

Can We Eat those Vegetables We Planted?

The Hope Garden Project in Northeast Park Hill

September 9, 2021



Elisa was assigned to put the zucchini muffin dough into the muffin cups.



Dawnisha and Zai are shredding a carrot for the cabbage slaw.



We grew zucchini in our raised garden bed, and shredded part of a big one for our zucchini muffins!

Zucchini Bread w/ cake mix

Yellow cake mix OR Chocolate cake mix with ¼ cup sugar added

1 T cinnamon in yellow mix. (I don't know whether it is needed in chocolate cake mix.)

1/4 cup veg oil

1/4 cup milk or water

3 eggs

2 cups coarsely shredded zucchini (about 2 medium or half a huge one)

Nuts, Raisins, Chocolate chips—optional.

Fill muffin cups in a muffin pan. Makes about 16. Bake at 350o oven for 25 minutes. Ready to eat as soon as they are cool enough to hold!

Or Grease 2 loaf pans 8x4, Bake at 350o for 45-50 minutes

Let it cool ten minutes before slicing.

We received a small grant from the Sister of Loreda to help for the purchase of soil, seeds, gloves, the squash plants, and garden tools.



We had three heads of cabbage. Here is what they look like before harvesting.

They take a lot of cleaning up before they can be used as coleslaw!

Best sweet dressing for shredded cabbage and carrots:

Mayonnaise or Miracle Whip

Milk

Sugar

Mix in a jar with a lid and shake! Add to the vegetable mix!



Zucchini muffins, coleslaw in yellow bowl, empty muffin cups and spoons to eat the coleslaw! Some sliced carrots and zucchini with dip, and some donated cherry tomatoes!

How did this project happen? It began on May 13, 2021



We cleaned out the weeds from the raised garden bed that had not been used for quite a while. Then added some new soil (purchased) and marked plots with a string grid. Each kid has a small plot and could choose tomato seeds, green pepper, kale, peas, carrots, flowers. (purchased)

Baby brother wanted to help dig.



And then he took a tumble over the edge of the garden!





Here is a view of the two raised garden beds. The students who took part lived in this housing area and were part of a sponsored after-school and summer program.



You could find some garden gloves and garden tools in the basket, so you could help!

I love Hope Communities

I love the planet Earth

I love this day in time

I love the Universe

I'm always ready to see this world of ours

I tell you, man, I like it here

I tell you, man, I love it here

(boom di yada....) *



Don't worry about getting your hands dirty! That's part of the fun of raising vegetables!



We covered the second raised bed with sheets of cardboard rather than dig up all the weeds. When the cardboard covered all, we covered it with a layer of soil (purchased). About two or three weeks later we planted a yellow squash, a zucchini, and a pumpkin. (purchased as plants)



Planting day in second raised garden bed.

Hi all,

We wanted to say thank you so much for your visit yesterday, and for all you've done for our kids at Hope Communities over the course of this summer. You've been great to work with, and your guidance and energy has made a huge impact for the kids. With all we've learned, we hope to be able to continue improving our gardening program every year. I don't have contact info for Rich, but please extend our thanks to him as well!

Would you all mind sharing any pictures that you got from the cooking session last night? I attached the one I took of our delicious harvest spread!

Thanks again, and we hope to work with you all more in the future.

Best,
Michael

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Please join us for our annual event to raise awareness and funds to support affordable housing, vital programming and key services to address critical needs and provide greater opportunity for underserved individuals and families in our community.

Hope For The Future is Thursday, September 23 – get [your tickets](#) today!