



Community Food & Health Series

East Cleveland Community Gardens & Farmers Market 2010 Open House

- 1 **Chambers Elem School Garden**
14305 Shaw Ave
- 2 **East Cleveland Multicultural Community Garden**
12604 Superior Ave
- 3 **EC Grows Community Garden**
14900 Woodward Road & Coit Road Farmers Market
15000 Woodward Road
- 4 **Helen S. Brown Senior Center Garden**
16100 Euclid Ave
- 5 **Huron Hospital Community Garden**
Belmore Avenue between Euclid and Terrace on side of the hospital property
- 6 **McGregor Community Garden & From Seed To Feed Garden**
McGregor Home, 14900 Private Dr
- 7 **Superior Elem Family Garden**
1840 Garfield Rd
- 8 **Third Ave Neighborhood Garden**
13601 Third Ave

**Saturday, October 9, 2010
10 am until Noon**

This event is coordinated by **Growing Green** in East Cleveland, a taskforce of residents and local non-profits, institutions and organizations. **Growing Green** believes food and community are tools for positive change.

East Cleveland Community Gardens & Farmers Market · 2010 Open House

Join us Saturday, October 10, 2010, 10 am until noon, when our local community gardens and farmers market showcase the variety and quality of produce grown in East Cleveland and highlight the benefits of eating healthy, nutritious, locally grown food. To join a garden near you, contact the garden leader listed below.

1 Chambers Elementary School Garden 14305 Shaw Ave
 The garden began 2 years ago when the school obtained a grant from Lowes. Parents built the beds and the kids have been planting seeds and harvesting produce. A wide variety of vegetables are grown, including tomatoes, eggplant, zucchini, collards, peas, Swiss chard, beets, beans, herbs and strawberries.
Activity: Pumpkin painting and salsa making.
Contact: Jeri Shore at (216) 268-6640 or email jbsandlucy@yahoo.com.

2 East Cleveland Multicultural Community Garden 12604 Superior Ave
 The garden started early last year when Job Corps students cleaned the lot, spread the soil, and prepared garden beds for planting. Several citizens care for the garden and we invite the neighborhood to share in its harvest. Local merchants and a former Shaw High coach help to keep the lot clean and weeded. Residents of our diverse neighborhood are encouraged to become actively involved.
Activity: Sample a dish made from our garden.
Contact: Barbara Thomas (216) 310-4550.

3 EC Grows Community Garden & Coit Road Farmers Market
 14900—15000 Woodworth Rd
 Started 4 years ago, this garden has transformed an asphalt parking lot using 42 raised beds ranging in size from 4'x8' to 4'x12'. This year most of the vegetables have been very productive. Eight tires along the border of the garden are planted with flowers that attract beautiful butterflies. The garden is maintained by 40 volunteers of all ages and occupations. Coit Road Farmers Market is located across the street, and is open all year round.
Activity: Grilling vegetables. Come sample various dishes prepared by gardeners.
Contact: Gladys Walcott at (216) 681-8535 or Joe Jerdonek, Coit Rd Market at (216) 249-5455.

4 Helen S. Brown Senior Center Garden
 16100 Euclid Ave
 The Helen S. Brown Garden Club started strong this year with help from The Home Depot to prepare the new garden's ground for planting. Raised beds are planned for next year to help our gardeners more easily tend to the garden. We encourage seniors who are interested in gardening to contact the Garden Club.
Contact: Doris Steele at (216) 761-8410.

5 Huron Hospital Community Garden
 Belmore Ave between Euclid and Terrace on side of the hospital property
 Huron Hospital Community Garden is in its 3rd season and has been expanding each year. This garden is open to the community to nurture and share in produce grown. This year we planted over 50 tomato plants, cucumbers, peppers, zucchini, squash, greens, watermelon, and cantaloupe. The garden is organic; we compost our kitchen scraps in the garden.
Activity: Food tasting and information about Huron Hospital and City Fresh Stop.
Contact: Sandi Liptow RD, LD – Director of Nutrition Services at Huron Hospital at (216) 761-7935.

6 McGregor Community Garden & From Seed to Feed Garden McGregor Home, 14900 Private Dr
 Continuing the tradition of being a part of our neighborhood, the McGregor community gardeners have established a new partnership with the *From Seed to Feed* gardeners. We specialize in cool weather crops and are always interested in sharing the joys of gardening along with healthful food choices to the younger generation in our community.
Activity: Grilling Fruit! Come for a fabulous taste explosion!
Contact: Mary Beth Cappell-Bovee at (216) 851-8200 x4110 or email sterlingncept@aol.com.

7 Superior Elem School Garden
 1840 Garfield Rd
 Students and teachers tend to this garden that started just last year. Our tomatoes, beans, and collards were a great success this season; our lunch lady prepared the collards for us to eat and share with our school Principal. We plan to learn and grow even more next year!
Activity: Prepping our garden for Spring and serving garden grown, fried green tomatoes.
Contact: Taunya Young at (216) 268-6670.

8 Third Ave. Neighborhood Garden
 13601 Third Ave
 This garden, in its 1st year, has 5 raised beds planted so far with plans to build more. We'll be growing vegetables, planting shade loving plants and flowers beneath the tree, in hopes of attracting more neighbors. Thank you to our neighborhood church, Community Church of God and Christ, for their cooperation and support. **No activities.**
Contact: Gladys Walcott at (216) 681-8535.

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The **Ohio State University Extension's Urban Agriculture Program** provides education and technical assistance for establishing community gardens in order to help people grow nutritious food, develop important life skills, build stronger communities, and create healthy environments.

For more information about local events, please contact **Nicole Wright, OSU Extension** at (216) 429-8200 x249 or wright@osu.edu

A Special THANK YOU to our Sponsors!

