



**Rochester Roots is committed to the creation of urban school and community garden-based educational programs for youth and adults. These programs focus on growing, preparing and enjoying high quality, safe and affordable, healthy food.**

Two Rochester Roots educators work with three  
Rochester elementary schools.

The schools are:  
Dr. Martin Luther King, Jr. PS #9  
Franklin Montessori School  
Clara Barton PS #2








The schools are located in low-income areas of  
the city where food insecurity is high.














We presently have 1-1/2 acres of land and grow  
over three tons of produce each year.

**We practice organic agriculture techniques to ensure that produce is safe and nutritious.**

- **COMPANION PLANTING**
  - **COMPOSTING**
- **COVER CROPS/GREEN MANURES**
  - **CROP ROTATION**
  - **MULCHING**
- **GROWING PERENNIALS THAT ATTRACT BENEFICIAL INSECTS**

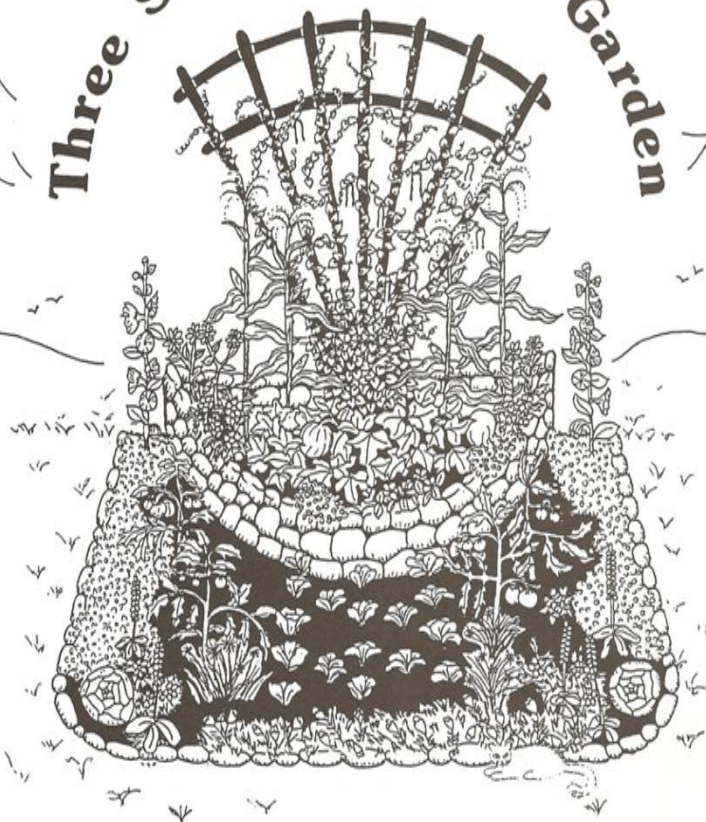
# Companion Planting Cards

Carrots Like		Carrots Dislike	
			
			
			
Carrots Like HERBS Chives Parsley Rosemary Sage Wormwood		Carrots Like FLOWERS	

Shell Beans Like		<i>Shell Bean</i>	Shell Beans Dislike	
		<b>LEGUME</b> Legume 		
				
				
				
Shell Beans Like <b>HERBS</b> Catnip Rosemary Sage Summer Savory			Shell Beans Like <b>FLOWERS</b> Cosmos Marigold Nasturtium Petunia	

# Corn, beans and squash are traditional companions.

## Three Sisters Trellis Garden



## PLANNING YOUR FIRST THREE SISTERS GARDEN

Your first Three Sisters garden is an exciting adventure into the mysteries of plants, insects, earth, and sky. By starting out with a simple plan, you can achieve the sweet taste of success - which means corn, beans, and squash - and not bite off more than you can chew!

• Visit a friend who has a garden of corn, beans, or squash plants. This experience will help you to determine what questions you need to ask before starting a garden of your own. Write down all your questions. Ask your gardening friend or farmer to tell you about his very first garden. What did he learn? Consult with your garden friend about your ideas. Ask him some of the questions you have written down.

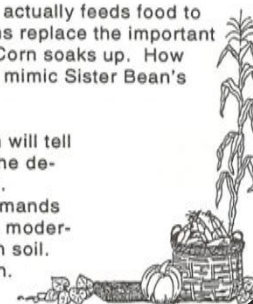
• Though very different from one another, the Three Sisters have a special way of getting along. Here are some hints for starting your own garden:

### Three Sisters Garden Hints:

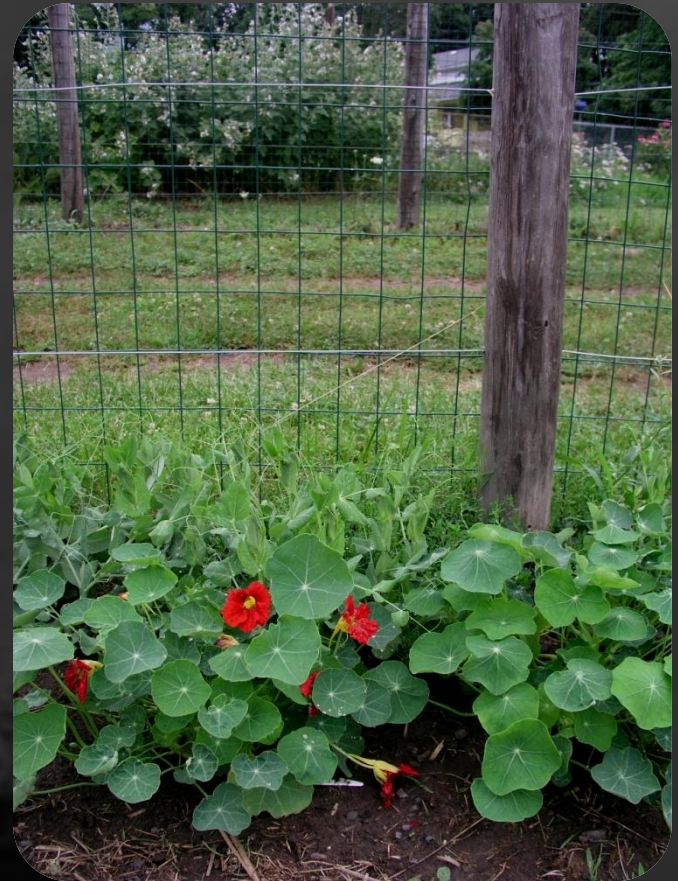
**Hint #1: Sister Squash** spreads out her vines and thick leaves like a blanket. The vines crowd out the light and prevent other plants, such as weeds, from growing. This is a helpful hint for beginning your garden.

**Hint #2:** Can you believe that **Sister Bean** actually feeds food to the soil, food that **Sister Corn** needs? Beans replace the important nutrients - especially nitrogen - that **Sister Corn** soaks up. How cooperative these two sisters are! You can mimic **Sister Bean's** efforts.

**Hint #3:** Any gardener who has grown corn will tell you that **Sister Corn** is a hungry feeder. She demands lots of nutrients from the garden soil. Humans are similar to **Sister Corn** in the demands they make on their garden. Start out with a moderate-sized garden plot filled with nutrient-rich soil. This will provide a lot of food for **Sister Corn**.



Beans & summer squash and nasturtiums & peas  
grow well together.



# Perennial Beds Attract Beneficial Insects





Students learn about beneficial and detrimental insects and why both are important to the garden.

# Mulching with Straw



# Overwintering Root Crops





**Rochester Roots staff teach the art of composting to our students and summer interns.**



Garden waste is recycled in our three-bin compost unit.

# Composting Critters





**Students at Franklin Montessori School  
sift the finished compost.**



Sifting separates the large particles from the smaller ones, which are then added to our organic potting soil mixture.



Volunteers and students work together to start our seedlings and transplants. They are then transferred into the cold frame before planting in the school gardens.



A Franklin student uses a ratchet to tighten the bolts on the cold frame.



The cold frame hardens off the plants before they are planted in the gardens.



**Rochester Roots grows additional plants and sells them to local citizens during the Flower City Days event at the Rochester Public Market.**

# ROCHESTER ROOTS

## URBAN AGRICULTURE PROJECT

*It is time to develop innovative approaches to building healthy lives and healthy communities. Homegrown food is one key. Rochester Roots develops organic vegetable gardens in urban neighborhood schools that are directly affected by poverty. Some of the produce is marketed to the local community. You can support our efforts by purchasing our transplants and vegetables at the following 2009 events:*

### FLOWER CITY DAYS *at the* ROCHESTER PUBLIC MARKET

Friday, May 22<sup>nd</sup> ♦ Sundays, May 31<sup>st</sup> & June 7<sup>th</sup>  
8am – 2pm

*Heirloom tomato, vegetable, herb & flower transplants*

### SOUTH WEDGE FARMERS MARKET

*Behind Boulder Coffee at the corner of Alexander St. and S. Clinton*

Thursday Evenings June 4<sup>th</sup> – October 22<sup>nd</sup>  
4pm – 8pm

*Sustainably grown heirloom vegetables & herbs*



DIG IN! *and donate*  
Rochester Roots, Inc.  
121 N. Fitzhugh St.  
Rochester, NY 14614  
585-232-1463  
*Or donate through PayPal at*  
[www.RochesterRoots.org](http://www.RochesterRoots.org)

*Growing Youth, Growing Community, Growing Food*

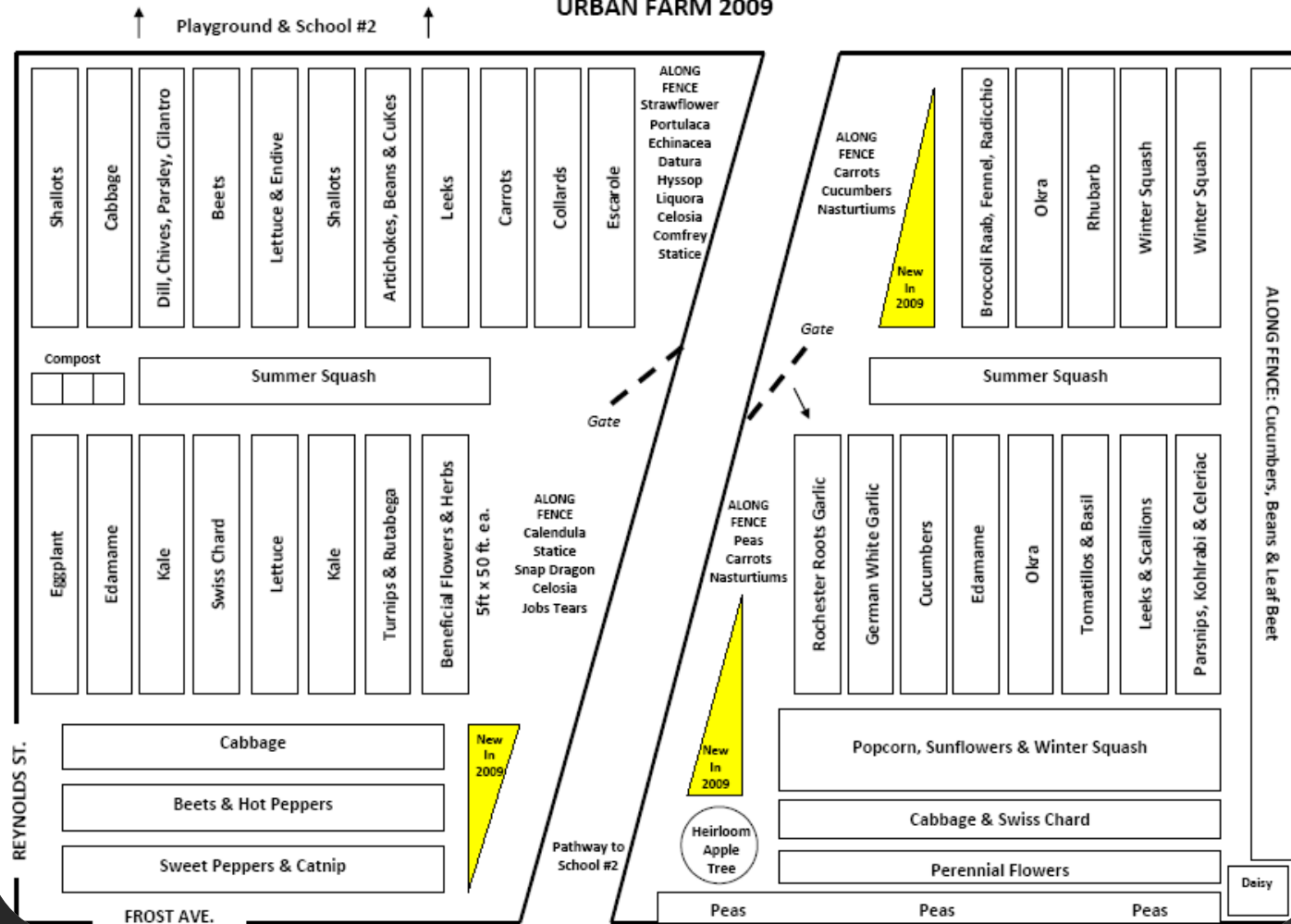


PS #9 students plant onions at Bethany House and string their raised bed with a grid. Both student groups are learning about proper plant spacing.



**Our 40' x 120' Bethany House Garden will grow a large variety of heirloom squashes in 2009.**

# Clara Barton School #2 URBAN FARM 2009



Our Clara Barton PS #2 urban farm is one acre of pure beauty in the heart of an impoverished community.



Students plant fence posts.



Students water the Clara Barton garden.



The school gardens and urban farm provides nutritious produce to the students, teachers and neighbors.



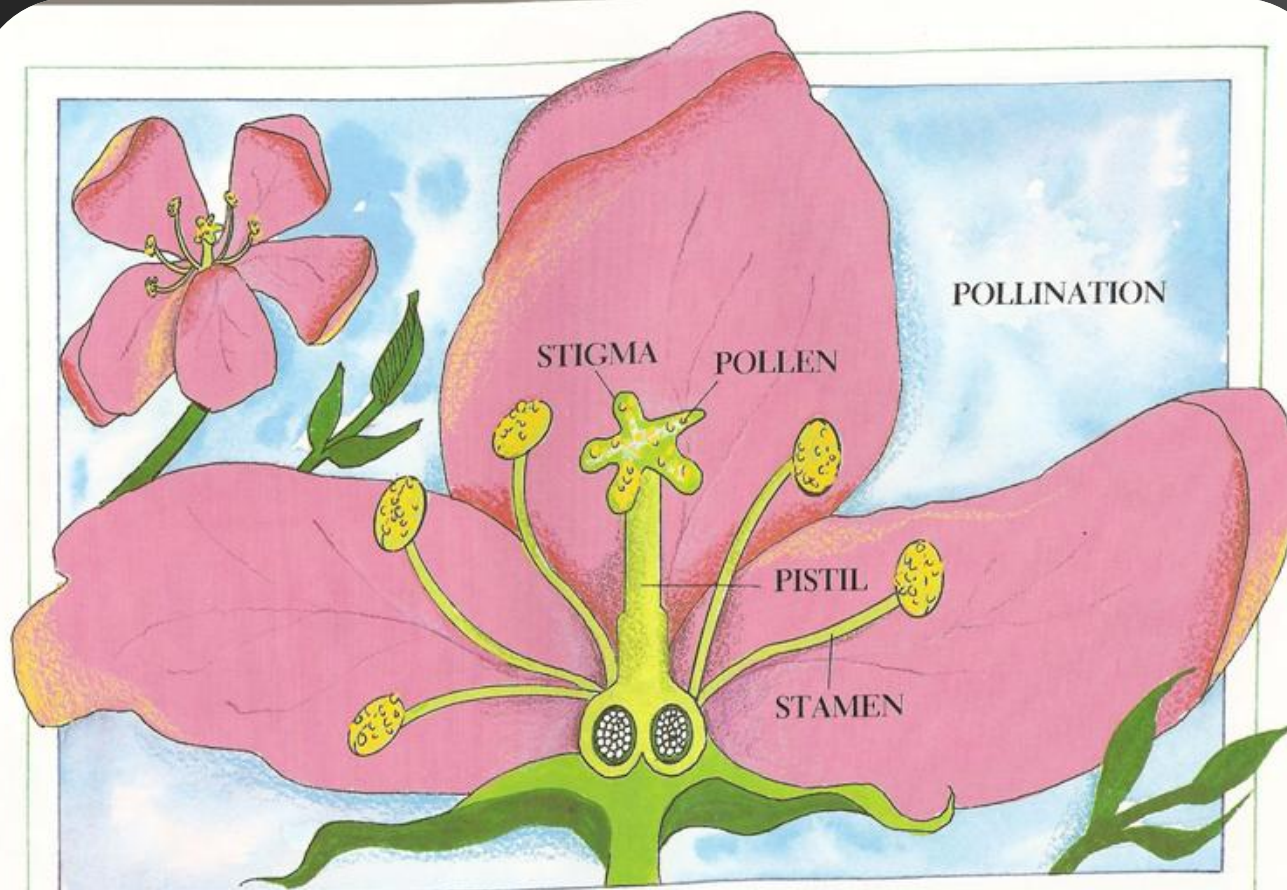
An aerial view of PS #2 urban farm shows half of the one acre.



Students plant shallots in the PS #2 urban farm.



Teachers use the gardens as a vehicle of integrated learning.



Before a seed can begin to grow, a grain of pollen from the stamen must land on the stigma at the top of the pistil of a flower like itself. This is called pollination.

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Before a seed can begin to grow, a grain of pollen from the



During the summer the gardens are tended by neighbors, teenaged interns, volunteers and staff.



Some of our many volunteers.



# Heirloom Vegetables

Rochester Roots grows heirloom vegetables throughout the three schools. The heirloom vegetables show that the natural world has great diversity, much like the world in which we live.

We grow over 90 types of vegetables, herbs and flowers.

# Heirloom Tomato Examples

## *Purple Calabash*

HEIRLOOM



Thomas Jefferson grew his tomatoes at Monticello—and grew Purple Calabash alongside the rest.

The ribbed, bulbous, and scarred Purple Calabash tomato dates back to pre-Columbian Mexico. Here the Aztecs combined this "xitomatl" with hot peppers and ground squash seeds to make a salsa that would accompany fish and meat. They may not be pretty, but they are a fantastic tomato. A *Rochester Roots* flavor winner!

## *Dr. Wyche's Yellow Tomato*

HEIRLOOM



Given to Seed Savers Exchange by one of its earliest members, Dr. Wyche used to own Cole Brothers Circus, which overwintered in Hugo, Oklahoma. He fertilized his terraced

mountaintop gardens with elephant manure and scattered lion and tiger waste to keep out deer and rabbits. As a result, his gardens were reputed to be quite lush. Although little beyond what is written here is known about the big-top ringleader himself, the tomato carrying his name is one of the "best tasting" yellow beefsteak varieties known, rivaling that of the pink and red varieties, as this is no "bland" tomato. Best when fully-ripe and deep gold in color.



More heirloom vegetables...







## COMMUNITY KITCHEN COOKING CLASSES

Adults and kids learn to cook nutritious and delicious, garden fresh produce and herbs, whole grains, dry beans, unrefined oils, and local fruits while positively impacting their health. Together, they learn about multicultural food, cooking, nutrition, kitchen and food safety, tools and gadgets, and meal planning. Through this, they develop more respect for their bodies, their health, and other cultures while learning culinary skills together in a hands on setting from well-seasoned cooks.





## COMMUNITY KITCHEN SPRING COOKING CLASSES

*For parents or guardians and their children \**

**Dates:** 8 Mondays / March 23 & 30; April 6, 13 & 27; and May 4, 11, 18

**Time:** 5:30 – 8:30 PM

**Location:** Downtown Presbyterian Church, 121 N. Fitzhugh St., 2<sup>nd</sup> floor

**Parking:** Free parking available across the street in the City Hall parking lot

Adults and kids can learn to cook nutritious and delicious, garden fresh produce and herbs, whole grains, dry beans, unrefined oils, and fruits while positively impacting their health. Through learning about multicultural food, cooking, nutrition, kitchen and food safety, kitchen tools and gadgets, and meal planning, adults and kids can develop more respect for their bodies, their health, and other cultures while learning culinary skills together in a hands-on setting from well-seasoned cooks.

During the class adults and kids will learn to prepare a full vegetarian meal together and then sit down to eat the meal.

**Complete registration & mail to:**

Rochester Roots, 121 N. Fitzhugh St., Rochester, NY 14614

Questions? Call Rochester Roots at 232-1463. [www.rochesterroots.org](http://www.rochesterroots.org)

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### COMMUNITY KITCHEN COOKING CLASS REGISTRATION

**Please select one:**

☐ I would like to attend the Community Kitchen Cooking Classes. I am enclosing \$80 per adult and \$40 per child.

☐ I am a low-income person who would like to receive a partial scholarship for my child and myself. I can pay \$\_\_\_\_\_ per adult and \$\_\_\_\_\_ per child.

☐ I am a low-income person who would like to receive a full scholarship for my child and myself.

Name of Adult \_\_\_\_\_

Name of Child or Children and ages \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

Amount Enclosed (if applicable) \$ \_\_\_\_\_ Make check payable to Rochester Roots

**\*Please note:** Parent or guardian must be in attendance with their children and provide their own transportation.

*Funded by the Greater Rochester Health Foundation & Wegmans Food Markets*



Rochester Roots also works with the Horizon's Program at the Harley School to provide cooking classes and organic garden instruction. The Horizon's program is a summer enrichment program for city of Rochester students.



The Horizon's students harvested vegetables from the Harley School garden and prepared them into roasted vegetables for a Harvest Celebration.







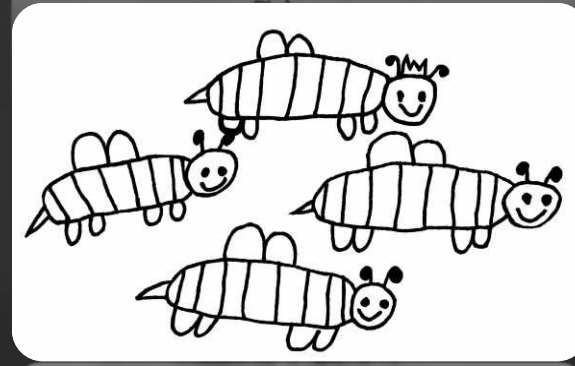
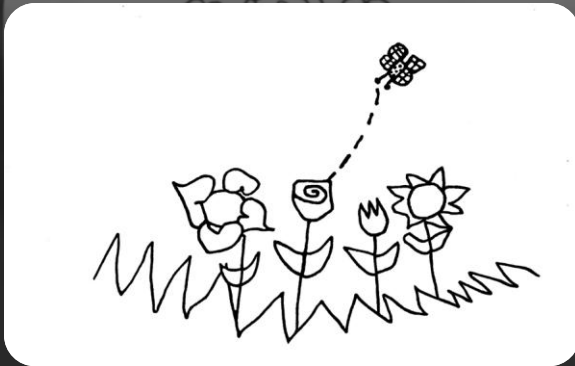
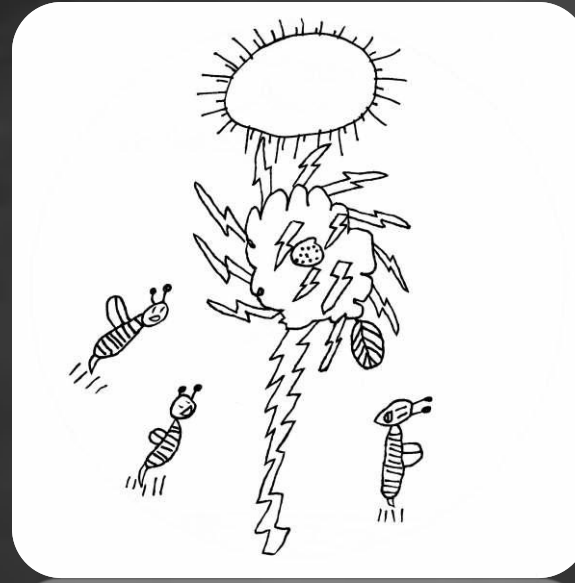
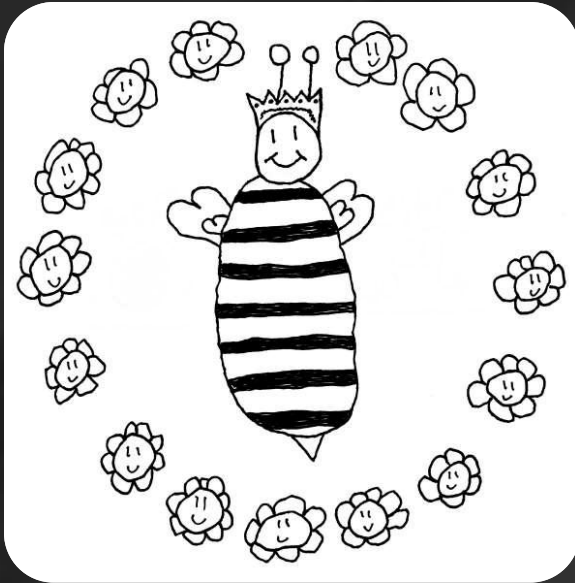
Rochester Roots participates as vendors at the South Wedge Farmers Market.

Local citizens purchase  
high quality, locally  
grown produce and  
support a good cause.

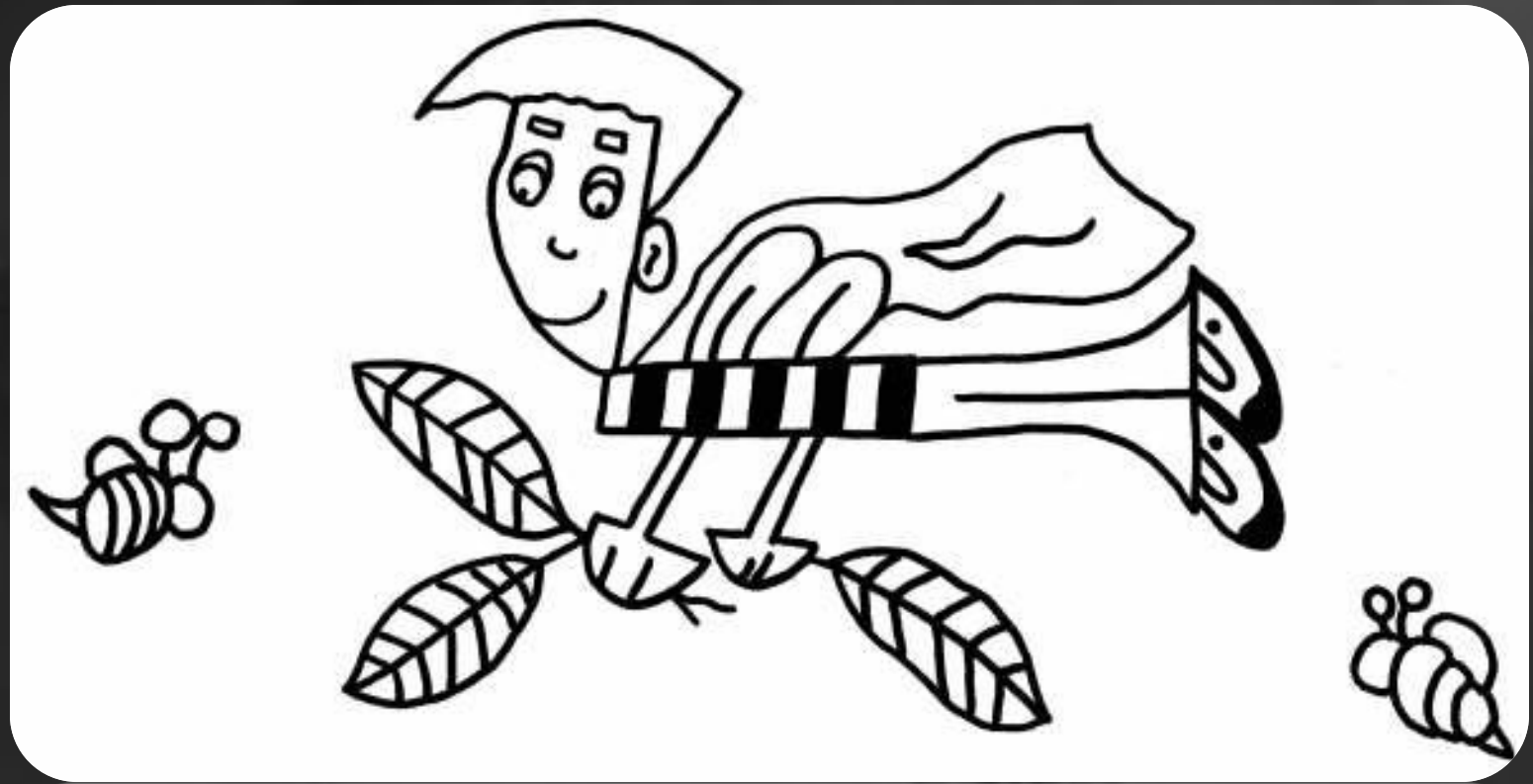




**Comfrey and calendula plants grown at PS #2 are processed into healing salves and lip balms.**



Students at PS #9 competed in a contest to design a graphic for their Petal Power and Green Power skin salve and lip balm products.



The winning Bee Boy design!



The Petal Power and Green Power products are sold at  
Abundance Co-op and Rochester Roots fundraisers.

## PETAL POWER

Calendula Skin Salve & Lip Balm

**Ingredients:** Almond Oil, Beeswax, Honey, Vanilla Scent and Calendula Infusion  
**Uses:** Abrasions, scalds, burns, rashes, insect stings, sprains, varicose veins, hemorrhoids, canker sores, acne, chapped skin, and eczema.

## GREEN POWER

Comfrey Skin Salve & Lip Balm

**Ingredients:** Almond Oil, Beeswax, Honey, Amber Scent, and Comfrey Infusion  
**Uses:** Wounds, burns, cuts, bruises, psoriasis, diabetic ulcers, cracked hands, and dry skin areas, like heels, elbows, and hands that are exposed to extreme conditions.

Petal Power and Green Power products are made in small batches by students in the Rochester Roots School-Community Garden Project. Slight variations between product batches may occur.

Keep product in a cool, dry place.

100% of the proceeds from your product purchase are invested back into the garden project and help to make our project self-sufficient.

### DIG IN!

*Your additional contribution of time or money helps to support our project. To learn more visit [www.rochesterroots.org](http://www.rochesterroots.org) or give us a call at 585-232-1463*



### GROWING YOUTH GROWING COMMUNITY GROWING FOOD

is a project of  
Rochester Roots, Inc.  
121 N. Fitzhugh St.  
Rochester, NY 14614  
585-232-1463

Place an order on-line at  
[www.rochesterroots.org](http://www.rochesterroots.org)

## PETAL & POWER GREEN & POWER

SKIN SALVES & LIP BALMS



Made by students in the  
Rochester Roots  
School-Community  
Garden Project

**GOT SKIN PROBLEMS?  
WE CAN SALVE THEM!**

The Rochester Roots School-Community Garden Project is an urban agriculture project located

in Rochester, New York. A Rochester Roots organic farmer and an educator work with elementary school students, teachers and the community to develop school-community gardens on or near the schools. Students learn sustainable agriculture techniques such as composting, cover cropping, companion planting, beneficial diversity, crop rotation and mulching.



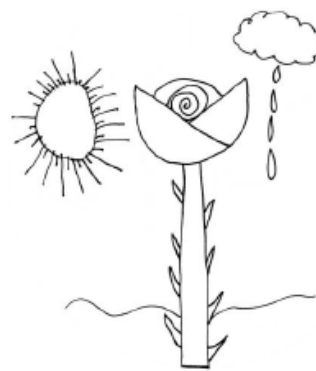
The gardens are located in low-income areas where food insecurity is high. Rochester Roots provides the education and tools that teach students how to grow food, herbs and flowers as part of their daily lessons. Having the students research, design and process a product that is marketed and sold to the public, is one of the goals of the

project. Our **Petal Power** and **Green Power** products are just one result of these efforts.



### The Process

Calendula petals and comfrey leaves grown in the school gardens are harvested by the students throughout the growing season. The plant material is dried and then soaked in almond oil for six weeks. Using simple kitchen tools, the plant material is strained from the oil and melted with beeswax. Local honey and essential fragrance oil is added before pouring the ingredients into tins and lip balm containers.



The students are involved with creating the drawings that you see printed on our labels, signage and information booklet.

Job's Tears are probably the oldest beads known, dating to at least 2000BC. The seed is shaped like a teardrop. Legend has it that no one shed more tears than the biblical Job, and this is the name by which it is most widely known.

When dried, the seed has a hard outer shell, but a very soft inside. The seed has a tiny natural hole, which make it perfect for stringing as jewelry.

*Produced locally by*  
Rochester Roots, Inc.  
121 N. Fitzhugh St.  
Rochester, NY 14614  
[www.rochesterroots.org](http://www.rochesterroots.org)



**Garden plant material is recycled into paper baskets and  
Jobs Tears seed beads are strung with beads into necklaces.**



## *Hand Made Paper Baskets*

*Your basket may contain  
one or more of the following ingredients:*

Recycled blue jeans, flax, or sabai fibers, which are then combined with plant material grown in the Rochester Roots School Community Gardens; dried lavender, sage, yarrow, arugula, or pine needles. Dyed and painted with Aardvark colors and luster pigments.

*For decorative purposes only.*



*Produced locally by*  
Rochester Roots, Inc.  
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Students worked with Animatus Studio to create animations for a documentary video about Rochester Roots. The video will be featured in the High Falls Film Festival and on You Tube in 2009.

# An outdoor classroom offers lots of food for thought

A garden can do more than grow carrots and tomatoes. It can grow community, and self-reliance, and maybe even plant seeds of lifelong health.

That's really the reason for Rochester Roots Inc., a nonprofit organization that does a number of "garden-based" educational programs aimed at teaching people how to grow good food (without pesticides or herbicides) and cook it, and how to protect the environment in the process.

This is the third year of a School-Community Garden Project, funded in part by a \$270,000

grant from the U.S. Department of Agriculture. That money allowed Rochester Roots to hire some staff, buy a tiller, garden tools, fencing materials, seeds, greenhouse supplies, and a trailer to move materials around.

"We've involved more than 500 students and 27 teachers (at three city schools)," says Jan McDonald, Rochester Roots director. The schools are School 9 on North Clinton Avenue, Clara Barton School 2 on Reynolds Street, and the Franklin Montessori School on Norton Street.

At Franklin, students begin to



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develop young plants from seeds in a greenhouse housed in the school's courtyard. At School 9, they have completed an Asian garden. Last year at Clara Barton, the garden was expanded by 4,000 square feet so that it will

occupy 1 1/2 acres this year, which is visible and accessible by the community.

The program uses only heirloom vegetables, which have been in cultivation for at least 50 years without being hybridized — produce with striking names such as Imperial Star (artichoke), Climbing French (bean), Bull's Blood (beet), Lunar White (carrot), Imperial Black Beauty (eggplant) and Blue Curled Scotch (kale).

Students and community volunteers, who work the garden in exchange for some produce, do

## To learn more

Visit Rochester Roots at [www.rochesterroots.org](http://www.rochesterroots.org). To volunteer at a garden in exchange for some produce this summer, call (585) 232-1463

market some of the vegetables during the summer at the South Wedge Farmers Market, "but we're not trying to cut prices to sell all we have," McDonald says. "Our main purpose is to show what we've done, talk to people

**HARE, PAGE 4B**

## Hare

FROM PAGE 1B

about what we do and educate the community on how to grow healthy food."

But, she says, "we do like the South Wedge Farmers Market theme — 'the food less traveled.' It's grown close by. You can't get any fresher."

Last year, the combined Community Food Project gardens yielded an amazing 6,344

pounds of produce — about 3 1/4 tons from 1 1/2 acres of land.

"The children are learning about healthy foods, and how to prepare them," says Susanne Willis, a retired city teacher who still works part time and volunteers at Clara Barton. "And we have older people who come out and work along with the children in the summer. That's a real plus for them."

There was a little vandalism at the Clara Barton garden that first summer of 2006, "but it was mostly children uprooting

plants," McDonald says. They identified the children and asked them to come work at the garden. "They don't do it anymore."

The gardens offer children, and adults, a real chance to learn how to take care of the land, eat better and work together. "The neighborhood watches out for the garden now," says McDonald.

Aside from the education in eating well and conservation, says Lee Caine, chair of the Rochester Roots board, the gar-

dens teach people that there's more to life than "immediate gratification."

The garden, McDonald says, "slows you down, makes you wait and then rewards you with something you've put your time into. That's an important lesson in life."

And the garden is itself a sign of life, of the presence of people who have put down their own roots and decided to stay. The garden can soothe and help civilize a neighborhood. And that is a very good thing. □

The Rochester Roots School-Community Garden project has drawn attention from the local and national media.

## Cultivating Minds: Food-Related Curricula Take Root Nationwide

### Nearly 300 public schools in twenty states teach with farms or gardens.

by Bernice Yeung  
November 5, 2008

#### Planting a Future:

When a mysterious vegetable growing in the garden at Clara Barton School, in Rochester, New York, was ready for harvest this fall, a group of students pulled it from the ground. As they brushed off the dirt, the first, second, and third graders demanded to know the name of the strange, burgundy-colored root.

Janet McDonald, who runs the garden through a community organization called Rochester Roots [1], startled them with the news that the long, narrow spindle was a carrot. The children protested loudly, "Carrots are orange, not purple!" So McDonald cut it into pieces and asked them to try it. As they chewed, a consensus grew: It *did* taste like a carrot.

As the students marveled at the fact that carrots come in different colors, McDonald explained that the purple one was an heirloom variety that originated in the Middle East. Upon returning to class a half hour later, the students bombarded their teacher with queries about what had happened in the garden.

"When you integrate all of the senses, then the students start to ask questions," McDonald explains. "We say, 'Smell this, taste this, look at this.' And then they ask, 'Why?' And then we respond, 'Let's look in this book and see if we can find the answer.' Kids need a tactile relationship with the environment, and we provide that tactile info, which then can open the mind."

Rochester Roots is one of many public school programs nationwide that uses food as a pathway to learning. The concept, popularized by chef Alice Waters's Edible Schoolyard [2] and the Community Food Security Coalition's Farm to School [3] programs, has been quietly gaining momentum over the past decade. As Americans sharpen their focus on education, health, and climate change, more states and school districts are embracing food-related curricula to teach topics as varied as chemistry, nutrition, and environmentalism. Many believe the vegetable's time as a teaching tool has finally come.

To read the full article

<http://www.edutopia.org/food-school-garden-farm-curriculum>



**In 2008 Bruce Springsteen supported Rochester Roots with a \$15,000 contribution.**



*This is what will be.  
This is what will be.*

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[www.rochesterroots.org](http://www.rochesterroots.org)  
Growing Youth, Growing Community, Growing Food

The future of Rochester Roots is in your hands. Through offering your time, talent or funding you can help us grow!

Rochester Roots is a not-for-profit organization supported through grants and donations. We thank the following generous funders for supporting our work in 2008/2009:

**ACE Bakery, Ltd., Toronto**

**Bruce Springsteen**

**First Unitarian Church: Greater Good Project**

**Greater Rochester Health Foundation**

**Spiritus Christi Church**

**The USDA Community Food Projects Grant Program**

**Wegmans Food Markets**

**Wilco**

...and many other generous contributions from businesses, organizations, the faith community and individuals like you!

**Great things can happen  
when we all pull together.**



**Growing Youth, Growing Community, Growing Food**

For more information about Rochester Roots please contact:

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Visit our website to learn more:

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