

# Spring 2024 News

SPRING IS HERE AND WE ARE GROWING!



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# From The Youth Harvest Project: We are growing!



## Our Goals for 2024:



Breaking Bread and Barriers  
Meal Prep  
More one-on-one learning



Adding two schools:  
Slate Run Elementary  
S. E. Jones Elementary



Increasing our donations  
of produce to our  
community

Upcoming: Youth Harvest Project  
Pay-What-You-Can-Farmstand  
and Plant Sales

## Meet Our Staff



Heather Swinney  
Program Educator



Gina Brown  
Founder, Executive Director



## Pollinator Day Takes Place on April 27



The Purdue Extension Floyd County and Sunnyside Master Gardeners will host Pollinator Day on Saturday, Apr. 27! This free, family-friendly event will be from 10 a.m.-3 p.m. on the lawn of the Purdue Research Park of Southeast Indiana ([3000 Technology Ave., New Albany, IN 47150](https://www.purdue.edu/research-park)), weather permitting.

Activities include booths on Native Bees, Butterflies, Pollinators and Our Food Supply, Hummingbirds, Native Plants, Planting for Pollinators, Beeswax Lip Balm, a Pollinator Selfie Booth, Pollinator Putt Putt, and much more. Please follow Purdue Extension Floyd County on Facebook and Instagram for more details about this event.

We have a great selection of herbs and vegetable plants available for you to take home. While we're not selling them, we kindly ask for a donation in return. Your generosity goes a long way in supporting our mission to provide our community with access to fresh and nutritious foods.

Last year, we raised over \$800...help us meet and exceed this goal for 2024!



## CSA's: Community Supported Agricultural

From now through October, we will be offering CSA bags (Community Supported Agricultural) to our monthly donors who give in the amount of \$50 or more. These will be limited.

Also new for 2024, we will have a Pay-What-You-Can-Farmstand. (starting with NAHS teachers and staff)

Please email Gina Brown at [gbrown@letuslearnkyinc.org](mailto:gbrown@letuslearnkyinc.org) if you have any questions.

## Our Spring Plant Sale Begins May 11!

There are several ways to get involved in the spring plant sale, including:

You can volunteer. [Click here](#) to view the Signup Genius link!

Or purchase plants grown by the **Youth Harvest Project Students** at New Albany High School (NAHS)

**The plant sales will take place every Saturday in the month of May.  
All funds support our mission and programming.**



## Meal Prep Classes are Beginning Soon!



You must be considered lower-income.

This is not a children's cooking class, although older children, 12 and up, are welcome to join with their parent/guardian.

**Don't qualify for the FREE class?  
Here are two ways that you can join us:**

Donate a small fee (\$40) per class to cover expenses

Volunteer! Our volunteers ♥ this class, and we ♥ our volunteers!

Got more questions? Contact us at: [gbrown@letuslearnkyinc.org](mailto:gbrown@letuslearnkyinc.org)

## SUMMER SESSION begins on July 21

- FREE
- 4-WEEK SESSIONS
- SMALL CLASS SIZE
- CHILDCARE
- LUNCH SERVED
- TAKE HOME PREP MEALS
- LEARN HOW TO MAXIMIZE YOUR BENEFITS

# Community Spotlight: Justice Stamper

My name is Justice Stamper. I volunteer at my son's Growing Gardeners Club at Green Valley Elementary. This is our first year in the gardening club.

## The biggest takeaway from volunteering with Let Us Learn:

“For a first-time volunteer with an elementary school garden club it is an opportunity to make an impact on young students' lives while fostering a love for nature and healthy living. By volunteering, you're not only helping to maintain the garden but also providing valuable hands-on learning experiences that can instill a sense of responsibility and teamwork while teaching the children to care for the environment. Witnessing the joy and excitement on the students' faces as they learn about plants, observe the growth process, and harvest produce can be incredibly rewarding and inspiring. Overall, volunteering with the garden club allows you to connect with the community, build relationships with the students and other volunteers, and potentially discover a new passion or interest in gardening and education.”

## Favorite veggie?

It's so hard for me to choose my favorite vegetable. Spaghetti Squash and Brussels Sprouts have to be my top two!

**Thank you, Justice, for sharing and being a part of our Growing Gardeners Club!**



## School Updates



### Hazelwood Middle School

Bridge to Success (BTS)  
Wednesdays starting April 17 @ 430 pm

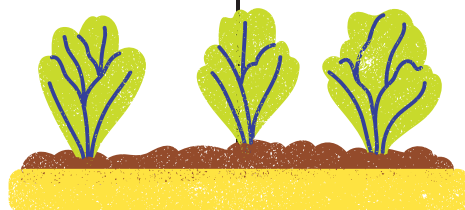
### New Albany High School School

Pay-What-You-Can-Farmstand  
Open to NAHS Teachers  
Coming in May

### Slate Run Elementary School

In partnership and with sponsorship from  
the Floyd County  
Soil & Water Conservation District

**Coming in Fall 2024**  
**S. Ellen Jones Elementary**



# Issue 3 Recipe

## Kale and Mango Salad

Let Us Learn, Inc

A meal prep favorite!

Breaking Bread and Barriers Meal Prep

### Ingredients:

**1 bunch kale or large bag stalks removed and discarded, leaves thinly sliced**

**2 lemon, juiced**

**Shredded carrots**

**Finely chopped red onion**

**1/4 cup extra-virgin olive oil**

**Kosher salt**

**4 teaspoons honey**

**Freshly ground black pepper**

**Cilantro**

**Cotija Cheese**

**2 mango, diced small (about 2 cups) or Frozen Mango, thawed (1/4 mashed)**

**Toasted pepitas (pumpkin seeds), about 1/3 cup**

**Crispy Chickpeas**

**Salt and pepper to taste**



### Method:

**1. In a large serving bowl, add the kale, half of the lemon juice, a drizzle of oil, and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.**

**2. In a jar, add together the remaining lemon juice with the honey, 1/4 of the mango, finely chopped cilantro, and lots of freshly ground black pepper. Add the oil. Shake until well combined.**

**3. Taste. Pour the dressing over the kale, and add the remaining mango and pepitas. Toss and serve.**



# THANK YOU FOR YOUR SUPPORT!



Many thanks to all of our Monthly Donors!  
Together, we are planting the seeds of a healthier community

Become a monthly donor a  
[www.letuslearnkyinc.org/donate](http://www.letuslearnkyinc.org/donate)

## Blossom Sponsor Recognition: Samtec, Inc



Thank you to Samtec, Inc., our first Garden Sponsor. If you want to learn more about sponsorship opportunities, please contact Gina Brown at [gbrown@letuslearnkyinc.org](mailto:gbrown@letuslearnkyinc.org)



Thank you, Becky King from Dolly Parton's Imagination Library of Floyd County and NAFC Education Foundation of the donation of garden books! We can't wait to share these with kiddos in our community!



Thank you Altrusa International of New Albany for your generous donation and continued support!



# Meet Our Board of Directors

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Katie Davidson  
2024 Board Chair



Tabitha Underwood  
Secretary/Interim Treasurer



Gina Brown  
Founder, Executive Director



Luz Vera de Anderson



Brenda de Aráuz



**Let Us Learn**

connecting families to food

