOLS    "CRAB" CAKE RECIPE    MEMBERSHIP    SEED CAMPAIGN    COOKING WITH NADA 2024/2025

## A Note from President and Founder Nada Cory



Dear Gardens of Hope Friends and Family,

While in South Florida there is not a chill in the air or a brown leaf in sight, we undoubtedly sense our children are back in school.

Many of you have photos, wristbands, and tickets reminiscent of a lovely time spent with loved ones over the past several months. Perhaps you finished a long-standing project in need of attention or enjoyed the remaining herbs in your garden. Regardless, it is time to say good-bye to the dog days of summer and welcome the promise of a fresh new garden and all its rewards.

At the Joseph P Cory Foundation, we have set in motion, all our pre-planning and strategies for our existing sites, while welcoming new schools to join our outdoor classroom experiences. I encourage you to read below and see the many ways in which school gardens can ignite, excite, and educate students, teaching them lessons to last a lifetime.

School gardens are a wonderful and exciting way to make almost any classroom curriculum come alive and show "real-life" meaning to students as they learn. A garden can provide an opportunity for students to participate in hands-on learning that teaches not only the intended subject, but also responsibility, teamwork, respect for nature, others, and themselves.

Edible gardens are a valuable tool we donate to schools, promoting healthier eating habits, appreciation of locally grown food sources, understanding environmental stewardship, while encouraging community and social development, and even instilling a sense of place within.

I encourage you to become involved, whether you have children in school or would just like to support this unique opportunity for others. I guarantee you too will benefit in ways you might not have dreamed of. Looking forward to seeing you this year!

In good health,  
**Nada**

**PLEASE DONATE TO EDUCATE  
 HERE!**



 Please Be a Seed of Change!  
**Grow Hope.  
 Invest in Kids.**

DONATE TO EDUCATE!

Organic Gardens in Schools Encourage:

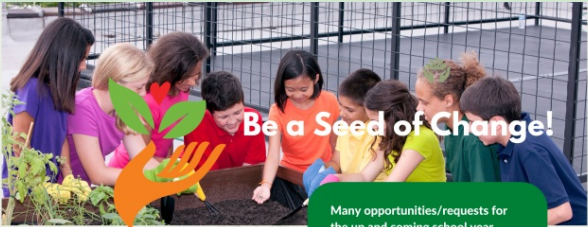
- Understanding healthy food consumption
- Early exposure to vegetables and herbs
- Increased food literacy
- Growth: Mind, Body, and Spirit
- *And so much more!*

**ANNUAL 2024-2025  
 GARDENS OF HOPE IN SCHOOLS  
 CAMPAIGN**



561.501.3538  
 josephpcoryfoundation.org  
 info@josephpcoryfoundation.org

GARDENS OF HOPE  
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**Be a Seed of Change!**

**GARDENS OF HOPE**  
JOSEPH P. CORY FOUNDATION

**CORPORATE/PRIVATE  
 SPONSORSHIP  
 2024/2025**

**Organic Teaching Gardens**

Small - 8' x 12'	\$1,800
Medium - 12' x 16'	\$2,850
Large - 16' x 20'	\$3,850
Hydroponic Tower	\$800
Garden Tool Starter Pack	\$300
Raised Planter Box	\$250
Organic Seed Packs	\$100

Many opportunities/requests for the up and coming school year.

Your support will truly grow healthy lives, one seed at a time.

All gardens include:

- Physical garden beds constructed with sustainable materials, all soil, fertilizer, liners, mulch, seeds and organic plants.
- Watering System
- Classroom taught evidence-based Gardens of Hope curriculum
- Signage with your/business name

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## Learning Through the Garden

Gardens can serve as living laboratories in which students see and experience firsthand what they are learning, and in turn, apply that knowledge to real-world situations. When students engage in hands-on gardening lessons, they show an increase in positive attitudes towards content material and learning in general. Let's explore the many subjects that are addressed in school gardens.

**Science** - Gardens can provide students an opportunity to investigate and compare the basic physical characteristics of plants, what helps or hinders their growth, and their response to stimuli and environmental growing conditions throughout the season.

Students also have a chance to observe similarities and differences in the needs of various living things, and differences between living and nonliving things. Students can maintain a science journal to record observations, collect data, and keep records and drawings of the garden. Students of all ages can learn about the Scientific Method by conducting experiments in the garden.

**Math** - Gardens give younger students a chance to identify, analyze, compose and compare shapes; classify objects; and count the number of objects in each category. For example, students can look for triangular shapes in the garden and explore their characteristics. Gardens give older students the opportunity to work with numbers while planting seeds; gain foundations for place value; and solve practical computation problems. For a practical, garden-based application of area and linear measurement calculation, students could plan the area of a garden plot and then calculate the suggested distance between seeds or seedlings. (Hit continue reading for the entire article)

Continue Reading

Join the Joseph P Cory Foundation and Grow Healthy Lives!

# GARDENS OF HOPE VOLUNTEER DAYS

**Volunteers Do Not Necessarily Have The Time; They Have The Heart.**

We are building new, and refreshing old garden beds! We will create amazing teaching gardens all year-long!

**Wear:**

- Old clothes
- Hats/sunscreen
- Sunny attitude!

You/any student, will receive: community service, courtesy of Miss Nada and the JPCF!

Family members are welcome. Especially if they have building skills.

Artists with paint can beautify our space!

Please call or email the Joseph P Cory Foundation and let us know when you can help.

GARDENS OF HOPE

If you have some time... 561-501-3538 [info@josephpcoryfoundation.org](mailto:info@josephpcoryfoundation.org)

# School is in session! Important information for GOH sites.

Welcome back Gardens of Hope Friends, (AKA our heroes/partners in student and community health).

To help everyone get on point quickly and effortlessly, we have a list of questions and suggestions to assist us all.

## Garden Assessment (please be brutally honest, it will help to know what is ahead of you, and how we can help)

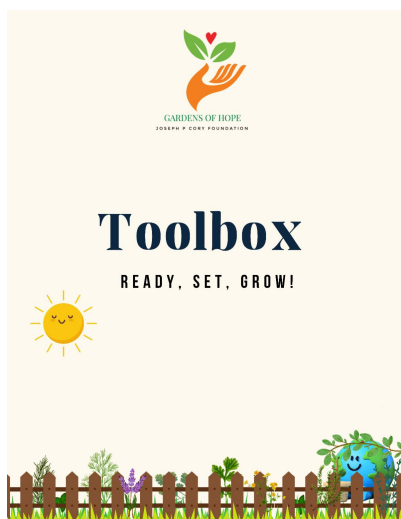
- What is the condition of your garden beds? (Weeds, animal (Iguana) infestation, low soil level, no nutrients, bed condition themselves, watering trouble, etc.)
- Am I setting up a garden clean out day? (Let us know, we can help you create a flyer (See example in Dropbox or refer to a prior email) Getting rid of the weeds and making a few minor repairs is done best with help!
  - *Must be completed by the end of September* for us to move forward with October plantings
- If I received community/parent financial/volunteer help last year, will they help again? There are other entities/foundations *that will only grant monies to schools*. Their requests/applications/letters of intents are easy to fill out, and we will help if you need us.
- Was our watering plan sufficient? Is it still working? How can we do better?

## Joseph P Cory Foundation Partnership (If we have not spoken about this already, please review)

- Will you continue working with us?
  - Can you tell us approximately how many people this garden will serve
  - How many beds do you have? What sizes? THIS HELPS us provide you with the correct materials.
  - What is the best day and time for us to visit the classroom
  - Will you be accessing our online curriculum to supplement your garden education
  - Will you create a Google share drive for your students/others

## Next steps

- Please send us an email answering the questions above in a brief summation
- Let us know what your garden goals are for 2024/2025
- Start the excitement! When students are told about "Garden Club" and what is to come, please ask them to bring in egg cartons so in September, they can plant seeds indoors (we will send them to you). These emerging seedlings will be replanted outdoors late October.
- View the "Ready, Set, Grow" lesson, it will help to make the grow project fun and educational.

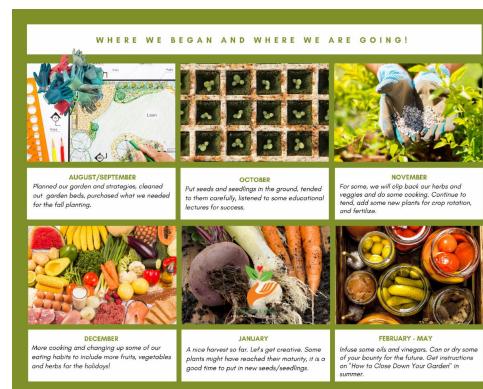


Access PDF

## View our Teachers/Parents Guide

Enjoy our updated Teachers/Parents Guide to jumpstart your Fall garden goals. It is geared for the average third grade classroom, and aligns with The School District of Palm Beach County program standards. You can also find this and other guides on our [website](#).

To help with Garden Planning, click the chart below.



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HERE!**



### **Bring "Your Group" to Riverbend Park's Garden of Hope**

Did you know there is a Garden of Hope at Riverbend Park in Jupiter? This huge organic teaching garden was created within their turn-of-the-century homestead, located at the end of one their many trails. With advanced notice and approval, you can treat your private/home schoolers, veterans, or other community group, to an informative and fun experience. Contact the Foundation to find out more.

[About Riverbend Park, Jupiter, FL](#)

### **DYI Projects for the Family**



#### **Construct a Toad House**

Create a cozy, dark, cool, moist cavern as your "toad abode".

[Instructions](#)



#### **Leaf Rubbings**

Use leaves from trees or garden plants to capture the beauty of nature.

[Instructions](#)



#### **Rain Gauge**

Find out how much rain is falling in your area by making a rain gauge.

[Instructions](#)



### **Is there an Iguana IN the house?**

Well, chances are they are not *IN* the house, but many of us are experiencing the presence of these animals in our beautiful gardens.

Iguanas are considered exotic, unprotected wildlife, and cause damage to residential and commercial landscape vegetation, attracted to trees with foliage or flowers, most fruits (except citrus), and almost any vegetable.

The Joseph P Cory Foundation has dealt with this issue on school campuses by building protective cages that are removable, allowing iguanas to coexist with Gardens of Hope. Tented structures can also be purchased online for a quick and easy solution and prove effective in most situations.

As such, iguanas can be captured and removed from private property without a permit, caught by hand, noose pole, net, or traps, and should be used only as a last resort. In the winter, cold-stunned iguanas fall to the ground as temperatures drop. Collecting them can be as easy as picking them up off the ground.

We encourage you to continue your passion for organic gardening, just keep informed, and find the best solution to minimize invasions and disappointments.

Here is some additional information to inform you of South Florida's new mascot!

[Example of Protective Covering](#)

[Read More About Iguanas and South Florida](#)

**Currently, the Joseph P Cory Foundation is interested in gaining support from you and or your organization.**

Our signature program Gardens of Hope is implemented in the School District of Palm



Beach County (specifically T1 nutrition-challenged campuses), as well as Palm Beach County Parks and Recreation. We have conducted a three-year longitudinal study with the University of Miami Miller School of Medicine's MD/MPH program, and successfully published a paper in the International Journal of School Health, verifying the efficacy of Gardens of Hope. This program includes a curriculum with hands on nutrition education, a donated organic garden, tools, speakers, tee shirts, and more, all while promoting the development of leadership skills and peer collaboration.

**We are ready to scale up and triple the number of Gardens of Hope on school campuses.** What a great opportunity for students to be inspired and motivated early on, and potentially **offset dis-eases that were once considered adult-limited.** We also wish to augment our wonder "Turn of the Century Homestead" organic garden at Riverbend Park. The property is perfect for community learning, as well as home/private schoolers, and our beloved Veterans. Our timeline for all projects begins as early as August of this year and continues through the 2024/2025 school term.

Your support will help heighten the impact of what we do and convey it to a wider audience. In turn, the Joseph P Cory Foundation will leverage our constituent base/media channels to assure your generosity and support are acknowledged, and matched. We are inviting you to participate in diverse approaches:

- Grants (Please provide information for LOI/Grant Application)
- Non-profit-corporate partnership
- Matching gifts
- Direct charitable contributions
- Sponsorship towards a school garden
- Board of Director member (must be a resident/business owner in Palm Beach County)
- In-kind donations
- Volunteer

It would be our greatest pleasure to meet with you and further discuss opportunities in which to collaborate. If you provide community grants that align with our mission, please advise us as to your grant cycle and procedure.



**COOKING WITH NADA**  
*Winter/Spring 2024/2025*

5 Classes - 5 Unique Experiences  
\$100 Fee per class includes:  
Demonstration, Recipes, Tastings\*  
All Gluten-Free & Vegan!

**SCHEDULE**  
**SATURDAYS / 1:30-5:00**  
**STARTING OCTOBER!**

- Small Class Size
- Limited Seating

**Our way of saying  
thank you...**

Donate a small, medium or large teaching garden, and receive "Cooking with Nada" as her gift to you.

**Something for You!**

**Donate and Receive 5 Unique  
Cooking Classes with Nada Cory.**

All the proceeds from cooking classes go towards supporting the programs and resources of the Joseph P Cory Foundation.



**Cooking with Nada!**

Fun and Easy Seasonal Recipes  
Visit Our Youtube Channel  
For "Healthy Options"  
Cooking Videos

Brought to you by the Joseph P Cory Foundation

## Crab Cake Bonus Recipe - More like this!

Have you ever tasted something so amazing and wondered how you could get it at home whenever you wanted?

You can learn how to cook delicious, nutritious meals, that are simple to prepare for you and your family,

Here is a sample of something you can make and enjoy, it comes from Nada's kitchen, prepared during one of her "Cooking with Nada" classes.



Vegan Crab Cakes

### Ingredients

1 can (19 oz) chickpeas, drained and rinsed  
1 can (14 oz) artichoke hearts, drained and rinsed  
3/4 cup panko bread crumbs (gluten-free if preferred)  
1 sheet nori, chopped into small flakes  
1/4 cup vegan mayonnaise  
1 tablespoon lemon juice  
1 tablespoon dijon mustard  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
2 tablespoons light oil, for frying (optional)  
For garnish: lemon wedges, chopped parsley, chopped dill, and/or vegan tartar sauce (optional)

### Directions

1. In a food processor, add the chickpeas, artichokes, panko bread crumbs, chopped nori, vegan mayonnaise, lemon juice, dijon mustard, salt, and pepper. Pulse a few times to mix and break up the chickpeas and artichokes. Don't over mix, you want there to be texture still. If the mixture has reached the correct texture, but the ingredients are not mixed well, use a spoon or spatula to finish mixing.  
2. Divide the mixture into 6 portions and use your hands to form patties.  
3. Heat the oil in a large skillet or non-stick frying pan over medium-high heat. When hot, add the patties, and fry 3-5 minutes per side until golden brown.

Click on the  
recipe above for  
the PDF

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**Become a Member and Be a  
Part of Something Special!**



**YES! I want to become a  
Member!**



Please Note: All medical information/nutritional content is compiled from affiliates and experts in their fields, and is not meant to treat or to replace the advice of your personal healthcare professional. The Joseph P Cory Foundation, provides guidelines and suggestions that align with our mission: Empowering people and communities to achieve wellness and well-being through education, expertise, and guidance. Nada Cory/the Joseph P Cory Foundation does not receive compensation for recommendations and affiliate links.

Feel free to share this newsletter with colleagues and friends or upload to your social media!



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