



Spring Pop-Up Shop!



**FREE
& FUN FOR
THE WHOLE
FAMILY!**

**Saturday
May 11th**

9 AM - 3 PM

**2900 NE 8th Ave
Gainesville, FL**

**MUSIC,
FOOD, &
LOCAL
VENDORS!**



**LOTS OF
PLANTS,
ART, SEEDS,
& MORE!**

**Music by:
Boilin' Oil**





BLOOMING NEWS



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GROW HUB and the Community

by Meg MacKenzie

We partnered with Gainesville and Miami-based independent music label/management and consultation company, Dion Dia, to provide some plants for their April 13th event, Big: Culture & Arts Festival. We donated native grasses and wildflowers, including *Andropogon gerardi*, *Salvia coccineus*, and *Coreopsis lanceolata*. Big featured art of all kinds, including a lovely botanical art installation (pictured below) using plants from GROW HUB, created by local resident Leanne "Forest" Sheffer. We're honored to have provided some plant life for the community to enjoy at Big! Check out [Dion Dia](#) and their local storefront/creative hub/nightlife venue, [How Bazar](#).



In other exciting news, we teamed up with local coffee roaster Afternoon Roasting for their first-ever coffee collaboration to create a GROW HUB blend. It's a dark roast blend that includes tasty notes of bittersweet chocolate and toasted nuts. For every bag sold, Afternoon Roasting is donating \$1 to GROW HUB. \$15 bags can be purchased at our nursery, on [Afternoon Roasting's website](#), and at local restaurant, [Afternoon](#), and store, [Serpentine](#), while supplies last. When you try it out, let us know what you think!



By Caitlin Koval

There are some new gardens at GROW HUB: the Friendship Gardens. The idea for the Friendship Gardens came from Sarah Herkamp, one of the fantastic GROW HUB employees. Sarah thought the shape of the former burn pile behind the art gallery looked like the bow of a sailing ship. She wondered if it would be possible to build a garden in the shape of a sailing ship and train beans, peas, and other vegetables to climb up the mast to create a sail. Sarah asked Ms. Markoch's class from the Horizon Center to help with this project. They helped clear the plot and put down compost. Sarah and another GROW HUB employee, Amy, made the mast and the frames for the sails from branches and vines. The class then helped to install the mast and the trellis frames and plant the vegetables.



Some plants were lost because of frost, but the peas, carrots, garlic, and onions are thriving. The carrots now grow around the bow, the front of the boat. The garlic and the onions are growing along the sides and along the back of the boat, known as the stern. We harvested the first pea pods and carrots. The GROW HUB donkeys, Lewis and Clark, like to eat the tops of the carrots while we keep the roots.

Melissa DeSa, from Working Food, gave us strawberry plants. The strawberry plants are doing nicely “before the mast,” according to Sarah. The lettuce that we planted beneath the main mast is also doing well. Sarah put down a fresh stick of mulberry that started to root and sprout leaves, so she might replace the foremast with mulberry.

Sarah has more plans: “Because it is hard to have a friendship with just one friend, we put in a second garden right next to the first one. Our sailing ship will have a tugboat for a friend.” The tugboat will have sunflowers of different sizes and colors for the walls of the cabin. In addition, the tugboat will have climbing vines for the roof of the cabin. Real tugboats have tires for bumpers, so we decided to use old garden cart tires along the sides to be bumpers for the tugboat.

We’re looking forward to the completion of the second phase of the garden. As a GROW HUB employee, I’m excited to see the progress on our friendship. When you’re at the nursery, please take a look at the progress on our Friendship Garden.



**There are good ships and wood ships,
ships that sail the sea,
but the best ships
are friendships,
may they always be.**
- Irish proverb



A Friend of Native Plants

Our expanding natives section wouldn't be what it is today without the knowledge and support of one of our wonderful volunteers and crucial team members, Kathy! She started coming to the nursery with her late partner, Bruce, who was volunteering his woodworking skills. Having a love for natives, Kathy realized there were few places in Gainesville to buy natives and that GROW HUB had the unique opportunity to do so. Using experience seeding natives at Lost Valley Farm with Bruce, she helped GROW HUB break into the world of natives and has propagated countless native seeds at the nursery over the last six years. Kathy holds abundant knowledge about natives, their beautiful seeds, propagating them, and more. She volunteers most mornings, working with natives, and enjoys the space and community at GROW HUB.



Along with Kathy and Bruce's seeding work, Kathy became interested in natives by reading Doug Tallamy's books and attending a workshop with the Florida Wildflower Foundation. She shares, "There are so many reasons to plant natives: deep native roots often prevent soil erosion, they have been shown to conserve water, and butterflies, birds, and other wildlife thrive on native plants." She feels planting natives is "about a consciousness of protecting the earth and doing as little as possible to interfere with Mother Nature." For anyone interested in native plants, she recommends looking into [Florida Native Plant Society](#) and [Florida Wildflower Foundation](#). We are incredibly grateful for Kathy's ongoing contributions to GROW HUB. Her passion and expertise have made a difference for our nursery and the community.



Scan the QR code for a video of Kathy talking about natives at Lost Valley Farm

Apparent Disabilities and Non-Apparent Disabilities

By Meg MacKenzie

A common misconception about disability is the belief that it's limited to people with an apparent or noticeable disability. Someone who uses a wheelchair and has a physical disability has an apparent disability. However, there are also non-apparent disabilities that aren't always easy to identify. It's crucial to understand apparent and non-apparent disabilities because it highlights that disability doesn't look, sound, or feel like (to the touch) one particular way.

For some disabled people, their disability can present differently from day to day, so while some days someone's disability may be non-apparent, other days their disability could be apparent. This is based on but isn't limited to, particular situations or someone's behavioral and/or physical traits. If someone says they have a disability but does not disclose what it is, don't pry, as disability is personal to the individual. **(Continued on page 4)**

(Continued from page 3) Some disabled people who have a non-apparent disability, such as myself, choose not to disclose it to everyone. This is for varying reasons, including misunderstanding, discrimination, safety, harassment, and more.

Regardless of whether you're disabled or not, understanding disability helps support a mindful, inclusive, and compassionate world. Check out the book *Demystifying Disability: What to Know, What to Say, and How to Be an Ally* by disabled author and disability rights activist Emily Ladau. It's available for checkout at the [Millhopper Library and Waldo Library](#) and can be ordered at Gainesville's new bookstore, [The Lynx](#).

Honoring Life at GROW HUB

By Caitlin Koval

On April 18th, GROW HUB had a dedication ceremony in the native plant section of the nursery. The purpose of it was to honor the life of Ms. Helen Whitley, a lifelong teacher who worked with students with disabilities. She worked in the Alachua County Public School District as an elementary school teacher and made a significant impact on the students she taught. When Ms. Whitley wasn't teaching, she spent a lot of time in the garden. She loved plants that are native to Florida. Her favorite types of plants were the ones that attract butterflies.



Ms. Whitley's friends and family gathered at GROW HUB to celebrate her love of native Florida plants and gardening. They made a beautiful mosaic art piece and decided to put it at GROW HUB. At the time of the funeral, her family and friends didn't want to have donations of flowers for the service. Instead, they wanted to donate money to GROW HUB since it combined the two things she loved most, education and plants. The \$2,000 they donated will go toward the improvement of the native section. Stop by to see the mosaic!



GROW HUB SPRING TEA



INGREDIENTS

- 10 olive leaves
- 10 calendula flowers
- 10 chamomile flowers
- 1 sprig of Lippia alba/lemon balm
- 1 handful of Bidens alba leaves & flowers

DIRECTIONS

1. Add all ingredients to a saucepan or French press.
2. Fill with hot water.
3. Cover and steep for a minimum of 10 minutes or up to 12 hours for more medicinal benefits.
4. Strain and enjoy as is, or put in fridge and let cool for a refreshing, seasonal tea!

Follow us on social media for more news, stories, and updates!



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