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## SPRING NEWSLETTER!!

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Spring 2012

### Farming Through the Ages

By Anabel, GRuB School Student

The following is an excerpt from the conclusion of an amazing paper Anabel wrote for her a class at Olympia High School. She answered the following questions: What are we eating and how did it get here? When did we learn to farm? Where is my food really coming from?

If we combined what we have learned through the history of agriculture and our newfound knowledge of technology, we could change the way we farm, eat, and interact with our food. A shift is beginning in the United States. In 2009, Michelle Obama planted the first Kitchen Garden at the White House since Eleanor Roosevelt's Victory Garden, which was planted to encourage Americans to support the war efforts by becoming more self-sustainable in food production. Michelle Obama's action of planing a food garden is not alone.

Across the globe, individuals and communities are taking food and food production back into their own hands. Kitchen Gardens are becoming a common sight, especially here in Olympia, WA. These gardens enable people to share food and bring communities closer together by making farming about food, not money. These gardens, along with community garden beds, are helping people to interact with their food through planting, pruning, harvesting, cooking, and eating.



When I walk through the neighborhoods of my home, I see so much unused land. Through this research project, and my own passion for food and farming, it is my informed opinion that we should be using unused land to plant community gardens. My goal would be to connect people to each other through food. We could begin to build a respectful relationship with the Earth again. Community gardens are nourishing. They bring people together. There are many historic celebrations around the harvesting season, and these celebrations bring people together and give them hope.

I know this to be true because of my involvement with GRuB and the Kitchen Garden Project (KGP). The goal is good food for all people. Through KGP, low-income families can sign up for free/low-cost raised bed food gardens. I have built one of these gardens. I went to a home of a family. We looked over the yard together and they decided where they wanted the food beds to go. They were very excited to receive these beds. GRuB provided this family with many resources and knowledge on how to grow food and take care of their new Kitchen Garden. I think that helping people is the best feeling in the world. There aren't words to describe this experience.

If every household in America had a food garden there would be no food crisis. People in this country would not go hungry. They would know what they were eating and would have resources to obtain food. Right now, we are so dependant on government and large multi-national corporations that we don't even know how to feed ourselves, let alone have access to information about all the health risks of the food that is being offered to us.



On the road to Kitchen Gardens becoming the "norm" once again, there are other ways to support a new history in agriculture. We should be local foods and seeds and support the local businesses that utilize local and regional buying practices. We should lessen our dependence on fossil fuels. We should inform ourselves about the food that we are eating and encourage others to do the same. We should have affordable prices for food by localizing it again, instead of shipping it thousands of miles. Food that is sprayed with toxic pesticides should be more expensive, so that farmers can begin to farm organically again, as that is where they will be offered more money for the foods that they grow. We should pressure our government - the USDA, the FDA, and the EPA to require labels to be put onto genetically modified foods (GMOs) with warnings of the health risks that humans are taking to eat these foods. There should be more visibility for food co-ops, laws for limiting the proximity in which food can travel, and schools to offer nutritious food, not government subsidized genetically modified food that causes cancer. People should be informed about where their food is coming from.

Mark Tauger [professor at West Virginia University] supports my opinion very solidly in this last quote - "Somehow societies have to address the interdependence, the vulnerability of society and agriculture to dependence on oil, environmental threats, and socio-economic injustice. This rethinking is necessary because in the end, no matter how much these two sectors are interdependent, farmers are the ultimate source and recourse for the continuation of civilization."

## Community Engagement Card

Name		
Address		
City	State	Zip
Phone		
Email		

I'm interested in getting involved with GRuB by: (please check as many as apply)

☐ Volunteering

☐ Attending a Fundraiser

☐ Hosting a Fundraiser

☐ At GRuB

☐ At My Business

☐ At My Home

☐ Having Lunch with a Board Member

☐ Making a Financial Contribution (I will fill out my pledge card on the reverse)

☐ Helping Share GRuB's Message (I'm excited to learn more about what this means!)



RETURN TO:

GRuB

2016 Elliott Ave NW

Olympia, WA

98502

[www.goodgrub.org](http://www.goodgrub.org)

[grub\(at\)goodgrub.org](mailto:grub(at)goodgrub.org)

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# GRuB 2011 Annual Report

## Reaping What We Sow

GRuB planted a lot of seeds in 2011...

We began the GRuB in the Schools pilot by bringing on 25 high school students to attend school at our farm for half of their day. As we had hoped, these youth and their teachers reported early changes in behavior, self-esteem, and academic performance. The seeds caught wind, landing in traditional classrooms where our youth began using GRuB tools to help their teachers to build community and trust with more students.

We also watched the sprouting of new grassroots leadership in the Kitchen Garden Project (KGP). Past gardeners began helping to turn the project inside-out, bringing the benefits of gardening to their own neighborhoods. Three KGP gardeners began serving on GRuB’s Board.

*“I feel [getting a garden] is just the tip of the iceberg. I’ve made friends with people in the community I wouldn’t have crossed paths with otherwise, I’ve had opportunities to help others; all of this is as deep a blessing as the wonderful food the garden has grown.”*  
-Sarahann, 2011 KGP Gardener, GRuB Board Member

To make room for these seeds to germinate in the GRuB community, we rallied and pulled big weeds (financial woes of 2010). In one year, we went from a significant net loss to a healthy net gain due to the smart investments of our donors and the thrift (sacrifices) of our devoted staff members.

The Food Summit last fall was a kind of harvest for us. We saw the grassroots work and coalition building we have done for 15 years take form in a beautiful and inspiring community conversation. We look forward to harvesting more from these budding partnerships in 2012. Thanks for your part in making it all possible!

*Kim Gaffi*  
Kim Gaffi  
Executive Director

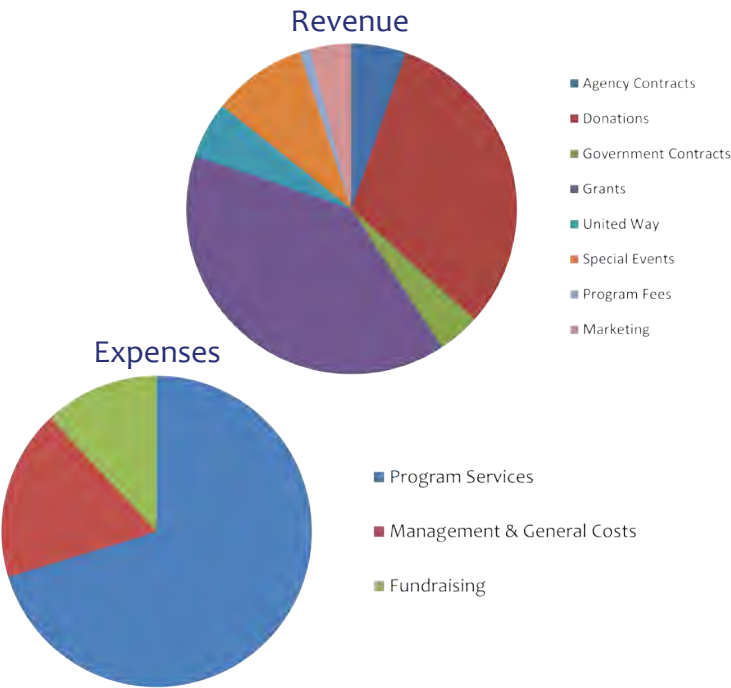
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[www.goodgrub.org](http://www.goodgrub.org)



**"GRuB has helped me find myself. Before I came to GRuB I wanted to drop out of high school. Now I am motivated to finish and succeed. I have been opening up to people, loving myself as a person and appreciating my uniqueness."**  
-Anabel, GRuB School Student



**"I have personally watched students transform from disgruntled and angry to engaged and happy... I see GRuB’s work as a catalyst for providing hope with many students who had previously lost hope. GRuB’s presence clearly has made a difference in the culture of our school."** – Matt Grant, Olympia High School Principal



**We harvested some beautiful firsts in 2011.**  
**1. 16 Youth graduated in June from our 12th youth crew**  
**2. 69 Local families began growing food for their table**  
**3. #s of food raised x \$ GRuB in the Schools Campaign**  
**4. 20 GRuB School students earned 2 or more credits in the first semester of 2011. In that same period of 2010, only 5 students earned that number.**



**"I wanted a garden for the ability to grow natural food and to teach my daughter how to grow her own food as well. Due to economic hardships that have been bestowed in our life... It will give our family sustenance and an ample supply of very healthy foods to sustain us and to live a healthy lifestyle."**  
- 2011 KGP Gardener

## How YOU Can Help

By Kerensa Mabwa, GRuB Community Engagement Coordinator

Have you seen the GRuB Farm in this budding springtime? Rich green is emerging everywhere from the rich soil. And like the Farm itself, GRuB is leaping forward in growth, too. There are so many exciting, new things happening!

**In the Kitchen Garden Project**, we are working toward customizing our gardens - whether container gardens for a patio, a double dug garden to enrich soil, or a raised bed for meeting accessibility needs or as a poor soil solution, we see new ways to give people access to the resources they need to be successful. Our gardeners are finishing their garden builds and are beginning their own backyard growing adventures. We’ve added new opportunities for gardeners to share in this work and further develop partnerships across neighborhoods. GRuB alumni gardeners, full of excitement over their success and a desire to spread their knowledge, are joining us on the Kitchen Garden Leadership Team. This team is leading the way for individual neighborhoods to develop and start their own GRuB backyard gardens, share GRuB resources and offer training. We are helping these gardeners to be central actors in changing our local food system and bettering our community.

**Have you had the opportunity to see GRuB School in action?** On a typical day, 25 students could be working on creating instructional gardening videos, transplanting starts, learning positive communication skills, or researching champions for social justice; all the while earning high school credits. They develop trust in themselves and others, in their own voices, and see themselves not as service recipients but as active participants in community change. For these students, GRuB is a safe, family-like space for them to grow in self-awareness, experience relevant, hands-on learning, and develop caring relationships. I invite you to come see for yourself at our next June GRuB School drop-in day.

As GRuB grows, so does the tremendous interest in GRuB School. Our goal is to make this cutting edge alternative high school program available to even more youth. Within a few years, we expect this incredible learning opportunity to be accessed by youth from all over the county and beyond, allowing them to realize their potential through education, leadership development, and nutrition.

**So who supports GRuB making all this community change?.....YOU DO.** Historically, as a nonprofit we have many sources of funding, from grants and local government funds, to marketing income and donations from the community. The economic downturn continues to have an impact on our fundraising efforts. Foundations and government agencies have smaller pools of money to grant. As GRuB grows, we need to continue to diversify our funding base. Our amazing pool of individual donors are stepping up and stretching their pocketbooks and we need more like them to reach our goals.

You can help by becoming a GRuB monthly pledger. If 200 people each donate \$25 a month; GRuB can secure \$60,000 of funding in a year with loving local community support! Join us as a GRuB pledger! You’ll free up our staff to more creatively implement our mission and spend less time raising money. You can make the difference between GRuB providing the bare bones of our programs and evolving what we do to increase gardener and youth leadership, partnering with them to create community food solutions.

**How else can you help?** Spread the word about GRuB’s exciting new work and join with your friends to make a donation to GRuB. Just as many hands make light work on the GRuB Farm, pooling together with your friends can fund a garden for a family in need - \$500 connects a family to workshops, mentoring and leadership opportunities while helping them to grow their own healthy fresh food.

You can help to increase GRuB’s community-based support now and bring GRuB’s work into the future. You can help bridge the funding gap and help GRuB to be less reliant on grants and government funding. You can help GRuB truly become a more self-sustained community-based organization. If you’re ready to pledge, please fill out and return the card below. **Whatever your ongoing pledge is, it WILL make a difference! GO GRuB GROW!!!!**

First Name(s): \_\_\_\_\_ Last Name(s): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Total Donation: (choose one of our monthly pledge options or pick any amount of your choice)

☐ \$5/mo (\$60) ☐ \$12/mo (\$150) ☐ \$25/mo (\$300) ☐ \$100/mo (\$1200) ☐ Other: \_\_\_\_\_

☐ I understand that my pledge will automatically renew each year and that I can cancel, pause, or change my pledge at any time by contacting GRuB.

☐ I would prefer to give my gift in one lump sum (enclosed).

Payment Method:  
☐ Checking withdrawal (please fill out form return envelope) Charge my: ☐ Visa ☐ MasterCard ☐ Discover

Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

Signature: \_\_\_\_\_

**Fill out and return to:**  
GRuB, 2016 Elliott Ave NW  
Olympia, WA 98502

**You may also give conveniently and securely online at:**  
[www.goodgrub.org/donate](http://www.goodgrub.org/donate).

**Your gift is tax-deductible as we are a 501(C)3 non-profit organization.**

**Thank You!**

**Donation Pledge Card**

SN’12



## Why You Should Join GRuB as a Pledger

By Mario & Deondra, GRuB School Students

GRuB focuses on growing good food for all people in an array of different ways. **GRuB is now relying more on community members to further our mission.**

*“My name is Deondra and I’ve been a part of GRuB since June of 2011. Before I began as a crew member, my ways were completely opposite of what they are today. Judgement should have been my middle name because it didn’t take much for me to judge a person and I had an opinion of someone before they spoke a word. I was living from day to day always feeling like even though I had friends, I didn’t have any real friends. I never felt like I had anyone to talk to and I kept trying to fit in with people I didn’t like. After being in GRuB, I’ve taken the time to get to know a person and because of that the friends I’ve made are incredible.”*

GRuB helps youth boost self-esteem and gain self confidence that they didn’t have before. We do that by giving them a space to do their own thinking, a place that feels welcoming and safe while also teaching positive ways of communicating and problem solving for example, being in conflict. As you can hear from Deondra, the GRuB opportunity for relationship building is crucial for youth to learn trust and to rely on each other. **For us to continue this work, GRuB is relying on you to help. Would you consider helping GRuB as a pledger so we can grow?** Deondra says, *“At GRuB opinions matter. I was used to being in class where teachers want you to keep your thoughts and opinions in your head. At first, I kept to myself, and after a while I started to really put my opinion out there and now I won’t go a day without putting my voice out there. Being yourself is what GRuB is all about as well (as growing good food for all people). It has taken me probably the whole summer to know I can be myself, that I shouldn’t be afraid to be the real me. Like I said before it’s hard to put into words what GRuB has done for me...the two words that come to mind are Life Saving.”*

**Life Saving - those are powerful words that we hope inspire you to want to get involved.** Making a pledge to GRuB helps make the experience that Deondra had real for even more youth in our community. Being a non-profit, our money is already tight and not getting expected grants means we rely on the community and other funding sources even more. **If you want to help our organization continue to do more of our work in the community, join us as a monthly pledger.** Pledging means we have more opportunities to do more work in our community to help those who genuinely need it the most. When you consider the cost of a tall latte (\$3) twice a week for a month, that adds up to \$24. Donating \$24 a month would greatly help our organization continue our work and even help expand it. 24 dollars! The more that’s donated, the better we can thrive and make a real impact on our community.

Many of the youth that come to GRuB are low-income, donations to the GRuB in the Schools Program helps to fund summer stipends and supplies that really affect not only their time at GRuB, but also their life outside of GRuB. By giving youth stipends it helps them help support their families financially. **GRuB is life changing to the people involved with it and the people that they affect and this is your chance to be a part of something amazing, join us as a monthly pledger with GRuB!**

## Why School at GRuB is Different

By Cuautli, GRuB School Student

Here at GRuB we are a family and we treat each other well and care for one another. **Every time you walk in the door it just makes things a lot better.** Everybody notices you, says hi to you, and makes you feel welcome. If you ever need to talk to someone, anyone here will talk to you. We start our day with a check-in question and game. Usually the check-in question is something silly like “who would be your dream date and why?” **We have more freedom and trust here than we do at regular school and with the staff we’re more of a family.** At regular school I don’t feel as comfortable as I do here. This is how GRuB school has inspired me to reach out to more people and be more myself.

We also do workshops and one of the workshops was farm planning. For that workshop they prepared us to plan the GRuB Farm for the spring. They taught us what would grow in wet places and what would grow in dry places. They also gave us charts of what people bought at the Market Stand last year and graphs of what we grow well on the farm and what didn’t grow well. They taught us about rotating our fields. Then we got to decide what to grow on the farm and where to put it.

A workshop on “Plant Sex” was fun, I learned more about the plants than if I were at school. We had more examples around us on the farm and were able to go and pick them and talk about the specifics rather than going lesson by lesson in a book. **At GRuB they teach us by going straight to the point and don’t tell us anything that we don’t need to know.**

We recently made a series of gardening education videos with the Olympia High School film department. Mine was about how to plan and maintain your garden. We had a lot of support from our teachers that I don’t think I would have had from regular school.

**You can check out our videos here: [youtube.com/ohsdigitalmedia](https://www.youtube.com/ohsdigitalmedia).**

Would you like to see more youth like Cuautli, Deondra, and Mario get the opportunity to learn GRuB style? Help us finish our GRuB in the Schools Campaign to successfully wrap-up year one of this exciting Pilot Project. Contact Kerry at 360-753-5522 and let her know if you’d like to be a grape, strawberry, or pea!

For a full list of the amazing folks who have contributed to the campaign so far, visit [goodgrub.org/youth/grub-in-the-schools](https://www.goodgrub.org/youth/grub-in-the-schools).



## Where is GRuB Heading? The Five Year Plan...

By Dayzsa Williams, GRuB School Student

GRuB has been around since 1993, making amazing changes in all kinds of lives all over Olympia and Thurston & Mason counties. GRuB is the epitome of “we are all different”. GRuB makes it possible for kids to be themselves and be who they want without getting judged. So, as we enter the rest of this year and the next five, we should see GRuB evolve for the better. We want to see GRuB improve in five different areas:

**1 GRuB in the Schools Initiative:** GRuB is in the middle of a two-year Pilot School program with Olympia High School (OHS) that we hope to replicate around Thurston County and beyond. We have one more year at the GRuB farmhouse then we plan on moving forward and making a second GRuB-like farm for OHS. The new site will allow us to serve around 30-40 students. The original GRuB site will possibly go back to serving kids from different schools or maybe just Capital High. *Visit: [goodgrub.org/youth/grub-in-the-schools](https://www.goodgrub.org/youth/grub-in-the-schools) for more information on the Initiative.*

**2 The Kitchen Garden Project’s Neighborhood Food Solutions Initiative (aka KGP 2.0):** GRuB’s Kitchen Garden Project (KGP) has built over 2,400 gardens and brought hope back into peoples lives. We want to move KGP on another level, making KGP into KGP 2.0. Gardeners and GRuB come together and we basically ask what we can bring to the table as a group, such as resources to help with the garden. The reason we do that is because we want to become closer to our gardeners and meet their needs in order to make their backyard garden everything they hoped for and more.

**3 GRuB’s Strong Bones - Internal Evolution & Resources:** Strong bones is just like the structure of a building. It’s like how can we get a structure that is strong and supports our need to get things done effectively and efficiently, like a new database and enhanced staffing.

**4 GRuB in the Food Movement:** GRuB in the food movement is trying to increase GRuB’s active role in mission-related, local, regional, and national food movement networks. We will use our participation to ensure that GRuB’s stakeholders, values, and program models inform and help shape the emerging food movement.

**5 Cultivating Community Leaders:** GRuB will expand and create more opportunities for community members to become community leaders through trainings and hands-on activities. We want GRuB stakeholders to increase their awareness, self-advocacy, and leadership so they may successfully engage in our programs and the broader Good Food Movement.

GRuB has been a great benefit in my life, helping me with my personal issues and helping me with my future. Seeing it evolve into a newer, better program and knowing that there will be more opportunities for other people to benefit from this like I did, will be a great accomplishment for GRuB and everyone apart of GRuB.



## KGP 2.0

By Joe & Elvis, GRuB School Students

### A New Beginning

This year the KGP has gone through a couple of changes with the program. Its focus is on bringing all the gardeners in the community together so they can thrive and grow as one. Also, there are opportunities for the community to engage in the work of the KGP through workshops and the KGP Leadership Team (KLT).

### Working Together

Connecting with our community isn’t that hard taking into consideration the fact that there are people that share the same hobbies as you, such as gardening. KGP is providing opportunities for people in the same neighborhood to connect with one another by encouraging new gardeners to volunteer to build other gardens. Over the



season, they have shown interest in “food swaps”, where gardeners can trade fruits and vegetables with each other to have a greater diversity of foods. For example, one gardener has a lot of beets but no carrots and another gardener has a lot of carrots but no beets; after connecting with each other they would have the option to trade beets for carrots and vice versa so they both can have beets and carrots. Building that bond amongst more and more people can make our community stronger.

### Join Us

This year the KGP is playing a more active role in supporting gardeners with more workshops and volunteering opportunities. We’re offering new workshops, such as compost/worm-composting and weed/pest management. We’re also expanding our garden options with double-dug, raised beds that are single or double or triple-stacked, container gardening. KGP is also active in more outreach programs with gardens. We helped a few years back with getting seeds and starts. This spring our intentions are to build 55 gardens and in the fall we hope to build 25 more. In the summer we hope to work with other non-profits and low income families to improve food situations in Mason and Thurston counties.

The KGP has a new way for you to sign up online for volunteer opportunities. If you’re interested in joining the KLT or volunteering on a build, visit [www.goodgrub.org](https://www.goodgrub.org) and click on “Sign up! Help Us Build Gardens”. If you have any questions, email Amber Huffstickler at [backyardgardens@goodgrub.org](mailto:backyardgardens@goodgrub.org).



## Eat More Veggies and Help Your Neighbors Eat More Too!

Like most of us, you probably love your veggies and have good intentions when it comes to eating more. Luckily, GRuB is here to help fill your belly with delicious goodness while supporting a good cause! Here's how:

GRuB CSA SHARE.....\$550.....

GRuB MARKET STANDS.....

GIVE A GARDEN.....\$500.....

GIVING GARDEN.....\$1,000.....

And don't forget flowers!

BOUQUET CSA.....\$160.....

Check out the details on the right for each option and then visit [www.goodgrub.org](http://www.goodgrub.org) to sign up!



### GRuB Cultivator CSA Share



For 16 weeks from late June to early October, you'll pick up your weekly share (a box of fresh seasonal vegetables, fruit, and herbs as well as a bouquet of seasonal flowers) at the GRuB Farm. The cost is \$550, of which \$250 is a tax-

deductible Youth Food Share sponsorship, which enables low-income and struggling youth in GRuB's alternative High School program to bring the fruits of their labor home. These youth tend the farm, harvest for the CSA, and are responsible for the high quality of your boxes. To sign up stop by GRuB or download our registration form at [goodgrub.org/grub-farm/cultivator-csa](http://goodgrub.org/grub-farm/cultivator-csa) today! For more information, contact GRuB's Farm Manager, Wade Arnold at [farm@goodgrub.org](mailto:farm@goodgrub.org) or 360-753-5522.

### GIVING GARDEN

GRuB will come to your home and help you build three 4 foot by 8 foot raised beds. But that's not all! You also give the gift of three raised beds to a family in need. Each garden comes with seeds, starts, and cover crops, access to the KGP's extensive gardening workshop series and a connection to the greater gardening community. The cost is \$1,000, of which \$500 is a tax-deductible sponsorship for the matching garden. For more information or to sign up, contact Amber at [backyardgardens@goodgrub.org](mailto:backyardgardens@goodgrub.org) or 360-753-5522.



### The GRuB Market Stands

From June 20 - October 3, GRuB will be selling seasonal veggies, fruits, herbs and flowers each Wednesday at our on-site farm stand at 2016 Elliott Ave NW, Olympia, WA 98502 - EBT/SNAP payments accepted.

We are also hoping to participate this year as a vendor at the West Olympia Farmers' Market which has a new location and day this year. Come get your veggies on Tuesdays from 4PM to 7PM at Gloria Dei Lutheran Church on Harrison and Perry Street in West Olympia. Visit [wolyfarmersmarket.org](http://wolyfarmersmarket.org) for updates.



### GIVE A GARDEN

Sponsoring a garden not only puts food on the table, it connects a family in need to workshops and mentoring that help new gardeners succeed. For a tax-deductible donation of \$500, you can help ensure that a local family in need receives a GRuB garden this spring. Visit [goodgrub.org/donate](http://goodgrub.org/donate) and put Give A Garden in the "Designate My Donation" field. Amounts less than \$500 are welcome too!



### BOUQUET CSA

Support GRuB and receive farm fresh, sustainably grown flower bouquets each Wednesday from July 11- August 29. When you invest in a bouquet "share" you help provide low-income youth in our community with quality education and leadership development opportunities through our GRuB School Pilot program. The cost is \$160 for 8 weeks and includes free delivery to locations in the downtown corridor. Farm pick-up is also available. To sign up stop by GRuB or download our registration form at [goodgrub.org/grub-farm/bouquet-csa](http://goodgrub.org/grub-farm/bouquet-csa) today! For more information, contact GRuB's Farm Manager, Wade Arnold at [farm@goodgrub.org](mailto:farm@goodgrub.org) or 360-753-5522.



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[twitter.com/GRuBinOly](https://twitter.com/GRuBinOly)

## Get Involved with GRuB

**Volunteer on the Farm!** Every Wednesday from 4-7pm we have drop-in volunteer sessions on the farm, meaning you don't have to register ahead of time to participate. We do ask that you have an approved volunteer packet already submitted before heading over. Each week we'll tackle the most pressing tasks on the farm and have lots of fun getting to know each other in the process. [goodgrub.org/volunteer](http://goodgrub.org/volunteer)

**Volunteer to Build Gardens!** We're still looking for volunteers to help finish this year's backyard garden-building. Fill out your volunteer paperwork at the link above and then sign up to help build at: [goodgrub.org/kitchen-garden-project](http://goodgrub.org/kitchen-garden-project)

**Attend an Event!** We here at GRuB know how to throw a party! JOIN US for GRuBuation on Thursday, June 7 to celebrate the "graduation" of our current crew of students. SAVE THE DATE for Soiree on Saturday, October 20 - we've made over and moved this can't-miss event. Keep an eye on our online events calendar for information about these events and more. Members of the GRuB community are welcome to submit events (food security-related or not) to be listed on this calendar. Our amazing KGP seasonal gardening workshops and Co-op workshop series can also be found here. [goodgrub.org/events](http://goodgrub.org/events)

**Visit us!** Don't have time to volunteer at the moment but want to find out more? Come visit us for a quick tour - Wednesdays from 4-7 during drop-in hours or the first Monday of every month from Noon - 3:30. Please RSVP to Kerry at [grubschool@goodgrub.org](mailto:grubschool@goodgrub.org).