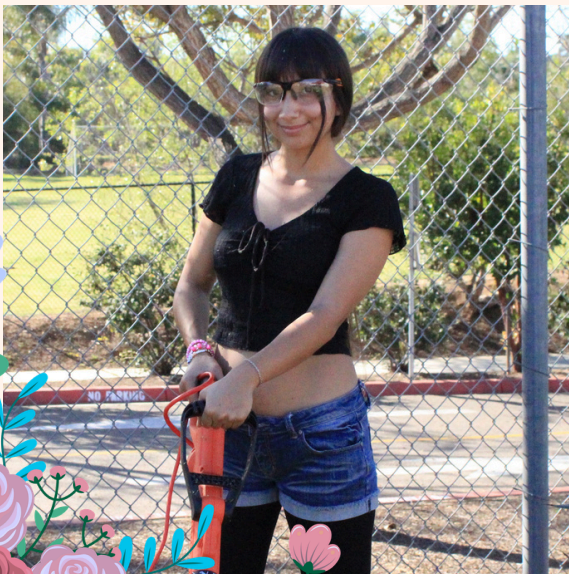


# THE GARDEN CLUB

A Garden 31 Newsletter



## RECENT NEWS



### Happy Women's History Month & International Womens Day

We have so many strong, smart, creative, inventive, and exceptional women in this community who deserve to be recognized and uplifted. In a field dominated by men, it is easy to be overlooked, but you all shine bright and make a genuine positive impact every single day. THANK YOU!

# THE G.R.O.W.E.R. APPRENTICESHIP

At Garden 31, we believe that growth—both in the soil and in ourselves—happens when people are given the right environment, mentorship, and opportunity. That belief is the foundation of our G.R.O.W.E.R. (Generating Real Opportunities With Earth's Resources) Apprenticeship Program.

This January, we launched a six-month pilot apprenticeship program running from January through June 2026. The program brings together a cohort of young adults who are gaining hands-on experience in regenerative agriculture, landscaping, and natural resource stewardship. This pilot is an important step toward the full 18-month, state-certified apprenticeship program that Garden 31 has been developing through the COYA Apprenticeship Planning Grant from California's Division of Apprenticeship Standards.


This apprenticeship equips our 15 young participants with the knowledge and skills needed to pursue meaningful careers in agriculture, horticulture, and natural resource management. Through a combination of hands-on training and classroom instruction, apprentices learn foundational topics such as soil science, regenerative agriculture practices, irrigation and water management systems, pest management, agroecology, agricultural safety, and landscape and field design suited to Southern California's climate.

While technical training is a key component of the program, the G.R.O.W.E.R. Apprenticeship is also about personal growth and mentorship. Garden 31 staff work closely with apprentices, many of whom come from backgrounds where access to traditional educational opportunities has been limited. Through mentorship rooted in shared lived experiences, participants are encouraged to reflect on their own journeys and see the parallels between cultivating healthy ecosystems and cultivating resilience within themselves. Just as soil health improves when it is cared for and nourished, people flourish when they are given the tools, support, and trust needed to grow.

Our current cohort represents an exciting milestone as we pilot and refine the program model ahead of the full 18-month apprenticeship launch.

Once fully implemented, the G.R.O.W.E.R. Apprenticeship will be one of only two agriculture-focused apprenticeships certified by the State of California, and the only one south of Fresno. As the program grows, we look forward to expanding opportunities for young people across San Diego County to develop meaningful careers connected to the land.

When people are given the chance to plant seeds of possibility—whether in the soil or in their own lives—those seeds can grow into something extraordinary.



**WOMEN ARE  
PIONEERS. THEY'RE  
CENTRAL TO FARMING,  
FORGING POSITIVE  
CHANGE THROUGH  
AGROECOLOGY ON THEIR  
FARMS AND IN THEIR  
COMMUNITIES.**

**-INTERNATIONALWOMENSDAY.COM**

**THERE IS NO LIMIT TO WHAT WE, AS WOMEN, CAN ACCOMPLISH. -MICHELLE OBAMA**

# SPRING IS COMING

**Spring Equinox: 3/20 10:46am**



**Spring marks a season of rebirth, renewal, growth, and hope for the future. As spring approaches, it's a great time to prepare your garden for a new season of growth. A few simple steps now can help your plants thrive in the months ahead.**

**Start by preparing your soil. Loosen compacted soil and mix in compost or organic matter to add nutrients and support healthy plant growth. Healthy soil is the foundation of a productive garden.**

**Take time to clean up garden beds by removing weeds, dead plants, and debris left from winter. This gives new growth space to emerge and helps prevent pests and disease.**

**Early spring is also a good time to start seeds indoors for crops like tomatoes, peppers, herbs, and flowers so they're ready to transplant once temperatures warm up.**

**Finally, check your irrigation system and plan your garden layout for the season. Small preparations now can lead to a healthier, more productive garden as spring unfolds.**

# WHAT SHOULD I BE PLANTING?

MARCH-APRIL ZONES 8-10

As spring approaches, windowsills, shelves, patios, and small garden beds can all become spaces for new life. Try planting herbs, leafy greens, or early spring crops to bring fresh food and greenery into your home. Even small spaces can make a big impact.

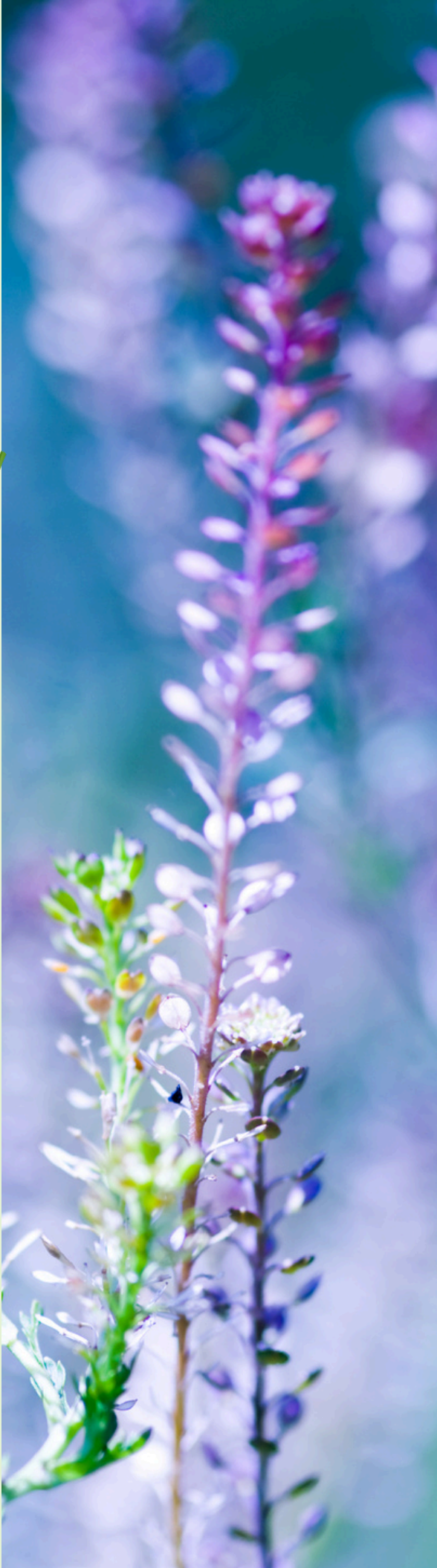
- Anise
- Broccoli
- Cabbage
- Cauliflower
- Eggplant
- Green Onion
- Kohlrabi
- Peppers
- Potatoes
- Sweet Marjoram
- Tomato
- Watermelon



As the days grow longer and the ground begins to warm, many crops thrive when sown directly in the garden. Planting seeds outdoors now allows them to establish strong roots in their natural environment and take full advantage of the season ahead.



- Arugula
- Beans
- Beets
- Cantaloupe
- Carrots
- Cilantro
- Mustard
- Okra
- Parsley
- Peas
- Squash
- Turnips





JOIN US!

# March 2026 Community Day



**WEAR CLOSED-TOE SHOES, AND  
BRING WATER, SUN PROTECTION,  
& GLOVES IF YOU HAVE THEM.**

**MAJOR GENERAL MURRAY  
HIGH SCHOOL:  
215 N MELROSE DR  
VISTA, CA 92083**

**REGISTER AT:  
[GARDEN31.ORG/EVENTS](https://GARDEN31.ORG/EVENTS)**



**SATURDAY, MARCH 28<sup>TH</sup> | 8:00AM-12:00PM**

# 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](mailto:community@garden31.org)!



<https://garden31.org/>



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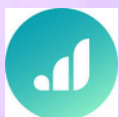
[Check out our first video!](https://www.youtube.com/@garden31community)  
[youtube.com/  
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<https://www.linkedin.com/company/garden31>

**We are always happy to receive donations!**

To donate, text **Garden31** to **44321** or use the link/QR code below:



<https://secure.givelively.org/donate/garden-31-community-initiative-inc?ref=e21bcf47-bcd7-4884-9aba-91cbf9d29bce>

