

Green Team Newsletter

What's Cooking with Green Team?

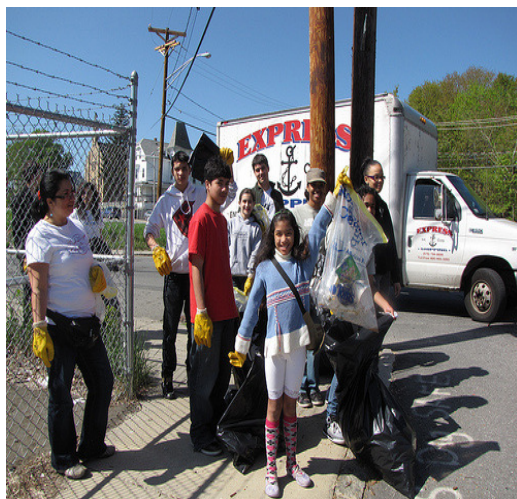
Every year Green Team comes up with new recipes to share with our families. We use the produce from our CSA share to make different healthy dishes. Though cooking wasn't our main focus this year, we still managed to make some of our favorite dishes such as the zucchini fudge cake, frit-tata, guacamole, and fruit smoothies. We spent time this year learning about where our food comes from and why we must be careful eating highly processed food that lacks nutritional qualities. We watched videos such as Food Inc. and documentaries about farmers who raise livestock. We must admit, the videos definitely made us more aware of what we consume everyday, where it comes from and why it is important to eat fresh, real food.



"I love the way we work together and create amazing tastes with the vegetables. For me it was impossible to make something so good out of vegetables" - Damaris Rodriguez

Earth Day

On April 24, 2010 the Groundwork Green Team celebrated Earth Day with the Comcast Company as part of their "Comcast Cares Day." It was a huge event with many volunteers from Lawrence participating in our clean up around the city of Lawrence. Twenty-two sites were cleaned by all of our



volunteers. We planted twenty trees and made five community garden beds. Everyone one was proud of what we accomplished in our city. We would like to thank all of our supporters.

The more people that come to our clean-ups, the more enthusiastic I am about making a difference. It's nice to see that you're not alone. A lot of people care."
-Jennifer Pagan

Hiking at Blue Hills



It's time to get our shoes polished and our evening dresses out, the Glow Gala is here!

Every year we enjoy lending a helping hand at GWL's Glow Gala event. We greet our ongoing supporters and artists of the featured "Eco-Art", we dance, sell raffle tickets, and have fun! We also support our Green Team members who may have a shining light at the event. Whether their art is on display or they are speaking to our funders about Green Team. We support each other all the way!



The Lawrence Community Works Annual Convention

The LCW convention is an annual event here in Lawrence at the South Lawrence East School. At the LCW convention there are many different kinds of workshops that are held throughout a period

of time. Green Team had its own workshop where many people attended. The workshop was on Healthy Living and Foods, which can be made from self-grown fruits or vegetables. The en-

tire Green Team prepared guacamole and a fruit smoothies for those who attended our workshop. They really enjoyed it and learned a lot about healthy foods. They asked many questions, wanting to know more.



Gio handing out our fruit smoothie samplings at the LCW convention.

As part of our Green Team trip, we all got to go on a hiking trip at Blue Hills Reservations in Milton, MA. We started off by getting our hiking gear at the Appalachian Mountain Club (AMC) warehouse in Boston. Afterwards, we traveled to Milton so we could start on our hike. We used an AMC trail maps and a compass to navigate to the top of the mountain. Despite the many obstacles on our way to the top like taking the wrong path, climbing over rocks, avoiding ice patches and steep slopes, and caring for injured teammates, the entire team made it in the end. The beautiful scene of Boston from the top of the mountain was breathtaking!

Fiesta de Salud

The Fiesta de Salud was an unforgettable event that we shared with a group of seniors from the Senior Center and other people from the community. There were tables with information about Breast Cancer, Census 2010, healthy food, and healthy living. We had a table with information about GWL and healthy nutrition. At our table, we set up a game where we asked people to

name a fruit or vegetable with the color we showed them. The winners got to choose from either a T-shirt or any type of seed that we had. Other organizations had games like Sumo Wrestling and a Moon Bounce. Mayor Lantigua showed up and congratulated all of us for our efforts in informing our community

“We had a lot of visitors at our table who participated in our little quiz. They even brought their friends to the table to take the quiz too.”

–Giovanni Pagan

Presenting Green it Up

In 2009 the Green It Up campaign was created by the Green Team. The Green It Up campaign is intended to promote environmental stewardship;

the goal is to decrease the amount of litter in our city by teaching the community about the benefits of recycling. This past year we had the opportunity

to present the campaign to another youth group at Movement City, which is a branch of the non-profit organization Lawrence Community Works. In this presentation we were able to interact with other youth and share researched knowledge about recycling. At this presentation, we had a recycling demo where each person had to say whether an object was recyclable or not, and most importantly why it was or wasn't. We found this demo to be very helpful in expanding our own knowledge as well as our audience's about recycling.

Mass Audubon



Over the past year we had a partnership with the Massachusetts Audubon Society. Mass Audubon is an organization that focuses on conserving green spaces and protecting the nature in Massachusetts. We have learned how to identify different types of species in our environment. They also helped us create brochures about a very important local resource, the Spicket River.

“I had such a great time having the opportunity to look at the different types of species that were around the Spicket River. My favorite type of species that we found was the Great Blue Heron.” –Luis Obed Pagan

The Boston Nature Center



I am very interested in Eco-friendly buildings and what type of materials they use. Learning about the different elements of recyclables in the Boston Nature Center was engaging.

-Jennifer Pagan

The Green Team visited the Boston Nature Center through our partnership with Mass Audubon. On our visit, we learned about their eco-friendly facilities and building materials. We also took some snowshoeing lessons! We all found that snowshoeing is definitely an easier way of walking in the snow, way easier than putting on the shoes themselves.

Meeting with the Mayor

The Green Team wrote a letter to Mayor William Lantigua about our Green It Up campaign and our mission to decrease the litter in our community. Fortunately, after Mayor Lantigua read our letter, he generously met up with the Green Team! We spoke to him about our campaign and our hope of gaining his support to inform the people of our city about the importance of recycling and practicing good stewardship. The Mayor got to know us individually on a personal level and got to understand what the Green Team is really about, aside from it being a part-time job. He supported our ideas and we appreciate what he has done!

Tree Planting

On May 22, 2010, Groundwork Somerville and Groundwork Lawrence teamed up to plant thirteen trees in a seven acre park in Everett. There were other volunteers that came earlier to clean up the trail around the park as well. It is always rewarding to know that we can make a difference in another community other than our own. Moreover, having another group of youth who are committed to making positive changes in our communities is a plus! We can proudly say that because of our work more trees will grow in Everett.

"It was really hot that day and I'm amazed that some of my Green Team members and I managed to have the energy to plant six trees."- Giovanni Pagan



Plant a tree, save
a life.

