



# What's Growing On?

*A Newsletter to Nourish*

  
"On Team"  
Volume #1



## Who we are ... NOW!

As most plants, people and places do, Common Vision has grown. We are committed to regenerating our Earth, beginning in West Oakland schools and neighborhoods. Grounded at the intersection of education, food and environment, we aim to nourish the transformation of urban landscapes so that healthy communities flourish for generations to come.

Right now, our team is facilitating the flow of fresh food to families, planting tree canopy in the "concrete jungle", and establishing community-driven networks that ensure our collective resilience.

We invite you to "follow" along, to act on behalf of justice, and to join us for what is sure to be an adventurous journey!

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## Teaching Gardens

Our school gardens provide a place for growing fruits, vegetables, trees, and relationships between students and the natural world. In weekly garden classes at Prescott & MLK, Jr. Elementary Schools, and West Oakland Middle School, students grow to be earth stewards - planting, harvesting & cooking collards, berries, herbs and more right where they are with Mr. Broccoli and crew.



## Rooting Community ...with Trees

Trees provide huge benefits to our communities - filtering pollutants, providing food, fresh air, habitat for humans and wildlife, and much, much more! Data proves that a lush urban canopy supports improved health and wellness, safety with less violence, and greater cooling shade as our climate warms.

Trees - whether they are oaks and native species or actual family trees that tell our histories - support life in every way! They remind us of our interconnectedness and our responsibility to tend to the living world to which we all belong.

*Join Common Vision and our local partners in tending to our urban forest and community by planting, caring for, adopting, and learning about trees in our schools, homes, and community centers. Let's grow healthy community!*







## Feeding the People...and Worms

Our "Commons Market " connects folks to a long legacy of direct community care in West Oakland. We provide nourishment to 1000+ families weekly at our schools using recovered, high quality food (14,278 lbs this year!). The food bank, Good Eggs, StopWaste, and other organizations help magnify our impact in West Oakland ... and beyond. Any food/produce that doesn't go to humans, feeds our worms and compost piles!

### Interested in free food? Find us!

Tuesdays @ 2:45 pm at 10th & Filbert Sts.

**MLK, JR. ELEMENTARY SCHOOL**

Wednesdays @ 1:00 pm at 14th & Market Sts.

**WEST OAKLAND MIDDLE SCHOOL**

Thursdays - 2:45 pm at Brockhurst & Market Sts.

**HOOVER ELEMENTARY SCHOOL**

Fridays @ 2:45 pm at 10th & Peralta Sts.

**PRESCOTT ELEMENTARY SCHOOL**



**GET WORMS, CASTINGS  
& COMPOST**

## Join our "3rd Saturdays" Fun!

Common Vision partners with the UC Davis to plan and present monthly workshops and school presentations about topics relevant to growing relationships between plants, people and nature. The Civic Urban Farmers Program brings people together each month on 3rd Saturdays (and in classrooms) to learn together in experiential work parties that educate and engage across all ages. More than just sessions about bees, trees, soil, or food, we learn, work a bit, eat a lot and practice caring for nearby lands and neighborhoods by growing a big garden at a place called Prescott (first) together!

## And ... you'RE INVITED!

**Saturday, April 19th ~ 10 am -2 pm**

**"Tending Our Habitat"  
An Earth Day Celebration**

LEARN - Worms - Butterflies - Sunflowers - Soil - Food  
GROW - Food as medicine, healthy kids, a happy you  
GET - dirty hands - a yummy lunch - free stuff - friends  
FUNDED by - California Department of Food & Agriculture



# Flourish!





