

'FRESH' PHOTOS



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STAFF SPOTLIGHT

Erica Nieves was born and raised in the San Fernando Valley. She remembers the cabbages and onions her parents had growing in the backyard and the rooster that sung every morning at her grandma's house. Little did she realize as a kid how exposed she was to the

rich and fruitful culture of growing food. The first real eye opener for her was when she began learning that almost all of her family members had either diabetes, high cholesterol, hypertension, and were obese. It was then that it became personal for her and went on to receive her Bachelor's degree in Public Health Promotion from California State University Northridge. Working with Seeds of Hope gave her the opportunity to learn more about the power of healthy eating and then get the chance to teach others. Gardening and cooking next to someone from the community is her favorite part of this job. Her favorite fruits are papaya and those delicious Meyer lemons from her parent's tree.



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UPCOMING EVENTS

- Oct. 21** | **LA Community Garden Council's** Gathering of the Gardeners
- Oct. 27** | **Big Citizen Hub** Edendale Grove Garden Day
- Nov. 3** | Shabbat Dinner with **Pico Union**
- Nov. 5** | **Netiya** Food, Faith & Field Symposium
- Nov. 30** | **Episcopal Diocese of Los Angeles** Diocesan Convention

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