



SEEDS OF HOPE WILSON

From the Executive Director

Greetings,

It has been an extraordinary couple of months. Summer ended on an up swing. I will say that the Wilson Farmers Market was a success. We've made some great contacts and added a few new board members because of it. Winstead United Methodist Church's peanuts and barbecue sauce continue to be our top sellers.

A special thanks goes to Randy Marshburn of Winstead UMC. Randy donated some of his amazing pottery for a sale and gave the proceeds to Seeds of Hope! This encouraged other potters to do the same. We've already received donations in anticipation for the 2022 Farmers Market! And it is only fair to give a shout out to Julia Newton's plants and produce. We sold out every time. We look forward to next year's farmers market.



Jim Howard
Executive Director
252-469-3823

We have several new projects in the works. The immediate event is the Day of the Dead Carnival with the Seeds of Hope Promotoras on October 30, from noon-4:00 pm. It will be held at the Whirligig Park located at 301 Goldsboro Street in Wilson. It is a celebration of our Mexican/Latinex community to remember those who have passed before us. We have partnered with Casa Azul, the Arts Council of Wilson, Casita Brewing Company, The Selkie Gallery, and Historic Downtown Wilson to help promote each

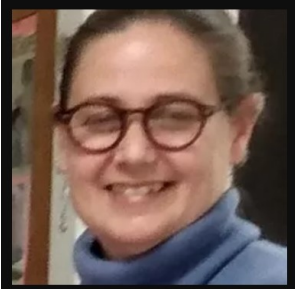
other's events. Join us for some family fun!

Our next project is the Seeds of Hope Wilson mini Food Pantry. It will be located at the corner of Viola Street and Carroll Street. The concept is to allow our neighbors to access the pantry for food, as needed. Winstead's United Methodist Men and the West Nash United Methodist Men have partnered to finance and build this food pantry. The idea is to have canned food and other food products available for needy families, without the stigma of asking for food.

Seeds of Hope Wilson and the Wilson County Library partnered together to expand the Backyard Buddies program to include adults with disabilities. We planned and constructed two portable garden beds for

(Continued on page 3)

IN THE GARDEN



By Julia Newton,
Community Garden
Coordinator

Our community garden is easing into fall, and we are glad for the respite from summer heat. Only a few summer crops remain in the ground; most have been replaced with fall greens, root crops, and herbs.

Our fall garden was planted with seedlings that we grew ourselves, including collards, green and red cabbage, kale, and ornamentals like pansies and bok choy. We also planted seeds of carrots, radishes, lettuces, cilantro, and dill. We were able to share our seeds and seedlings with our gardeners and with outreach projects like the one at Diversified Opportunities.



Flowers have been important in our garden this year. We are growing another round of sunflowers for our STEM students at Vick Elementary. We plan to cut flowers and seed heads and send them over to be used in the classroom. We are also growing a large bed of marigolds, 'flor de muerto', that our gardeners will use to celebrate Dia de los Muertos at the end of October.

We are always finding opportunities for learning in the garden. Late summer and early fall are a great time to observe both "good" and "bad" bugs, and we have seen many of each! We love to see beneficials like preying mantises and assassin

bugs, and we think it's wise to teach everyone how to recognize destructive insects like the tomato hornworm, and even dangerous insects like the black widow spider. Everyone has their place in the food web, and we try not to kill anything without a good reason to.

We are beginning to create and plant some beds in the shady areas behind Seeds of Hope House. Susan Poel, a fellow Master Gardener in Charlotte, donated some very nice woodland shade perennial plants that we can use to beautify the property. The area has been cleared and mulch laid down. We will need some help with tree and brush removal in order to complete this project— if you are able to help, please join us for a Tuesday or Saturday morning workday, 8-10 am, or we can make other arrangements.

We had a delightful cooking class recently at Seeds of Hope House, at which we prepared Swedish meatballs (using our *Hunters for the Hungry* ground venison) with mashed potatoes and gravy. We plan to cook again on Saturday, Nov 20 starting at 7:00 am, with the focus being an American



Thanksgiving. We will prepare turkey, gravy, pumpkin pie, collards from the garden, and whatever else we can squeeze in. All are invited to an informal turkey lunch that day at noon, in the Outdoor Classroom!

The garden and the gardeners are grateful for the help and support we

(Continued on page 3)

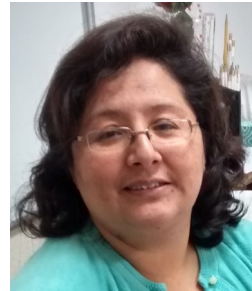
IN THE COMMUNITY

(Continued from page 2)

In the Garden (cont'd)

receive from Seeds of Hope staff and volunteers. We are doing good, important work and we thank everyone so much for making the garden possible.

Happy Harvest, Julia Newton



*Vincenta Cariño
Hispanic Project
Coordinator*

The Hispanic ministry continues to advocate for the students and families in the Vick community.

The Promotoras are planning a Carnaval del Dia de Muertos (Day of the Dead) on Saturday, October 30 from noon to 4:00 pm at the Whirligig Park. (See poster on pg. 4) The Promotoras are meeting weekly to plan this exciting event. There will be food trucks, music, and a Catrina costume contest. We hope to see you there!

We have also been working with Wilson County Schools promoting workshops in Spanish for the community. These include how to help your child at home and learning to use Seesaw and Google Classroom.

We met with Casa Azul de Wilson to share ideas and propose ways to collaborate. Casa Azul is a non-profit that "envision[s] a space where the Latinx community can feel seen and safe to nurture their authentic self and recognize the value and cultural wealth they bring to Wilson."

Lastly, we have been assisting in workshops about health and education in North Carolina.

(Continued from page 1)

Executive Director (cont'd)


the trainees at Diversified Opportunity Industries. It made gardening available to people with special needs such as citizens confined to motorized conveniences. It has been a little over a month since the boxes have been installed and reports are that the boxes are doing spectacular!

I am in awe of the wonders that Seeds of Hope Wilson continues to bring to our community! It is the partnerships of Wilson's people that enrich Seeds Of Hope Wilson's vision. Many thanks to Julia, Vicenta, Claudia, Lorena, Isiah and the many others who are the backbone of Seeds of Hope Wilson. Thank you for all you do.

In his service, Jim Howard, Executive Director

Seeds of Hope Wilson Mission

To promote student achievement, influence the spiritual, physical, and emotional wellbeing of families and friends of Vick Elementary School, and to expand the community conversation as we work toward building a more inclusive community.



CARNAVAL *del* DIA DE MUERTOS

day of the dead carnival

MUSICA

COMIDA

BAILE



MUSIC

FOOD

DANCING



Donde: Parque Whirligig
Horario: de 12-4 de la tarde

Where: Whirligig Park
Time: 12:00-4:00 pm

Ven y celebra con tu familia
estos momentos únicos y
comparte un poco de tu cultura
con nuestra comunidad.

Come and celebrate with your
family these unique moments
and share some of your culture
with our community.

Te invitamos a vestir tu mejor
traje tradicional. Tendremos un
concurso a la mejor Catrina!

We invite you to wear your best
traditional costume. We will
have a contest for the best
Catrina!



OCTOBER 30,



WELCOME BOARD MEMBERS



Rev. Rachel Price

Pastor, Winstead United Methodist Church
Ex-Officio Board Member

Rachel moved from Durham, where she completed her Masters of Divinity degree, to Wilson with her dog in July of 2021.



Rev. Heather Wong

Pastor, West Nash United Methodist Church

Heather recently moved to Wilson and serves as the pastor of West Nash UMC. Married to Phil, they have two children, Samantha and Matthew.



Martha Levey

Librarian at Vick Elementary
Ex-Officio Board Member

Martha S. Levey is originally from Wilson and has moved back after living in Emerald Isle for many years. She is married and has two children.

BACKYARD BUDDIES

Last spring, Executive Director, Jim Howard, wanted to reach out to the community by offering a gardening opportunity. Seeds of Hope Wilson would provide garden boxes, soil and seedlings for neighborhood households to be able to raise and enjoy their own fresh produce. This was written into a Resourceful Communities grant submitted in early March for funding to provide monthly incentives to each participating household during this 6 month process. Jim spoke with Winstead UMC United Methodist Men (UMM), who constructed the garden boxes. Winstead UMM were also asked to furnish soil for the boxes. Julia Newton, Garden Coordinator, had plants/seedlings ready for the participants.

A "Backyard Buddy" was assigned to each of the eight community households that participated. Thanks to Sanda Hight, Linda Lane and Joyce Wolfe for being a buddy to the new gardeners.



Mrs. Dorothy Batts (l) and Joyce Wolfe with mums for her garden box.



Zulma Garcia (l) and Linda Lane



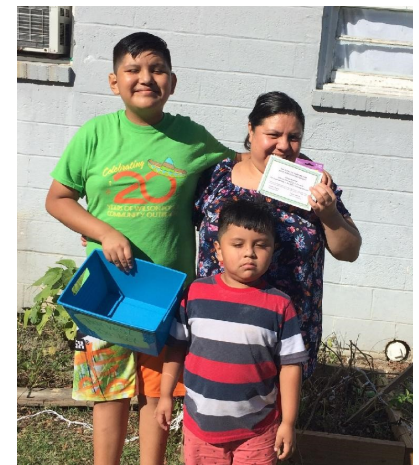
Mr. Thomas Harris



Tanishia Lucas with her tomato plant.



Betty Tyson and a family member with their tomatoes.



Maria Rensendiz and sons

IN THE COMMUNITY



Seeds of Hope Wilson teamed up with Diversified Opportunities to create sensory raised garden beds for their outdoor courtyard. All the beds are wheelchair accessible and on casters so they can be moved as needed.



The Cooperative Extension at NC A&T spotlighted our community garden. They noted that we “help the students, staff, and neighbors of Samuel Vick Elementary School in Wilson, NC. The organization offers a variety of classes including gardening, healthy cooking, and English language learner. Currently, a pirate forest playground is being constructed for the neighborhood children. The garden is open to the public for harvesting.”



The Book Box Exchange Library has been moved to the Pirate Forest and already has students looking for books! The library was donated by Nathan Dunham in 2018 and was part of his Eagle Scout project. Thanks again, Nathan!



Seeds of Hope hosted summer campers from West Nash UMC. They picked vegetables in the garden, ate them with dressing, heard a story, and learned about earthworms!

IN THE COMMUNITY



Kiwanis Club of Wilson All-American

The Kiwanis Club had this to say about a visit from Seeds of Hope Executive Director and Garden Coordinator:

"The Kiwanis Club of Wilson All American met at the Something Different Cafe and Restaurant on Wednesday, October 6, and were treated to guest speaker Jim Howard, Director of Seeds of Hope, and assisted by Julia Newton, Master Gardner.

"Seeds of Hope is an organization founded by Winstead Methodist Church to serve the students of Vick Elementary School. Seeds of Hope have gardens that the students assist in planting, growing, harvesting, enjoying the vegetables and sharing them with the community. The children learn the miracle of life through the plants and the responsibilities of caring for them and sharing the bounty with others.

"Seeds of Hope has many, many other initiatives including a Hispanic ministry of which they are very proud.

"Wilson is fortunate and honored to have Seeds of Hope in our community for all the positive things they do for the children and citizens."



Program participants at Diversified Opportunities enjoyed a day of garden activities thanks to SOHW and Wilson Public Library. Participants also received the SOHW garden coloring book.



Executive Director Jim Howard (l) and Garden Coordinator Julia Newton (r) congratulate Dr. Pamela Walthall, principal at Vick Elementary, at her retirement reception, October 1.

Executive Director:

Jim Howard

Officers

Board Chair: Peggie Shultz

Vice Chair: TBD

Treasurer: Oredia Burt

Secretary: MaryEllen Bass

Board Members

Rhyan Breen

Vicenta Cariño

Gary Farmer

Mandy Jenkins

Julia Newton

Maria Resendez

M. K. Smith

Heather Winstead

Heather Wong

Ex Officio members:

Martha Levey, Vick staff

Rev. Rachel Price, Pastor,
Winstead UMC

For more information contact:

Jim Howard

252-469-3823

On the Calendar

Thursday, September 30

4:00 pm - 7:00 pm Open House Farewell for Dr. Walthall,
Principal at Vick Elementary

October

Tuesday, October 5

8:00 am - 10:00 am Community Garden Workday

Saturday, October 9

8:00 am - 10:00 am Community Garden Workday

Tuesday, October 12

8:00 am - 10:00 am Community Garden Workday
7:00 pm Board Meeting

Saturday, October 16

8:00 am - 10:00 am Community Garden Workday

Tuesday, October 19

8:00 am - 10:00 am Community Garden Workday

Saturday, October 23

8:00 am - 10:00 am Community Garden Workday

Tuesday, October 26

8:00 am - 10:00 am Community Garden Workday

Saturday, October 30

8:00 am - 10:00 am Community Garden Workday
Noon - 4:00 pm Day of the Dead Carnival (pg. 4)

November

Saturday, November 6

8:00 am - 10:00 am Community Garden Workday

Sunday, November 7

Daylight Saving Time Begins

Tuesday, November 9

8:00 am - 10:00 am Community Garden Workday
4:00 pm Executive Committee Meeting

Saturday, November 13

8:00 am - 10:00 am Community Garden Workday

Tuesday, November 16

8:00 am - 10:00 am Community Garden Workday

Saturday, November 20

7:00 am - Noon Cooking Class and Turkey Lunch (pg. 2)

Tuesday, November 23

8:00 am - 10:00 am Community Garden Workday

Saturday, November 27

8:00 am - 10:00 am Community Garden Workday

Tuesday, November 30

8:00 am - 10:00 am Community Garden Workday

Published by:

Seeds of Hope Wilson

P. O. Box 2262

Wilson, NC 27894

252-469-3823

seedsofhopewilson@gmail.com

www.seedsofhopewilsonnc.org/



Find us on:
facebook®