

April 25, 2011



PARK PICKS
by
FRIENDS OF THE ALLENTOWN PARKS

Join us today! Become a member and help make Allentown's great park system even better.

Mistress Mary, Quite Contrary
- English nursery rhyme published in *Tommy Thumb's Pretty Song Book* (c. 1744)

Mistress Mary, Quite contrary,
How does your garden grow?
With Silver Bells, And Cockle Shells,
And so my garden grows.



Community Gardens - Building Better Communities

A **community garden** is a single piece of land gardened collectively by a group of people. Community gardens provide fresh produce and plants as well as neighborhood improvement, sense of community and

connection to the environment. A city's community gardens can be as diverse as its gardeners. Some grow only flowers, others are nurtured communally and their bounty shared, some have individual plots for personal use. Community gardens improve users' health through increased fresh vegetable consumption and providing a venue for exercise.

There are over 20 community gardens in the Lehigh Valley. Allentown's first community garden was established three years ago at Chestnut and Ridge Streets and consisted of one plot per gardener. Since then gardens have sprung up throughout the city such as 7th Street (led by the St. Luke's Neighborhood Center), in the area of Alliance Hall, on the campus of Muhlenberg College and within Franklin Park.



The **Allentown Community Garden Task Force** works to create and sustain community gardens throughout the City. The group helps to secure appropriate sites for gardens, promotes community involvement, facilitates garden organization, accesses necessary resources, and connects community garden groups so that they can support each other and share best practices. This work is done with strong support from Sustainable Urban Neighborhoods of the Lehigh Valley (SUN*LV), a program of the Community Action Committee of the Lehigh Valley. For additional information about community gardening in Allentown please contact Kati Fosselius of the Allentown Health Bureau at 610.437.7581 or at fosselius@allentowncity.org.

Arbor Day —Reminder



Please join Friends of the Allentown Parks for the **annual Arbor Day tree planting ceremony** at the Wire Mill Arboretum (Martin Luther King Jr. Drive and Lehigh Street) at 11:00 a.m. on Friday April 29, 2011. The event is open to the public. In the event of inclement weather, please call 610-437-7750 for event updates.

April 30—Mark Your Calendars

10:00—11:00 a.m. **Discovery Walk** @ Trout Creek Park—join Dr. Kimberly Heiman as we learn all about urban park conservation and more. Meeting location: S. 8th Street entrance parking lot

Then join us afterwards for a clean-up event at Walking Purchase Park. To register or for additional information please contact Virginia Savage at 610-782-3809 or e-mail virginiasavage@lehighcounty.org. Meeting location is along Constitution Drive at park entrance.

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