

# the biweekly **beet**

The Ruth Bennett Community Farm  
 Newsletter  
 JULY/AUGUST 2016

## UPCOMING EVENTS IN THE GARDEN

### movie viewing

On August 2 as the sun begins to set, at about 8:30pm, the court at the garden will be transformed into a movie theater for a viewing of the Ruth Bennett Story, a documentary on the life work of Ruth L Bennett. This is a free event and everyone is welcome, please bring a chair, light refreshments will be available.



Below: Sunburst squash, also known as "pattypan squash."



Our newly installed mural, painted by local artists Desire Grover and Angel Pabon.

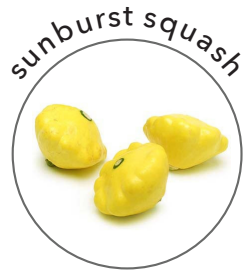
### thursdays in august

The farm will be hosting its second workshop series this season. Sowing Good Seeds, a **creative place-making event centered on wellness, healthy eating, and growing**. This event is for adults and children. It is a free event but registration and attendance to all workshops is required. August 4, 11, 18, 25 & 27 at 3:30pm.

## HAPPENINGS **july/august**

M	T	W	Th	F
25 9am - 4pm Farm maintenance	26 12pm - 6pm Childrens' programs	27 9am - 4pm Learning workshops	28 11am - 12:30pm Market @ Chester Senior Center 12:30pm - 2pm Market @ Matopos Hills	29 12pm - 3pm Market @ Edgemont/ Madison apartments
1 9am - 4pm Farm maintenance	2 12pm - 6pm Childrens' programs 8:30pm Ruth Bennett Story Movie Viewing	3 9am - 4pm Learning workshops	4 11am - 12:30pm Market @ Chester Senior Center 12:30pm - 2pm Market @ Matopos Hills 3:30pm Sowing Good Seeds	5 12pm - 3pm Market @ Edgemont/ Madison apartments

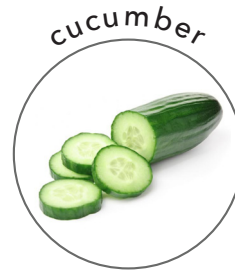
# WHAT'S IN SEASON:



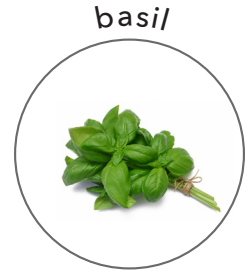
sunburst squash



tuscan kale



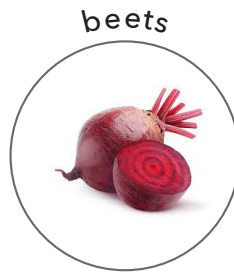
cucumber



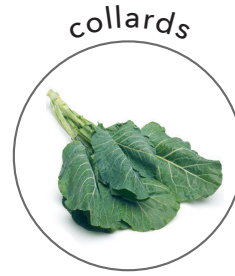
basil



green onion



beets



collards



turnips

## intern spotlight

This summer the farm is hosting two college students, Iman from Widener and Laura from Swarthmore.

**Iman** is a rising sophomore studying Biology at the farm, in addition to working markets and farming, Iman has been inspecting the health of the crops and monitoring pest in the garden. She'll later use the data to complete a report for reference to help grow better in the coming seasons.

**Laura** is also a rising sophomore, who is very interested in economics. She also works markets, programs and does farming throughout the week. Her independent project is putting together this newsletter and making the farm more transparent by getting Social media up and running. It'll go a long way to keeping everyone informed and documenting the progress we make this season.

The intention of the internship program is to give students an opportunity to explore a career in agriculture and make a meaningful impact through independent research.

“ I'm a Bio major and French minor, I'm in the Presidential Service Corps/Bonner Scholar Program, and I run the sustainability stuff at Widener. I do research looking for sustainable methods of biocontrol that won't harm the environment. ”



MEET  
IMAN



MEET  
LAURA

“ I love exploring how good food can bring people together and play a role in sustainable economic development. I'm also writing a cookbook about Peruvian cuisine and being creative and flexible in the kitchen. ”