

THE GARDEN CLUB

A Garden 31 Newsletter



RECENT NEWS

There is still time to vote!

We are still in the running to be one of six EnviroTokens recipients for the next year! This would mean monthly donations from Lazy Acres Natural Market, which would go straight back into our programming and community. You can VOTE DAILY through June 22nd, so be sure to go to lazyacres.com/vote and choose the Encinitas location to find us every day!



May is mental health awareness month

Did you know that vegetable gardening is associated with higher emotional well-being than ornamental gardening?



According to Preventative Medicine and NASA, gardening is correlated with reducing levels of stress, anxiety, and depression.

Household gardening is the only activity where women and low-income participants report the highest emotional well-being.



Source: <https://www.princeton.edu/news/2020/07/10/emotional-well-being-while-home-gardening-similar-other-popular-activities-study>



You are not alone

Call or text 988
for 24/7 free and
confidential
support

Text "HOME" to
741741 to connect
with a crisis
counselor

Go to
calhope.org for
non-emergency
emotional
support

For specialized
support for LGBTQ+
youth call the Trevor
Project at 1-866-488-
7386 or text "START"
to 678-678

If you
or someone you
know is struggling
with a mental
health disorder or
crisis, there are
options.

Call the SAMHSA
National Hotline at
1-800-622-HELP (4357)
for free and
confidential treatment
referrals and
information

NAMI (National Alliance on
Mental Illness) offers free
peer-led support groups,
education, and a helpline.
Call 1-800-950-NAMI
or text 62640



What can you do to support a loved one experiencing a mental health crisis?

- LISTEN ACTIVELY AND WITHOUT JUDGMENT
- OFFER PRACTICAL HELP WITH EVERYDAY TASKS
- ENCOURAGE THEM TO SEEK PROFESSIONAL HELP IF NECESSARY
 - CHECK IN REGULARLY
 - CONTINUE INCLUDING THEM
- AVOID PRESSURING THEM OR TAKING WHAT THEY ARE EXPERIENCING PERSONALLY

JOIN US IN CONGRATULATING OUR CSUSM SENIOR INTERNS!

Gabi and Kylie, we are so grateful for all of your hard work throughout your CSUSM senior internships with Garden 31. Over the past several months, you have dedicated your Thursdays to supporting operations at Montgomery Farm, and it has been incredible to witness your growth, commitment, and passion throughout this experience.

It was bittersweet wishing you both well on your last day at the farm, but we are so excited for all that lies ahead for you two rockstars. Congratulations to you both on graduating from CSUSM — your future awaits! We will miss you, but you will always be welcome at the farm.

-Your Garden 31 Fam





MAY COMMUNITY DAY



ALTA VISTA HS

1575 bonair rd
Vista, ca 92084



Saturday

May 30th

8:00AM -

12:00 PM

Wear Closed-toe shoes, and
bring water, sun protection,
& gloves if you have them.

REGISTER AT

GARDEN31.ORG/EVENTS





PADDLE FOR PEACE

Juneteenth BBQ

**SUMMER
KICKOFF**

CELEBRATE HISTORY. HONOR FREEDOM. EMBRACE CULTURE.

20 *June*

8:00 AM - 4:00 PM

CHECK OUT OUR TABLE TO PARTAKE IN
SOME OF OUR HARVEST

LA JOLLA SHORES BEACH





GARDEN 31 IS BACK!

AT THE

SD COUNTY FAIR

Friday, June 26th 11am-7pm

COMMUNITY CORNER
in Family Funville
with games and freebies

Friday, June 26th 11:30am

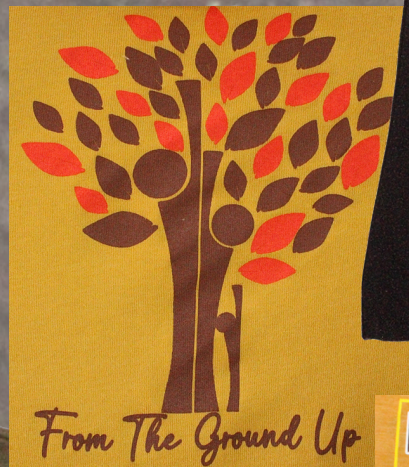
FARM2U STAGE
cookoff featuring our harvest
and interns

Friday, June 26th 2:30pm

FARM2U STAGE
Farmers and Growers
Commodities Feature



Garden 31 Merch is BACK!



Head to garden31.org/shop to start
repping G31 while supplies last!

THANK YOU FOR JOINING THE GARDEN CLUB!



<https://garden31.org/>



[garden.31](#)



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[garden.31](#)



[garden.31](#)



<https://www.linkedin.com/company/garden31>



garden31.org/blog



youtube.com/@garden31community

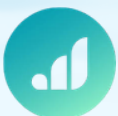


garden31.org/shop



DONATIONS:

text Garden31 to 44321 or use the link/QR code below:



<https://secure.givelively.org/donate/garden-31-community-initiative-inc?ref=e21bc147-bcd7-4884-9aba-91cbf9d29bce>