



BLOOMING NEWS



Some of the GROW HUB team and friends during the August art exhibit opening at Cypress and Grove!

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Fall Events at GROW HUB!

Rooted in Inclusion: Disability Awareness Event October 12th, 9 AM to 3 PM

- Learn about resources available to the disability community from disability-related orgs and businesses!
- Shop for plants and art created by people of all abilities
- Enjoy tacos, burritos, and soul bowls from Soul Spice and pretzels from Bushel and Peck
- Buy a raffle ticket to win various goods! Raffle proceeds benefit GROW HUB



Rooted in Inclusion:
Disability Awareness Pop-Up



Music by:
Ricky Kendall

October 12th
9 AM - 3 PM
2900 NE 8th Ave
Gainesville, FL

Food by:


SPONSORS:


Pretzels by:




Native Plant-a-Palooza

SPONSORS:

Dr. Kim Kazimour,
School Psychologist

November 9th
9 AM - 3 PM
2900 NE 8th Ave
Gainesville, FL

Coffee and Pastries By:


Food By:




Native-Plant-a-Palooza November 9th, 9 AM to 3 PM

- FREE workshops!
- Shop a wide selection of native and non-native plants
- Purchase art and other goods from local vendors
- Enjoy coffee and pastries from Afternoon Roasting and tacos, burritos and soul bowls from Soul Spice
- Buy a raffle ticket to win various goods! Raffle proceeds benefit GROW HUB

Redeem this FREE PLANT coupon on October 12th or November 9th!



ONE FREE 1 gallon PLANT
***with purchase**
Excludes Valid only on
native plants Oct. 12 & Nov. 9

We'll accept digital or physical copies of the coupon

THANK YOU BLOOMING NEWS SPONSORS!

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GROW HUB's New Disability Committee

This summer, GROW HUB formed a disability committee led by one of our disabled team members. It was recommended by one of our disabled employees as a way for our disabled staff to be involved in the information we share about disability.

Who is on the committee?

Anyone on our team who wants to take part! This committee is for all members of our team, disabled or not.

Topics that have been discussed in the committee:

- How to adjust/improve disability language we've used in the past
- Improving our disability parking signage
- Disability-related topics for us to post on social media
- How we can inform local businesses about employing disabled people
- How team members can help with events

"With the disability committee, we are shifting from inward to outward. I am excited to be putting the concept out into the world that **people with disabilities can be good workers and that it's possible to have a workplace where people feel happy.** At GROW HUB, we don't just have a few token disabled employees—most of us are, and it works beautifully! I am excited to share this message of hope with our community."

- **Sarah**, Committee Member

"The committee brings a **perspective from staff** workers to tell the whole story of Grow Hub."

- **Amy**, Committee Member



**Our
second
meeting!**
Some
members
aren't
pictured

It’s National Disability Employment Awareness Month!

By Caitlin Koval

National Disability Employment Awareness Month, otherwise known as NDEAM, is celebrated every year in October. NDEAM is a way to highlight the accomplishments of people who have different disabilities in the workforce. The month also helps to educate more people about disability employment issues and celebrates the contributions adults with disabilities bring to their workplace. GROW HUB is a great example of a place that hires people with disabilities!

On October 12th, come to GROW HUB for our first annual disability awareness pop-up event from 9 AM to 3 PM! There will be many vendors sharing information and resources for the disability community, like the Center for Independent Living, UF’s Center for Autism and Related Disabilities, The Arc, and many more!



How does your workplace support disabled employees?



Good options for fall and winter planting

By Caitlin Koval

There are many different types of plants that are great to grow in the fall and winter in this area. This includes several annuals, perennials, herbs, and vegetables. I am going to highlight one plant from each category so that people can have an idea of what to grow in their gardens. Each section of the article will talk about the different characteristics of the plants and will discuss what the plants need to be successful.

A cool-weather annual, **alyssum**, has many common names, including sweet alyssum and seaside alyssum. People should be aware of many things when considering this plant for their garden. The alyssum plant needs to be planted in a location that gets at least six hours of sunlight a day, but it can also grow in partial shade. Alyssum grows best in well-draining soil and is an excellent choice for growing in containers. The alyssum plant is usually white, but it can also come in a variety of colors, such as pink, lavender, purple, and peach. If the soil is poor, or if the plant is grown in a container, it may need some fertilizer.

An example of a perennial that is good to plant in the fall might be the **Salvia greggii** plant. It prefers full sun and needs at least six hours of direct sunlight per day. Some salvias will bloom well in partial shade, but most prefer well-drained soil that is not waterlogged. These plants are great for attracting butterflies, hummingbirds, and bees. They can come in a variety of colors, such as red, purple, pink, and white, and can grow up to 3 feet tall. *(Continued on page 4)*



(Continued from page 3)

An herb that grows well in the fall could be **rosemary**. Rosemary grows best in full sun. Rosemary can grow in partial shade, but they need at least six hours of direct sunlight per day. This herb can be planted straight into the ground; however, it needs well-draining soil. If people want to grow rosemary in pots, they can do so without any problems, but the pots would have to be well-draining, just like if this plant were put directly into the ground. Rosemary has a strong, wonderful smell and has leaves shaped like pine needles.



Carrots grow best during the cool season here in Florida and do well when grown in deep, fertile soil that has good drainage. You can plant carrots from seeds between August and March if you are in North or Central Florida. Plant the seeds ¼ inch deep in rows that are 10 inches apart. Keep the soil moist during the growing season, and thin the carrots after they sprout so they have plenty of space to grow. The carrots will be ready to harvest in approximately 2 ½ to 4 months.



In conclusion, I hope that the information in this article is beneficial for anyone interested in growing annuals, perennials, herbs, and/or vegetables. There are many options to choose from, so try a few and see what you like best!



From left to right: GROW HUB team members, Sarah, Amy, Robert, and Sheryl.



Thank you to the UF Leadership Academy for helping us clean up after Hurricane Helene and for helping with the Friendship Gardens!



Empower Farms visited us in August!



Team member Katie and a caterpillar friend!

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

GROW HUB Nursery Address: 2900 NE 8th Ave, Gainesville, FL 32609



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@GROWHUBGNV

