



THE GARDEN CLUB



A Garden 31 Newsletter



RECENT NEWS

We got the grant!

to **grow** and **sustain** our important work in urban agriculture.

UC San Diego
CENTER FOR COMMUNITY HEALTH

GARDEN 31
SD, CA

We are so honored to announce that we have received some incredible grants in the past couple of months. We are so grateful for everyone that supports us, believes in our mission, and contributes monetarily, or with their time, and energy.

Grants Received so far in 2025:

Big Green DAO Round 8 Funding
UCSD Growing Equity Grant
SDG&E Volunteer Support Grant
Newman's Own Grant

Zero Waste PUMPKIN



Pumpkin Guts Fritters:

Ingredients:

- 2 cups pumpkin guts chopped
- ½ cup flour
- 1 egg
- 2 tbsp grated cheese
- 1 garlic clove minced
- salt, pepper, paprika to taste
- oil for frying

Instructions:

- pat the guts with a towel to remove excess moisture
- Mix all ingredients into a thick batter
- Heat 1/4 inch of oil in a skillet to 350-365 degrees F. Drop spoonfuls of the mixture in and flatten slightly
- Fry until golden on both sides (about 2-3 minutes per side)
- Serve with sour cream, yogurt, or a spicy sauce of your choice
- Take a photo and tag us in it @garden.31

Roasting Pumpkin Seeds:

- Scoop out seeds and guts and drop everything into a bowl of water
- The seeds should naturally float while the guts drop to the bottom
- Rub the pulp gently between your fingers in the water to free any stuck seeds
- Use oiled hands or a slotted spoon to scoop seeds into a collander
- Run seeds under cold water, rubbing gently to remove any leftover pulp (don't worry about tiny strings - they will burn off)
- Place on a towel to dry out completely
- Preheat oven to 325 degrees
- Place seeds in a bowl, drizzle 1-2 tsp of oil per cup of seeds
- Add salt and any other seasonings you may like (pepper, cinnamon/sugar, chili powder, garlic powder, ranch seasoning, paprika)
- Spread seeds in a single layer on a parchment-lined baking sheet
- Roast 20-30 minutes, stirring every 10 minutes

What to do with you Jack-O-Lanterns after Halloween:

City of San Diego: Drop clean, unpainted Jack-O-Lanterns in green bins for pickup

EDCO-served areas: Use green organics cart for disposal

Search for local organizations accepted clean, unpainted pumpkins at their farms for compost, feeding animals, etc...

BRINGING IN THE FALL SEASON

A PUMPKIN'S TALE

BY JASMINE METZ

I WAS BORN IN THE QUIET HUSH OF SPRING, NO BIGGER THAN A MARBLE TUCKED BENEATH WIDE GREEN LEAVES. THE SUN WAS GENTLE THEN, AND THE SOIL STILL COOL FROM WINTER'S REST. I LISTENED AS BEES HUMMED ABOVE ME, WHISPERING PROMISES OF GROWTH.

BY SUMMER, I HAD SWELLED ROUND AND PROUD, MY SKIN GLOWING GREEN WITH THE SUN'S WARMTH. THE VINES AROUND ME TANGLED LIKE FAMILY—BROTHERS AND SISTERS CURLING CLOSE, EACH OF US DREAMING OF THE DAYS AHEAD. THEN AUTUMN CAME, AND WITH IT, A GOLDEN CHANGE. MY GREEN FADED TO A WARM, DEEP ORANGE, THE KIND OF COLOR THAT MAKES PEOPLE SMILE AND THINK OF COZY EVENINGS, FALLING LEAVES, AND SPICED CIDER. I BECAME MORE THAN A FRUIT OF THE VINE—I BECAME A SYMBOL OF HARVEST, OF GATHERING, OF GRATITUDE.

CHILDREN WANDER BY AND POINT AT ME WITH BRIGHT EYES, IMAGINING LANTERNS AND PIES. GARDENERS REST THEIR HANDS ON ME LIKE AN OLD FRIEND, PROUD OF THE SEASON'S BOUNTY. I FEEL THE COOL AIR SETTLE INTO MY SKIN, AND I KNOW MY TIME IN THE GARDEN IS NEARLY DONE.

BUT I AM NOT AFRAID. FOR WHETHER I SHINE ON A PORCH WITH A CANDLE FLICKERING INSIDE, NOURISH A FAMILY AS A PIE, OR GIVE SEEDS BACK TO THE EARTH TO GROW ANEW—I WILL ALWAYS BE PART OF THE STORY OF FALL.

AFTER ALL, I AM MORE THAN JUST A PUMPKIN. I AM THE SPIRIT OF THE SEASON.

WHAT WE'VE BEEN UP TO...

We had an incredible volunteer day with one of our main supporters, SDG&E



We found some furry friends on our farm. "So you're the little guy who's been eating our veggies!"

Our staff and apprentices love connecting with the earth in every way.



We spent some really incredible days hosting a booth, playing games, and sharing our message at the San Diego County Fair.

Dear Garden 31 Family,

I want to take a moment to share my deep pride in our new Chief Operating Officer, Sam Rabichow. Sam has been working with us for over a year now, and in that time he has consistently proven himself through his writing, his strategic vision, his ability to connect, and his willingness to go the extra mile.

Sam has truly earned this position, not only with his pen but with his dedication to strengthening our organization and our mission. I am proud to see him now gaining well-deserved visibility, representing Garden 31 through our Equity Grant with UCSD.

His work has already made a meaningful impact, and I know he will continue to help us grow in powerful ways.

-Chris Burroughs

Garden 31 Founder & Executive Director

MEET SAM

GARDEN 31'S NEW COO



"More than anything, it's humbling to be trusted in my new capacity"



SOME UPDATES FROM OUR COO:

In partnership with CSUSM, **Garden 31 welcomes 2 new farm interns to the farm team for the 2025 Fall semester.** These interns are undergraduate students at CSUSM and are fulfilling their collegiate internship requirement via a 16-week internship at Garden 31's Montgomery and Anza farms.

Garden 31 was selected to serve as a partner organization for UCSD's Halicioğlu Data Science Institute (HDSI) Scholarship Program.

As a nonprofit partner, we are thrilled to announce that we will be mentoring two undergraduate data science students on a project entitled "Maximizing Fresh Food Access Across San Diego County".

Over the course of the full 25-26 academic school year, these Research Assistants will work closely with our COO to develop (1) a user-friendly data system for logging and tracking fresh produce grown across all of our farm and garden sites and (2) a series of overlay maps that visually represent local growing operations, distribution/pos for fresh produce, microclimates, and specific food consumption by neighborhood. These tools will allow us to expand our impact strategically and represent our impact more effectively, in the worthy fight for fresh food access and equity in our region.

In June 2025, San Diego Food System Alliance received a California Jobs First Catalyst Round 1 Planning Grant, for their proposal "Planning for an Agricultural Community Land Trust in San Diego County". A big win for our friends at SDFSA and an even bigger win for San Diego! **Garden 31 is honored and excited to have been tapped for a seat at the table in the co-design process - we look forward to helping shape local agricultural land conservation efforts!**

Programs Starting Up

Garden 31 is thrilled to continue working closely with Vista Unified School District as we kick off the start of the 25-26 school year!

WHAT SHOULD I BE PLANTING?

SEPTEMBER-NOVEMBER ZONES 8-10

Fall is a season of planting and renewal. You don't need a huge garden or pumpkin patch to join in the harvest - windowsills, shelves, counter-tops, and patios can all become mini gardens. Herbs, leafy greens, & microgreens thrive indoors, bringing fresh flavors to our meals and reminding us that food sovereignty starts at home. Small spaces - big impact.

Beans
Beets
Broccoli
Brussels Sprouts
Carrots
Cauliflower
Chard
Lavender
Peas
Radishes
Turnips
Sage



Fall in southern California is still prime planting season. Even if your outdoor space is small, every seed planted builds resilience, and brings you closer to a fresh, home-grown harvest. With a little care, your garden can keep producing long after the end of summer- proof that the season of abundance is eternal.



Cabbage
Celery
Collards
Garlic (pre-chilled)
Kale
Kohlrabi
Leek
Lettuce
Onion
Rosemary
Spinach

THANK YOU FOR JOINING THE GARDEN CLUB!

Please check out our website, follow us on all of our social media platforms, and reach out to us with any questions you may have at community@garden31.org!



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