

A GARDEN OF HOPE, PEACE, AND JUSTICE



Troop 10012

National Park Service
U.S. Department of the Interior



Eleanor Roosevelt National Historic Site



About Us

We are Dutchess County Heart of the Hudson Senior Girl Scout Troop 10012 from Hyde Park. In 2002 our troop was formed. Together we have earned our Bronze and Silver Awards. We are working on our Harvest Award, a prerequisite to our Gold Award. We currently are sophomores at Franklin D. Roosevelt High School.



We meet Susanne



About Susanne

- Susanne Norris, National Park Service Education Specialist and Trainer for Roosevelt-Vanderbilt National Historic Sites.
- Earned BA in heritage arts, art, museum studies, and natural resources from Salem International University. Earned an MS in education and natural resources from Antioch New England Graduate School.
- Susanne has been with the NPS for 18 & 1/2 years. Prior to working with the park service she was an environmental educator, program director, living history and museum educator, farm educator, and consultant.

We meet Anna



About Anna

- Anna de Cordova
- Anna has a B.A. from Brown University and a M.S. in Horticulture from Cornell University. She has worked in public gardens throughout the northeast including the National Cathedral in Washington, DC, Institute of Ecosystem Studies and The Arnold Arboretum of Harvard University.
- She was the Commercial Horticulture Educator and Program Leader for Horticulture for Cornell Cooperative Extension in Rockland and Putnam Counties. After which, she returned to public gardens as the Director of Horticulture at Locust Grove, The Samuel Morse Historic Site for 8 years.
- Before coming to the National Parks, Anna was the Landscape Manager of a private landscape garden in Millbrook, NY.

How we got involved with the Garden

- We saw an article in the local paper for garden volunteers.
- We contacted them in February , then they contacted us saying that Girl Scouts were also doing a program and Susanne from the National Park Service was coordinating it.
- This began 4/23, we viewed the garden and met with Susanne.
- We did a series of activities connecting Eleanor with the garden and human rights. We toured the houses, watched the movie, Eleanor Roosevelt: Close to Home ,and discussed Eleanor's connection with the community.

Val-Kill Flower & Vegetable Garden 2012



Steps for Doing a Garden

1. Make sure your soil is healthy enough to grow plants.
2. Make defined paths and beds.
3. Plan which plants should go where.
4. Plan when to plant the plants/seeds.
5. Plant the plants/seed.
6. Label plants with markers.
7. Weed and water around plants.

8. Tie up any plants that might need support.
9. Take off dead or diseased parts of the plant.
10. Harvest vegetables when they are ready.
11. Leave some ripe vegetables for seed saving.
12. Seed save.
13. Prepare your garden for Winter.

Planning

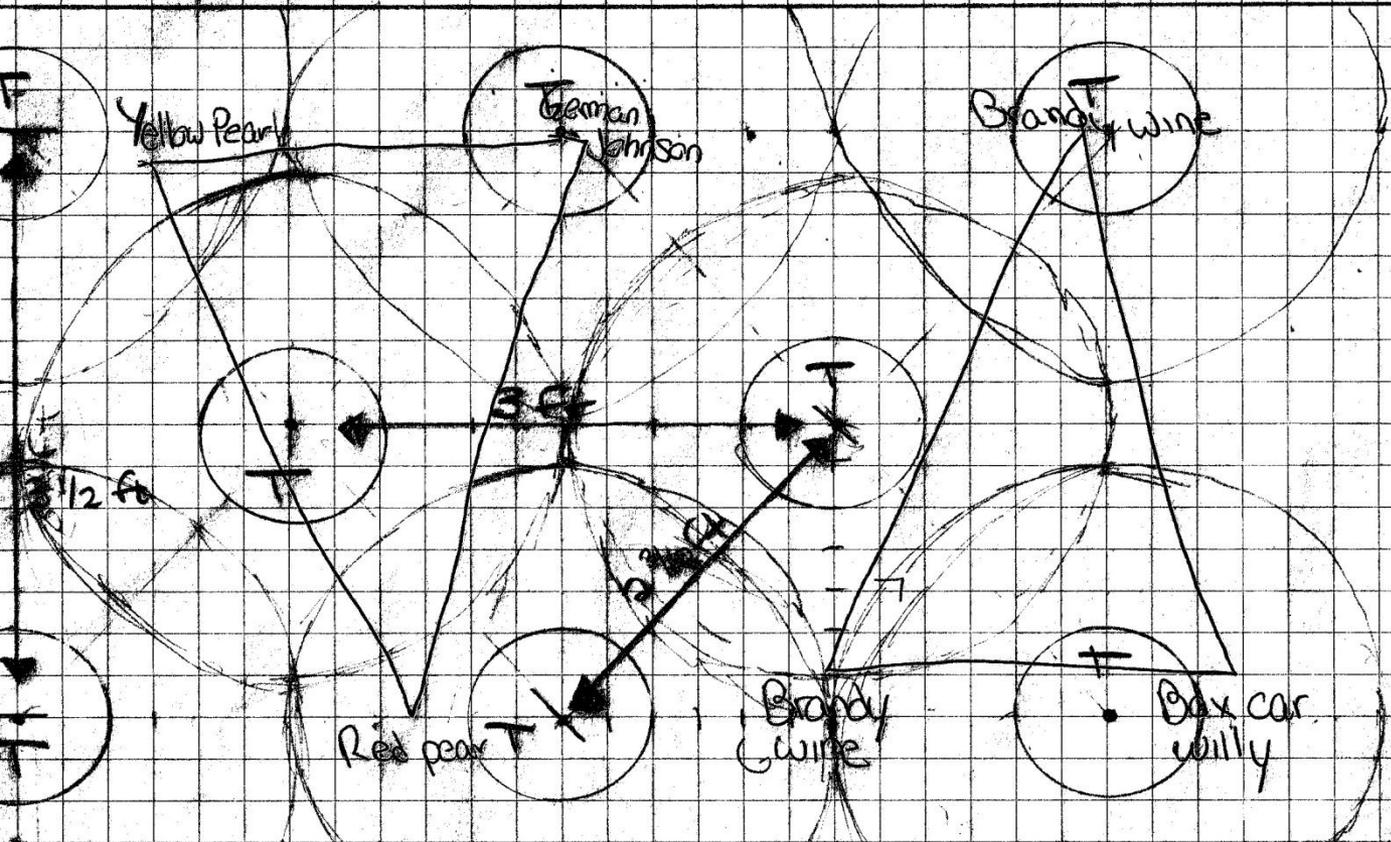
- Talked to Anna about incorporating plants and vegetables in the Val-Kill's Hope Peace and Justice Garden.
- It was discussed in historical documentation as to whether there were either flowers or vegetables in the garden.
- Adding the vegetables along with the flowers, we believed we would be restoring the garden to what it was like when Eleanor lived there.

5x12'
 Each Square = 1/4"
 some shade

T = tomatoes
 B = beans

K. J. TOMATOES - BEEFSTEAK, BRANDY WINE
 BEANS - KENTUCKY WONDER ✓

Tomato: yellow pear -
 red cherry tomato



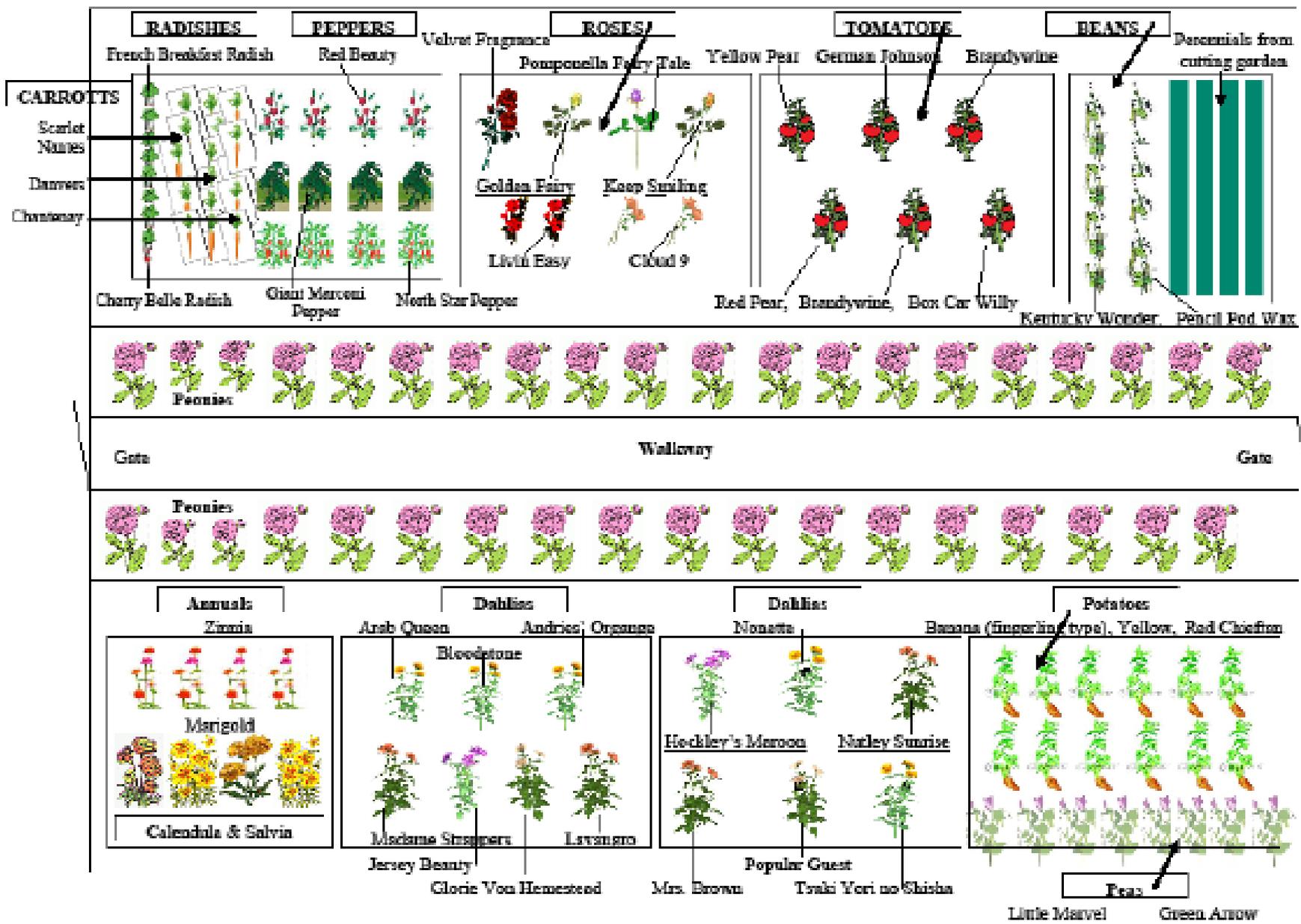
Beans: kentucky wonder
 Pencil red golden wax 1900
 Lazy Hattie 1878 55
 (sunless)
 high yield
 kentucky wonder
 pencil

2 ft

Tomatoes - 3'
 Beans - 2'

We had to think about light and plant spacing when we designed our garden.

Val-Kill Flower & Vegetable Garden 2012



Preparing the Garden

To prepare the garden we edged and forked the beds. We tested the soil pH and fertilized the beds. We fertilized the beds to add nutrients for optimum plant growth.

We researched and talked about heirloom vegetables and how they might have been the varieties that Eleanor included in her garden.

Soil Testing

We tested the soil using a pH kit. This gave us an estimated pH for our garden. We then took soil from all the beds and mixed it in a bag. Anna then put the soil in a special box and sent it to Dairy One in Ithaca, NY. When we received the results, it confirmed our garden's nutrient analysis was healthy for plant growth. We also had a healthy pH level of 6.9.

Soil Testing



We Planted

- Radishes
- Carrots
- Peppers
- Tomatoes
- Beans
- Potatoes
- Peas

Thinning

Thinning is when you take out plants that are too close to each other and will be affected in their growth. You do this when the plants are relatively small and again as the plants are maturing. If you do not thin, the plants will not grow as big as they should.

Mulching

We used a salt hay substitute, “Mainely Mulch”, because it closely resembled what Eleanor would have used.

Benefits of Mulch:

- Keeps soil cool
- Retains moisture
- Prevents weeds



Problem

Garden
hose



Radishes

French Breakfast and Cherry Belle

Steps:

1. Measured distance between seeds and row spacing.
2. Measured the depth.
3. Sowed the seeds.
4. Watered with a watering can so the seeds would not clump or move.
5. Thinned the radishes when necessary.
6. Watered and weeded.
7. Harvested.





Carrots

Danvers 126, Scarlet Nantes, and Royal Chantenay

Steps:

1. Measured distance between seeds and row spacing.
2. Measured the depth.
3. Sowed the seeds.
4. Watered the seeds.
5. Mulched.
6. Thinned.
7. Watered and weeded.
8. Harvested.





Peppers

Giant Marconi, Red Beauty, and North Star

Steps:

1. Plants were purchased because it was too late to grow from seeds.
2. Planted so the soil was even with the soil in the pot.
3. Mulched.
4. Watered and weeded.
5. Staked and tied the plants.
6. Removed a diseased plant.
7. Harvested.
8. Seed saved.







Tomatoes

Red Pear, Yellow Pear, German Johnson,
Brandywine, and Box Car Willy

Steps:

1. Purchased plants because it was too late to grow from seeds.
2. Took off lower level of leaves.
3. Planted the plants above the original soil line.
4. Staked and tied plants
5. Mulched.
6. Watered and weeded.
7. Removed sucker shoots and dead or diseased foliage.
8. Removed insects.
9. Harvested and saved seeds.



Problem

A Tomato Horn Worm.



Problem



Chipmunks





Beans

Pencil Pod Wax and Kentucky Wonder

Steps:

1. Planted bean seeds.
2. Watered, weeded.
3. Put poles up for the pole beans to climb up.
4. Mulched.
5. Harvested.
6. Saved seeds for next year.



COLE
Wonder





Potatoes

Banana Fingerling, Yellow Potato, and Red Chieftan.

Steps:

1. Dug two deep trenches.
2. Placed potatoes, eyes up.
3. Covered with a small amount of soil.
4. When the shoots came up, more soil was added to cover the plants.
5. Repeated step 4 several times.
6. Watered and weeded.
7. Dug trenches when plants browned, and harvested.
8. Mulched.



POTATO, FINGERLINGS
- BANANA









TOMATO
Red Pear

Peas

Little Marvel and Green Arrow

Steps:

1. Planted seeds along the fence.
2. Weeded and watered.
3. Guided the peas to grow up the fence.
4. Mulched.
5. Harvested peas.
6. Saved seeds for next year.







SOW WHAT? A GIRL SCOUT JOURNEY

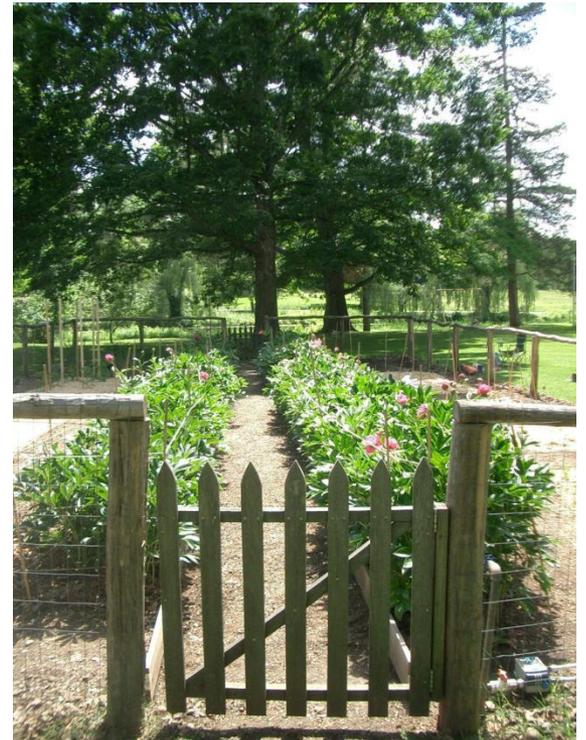
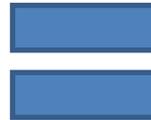
- A seed planted and a journey begins.....

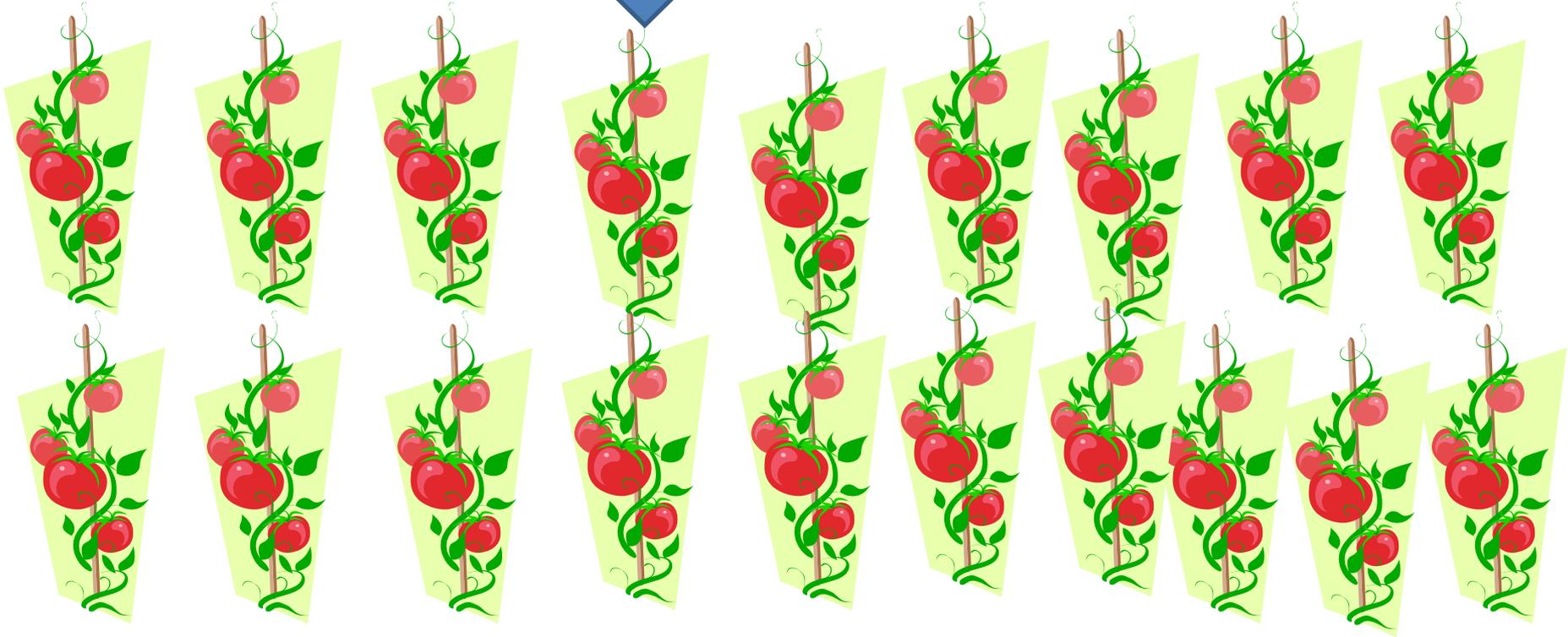
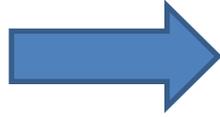


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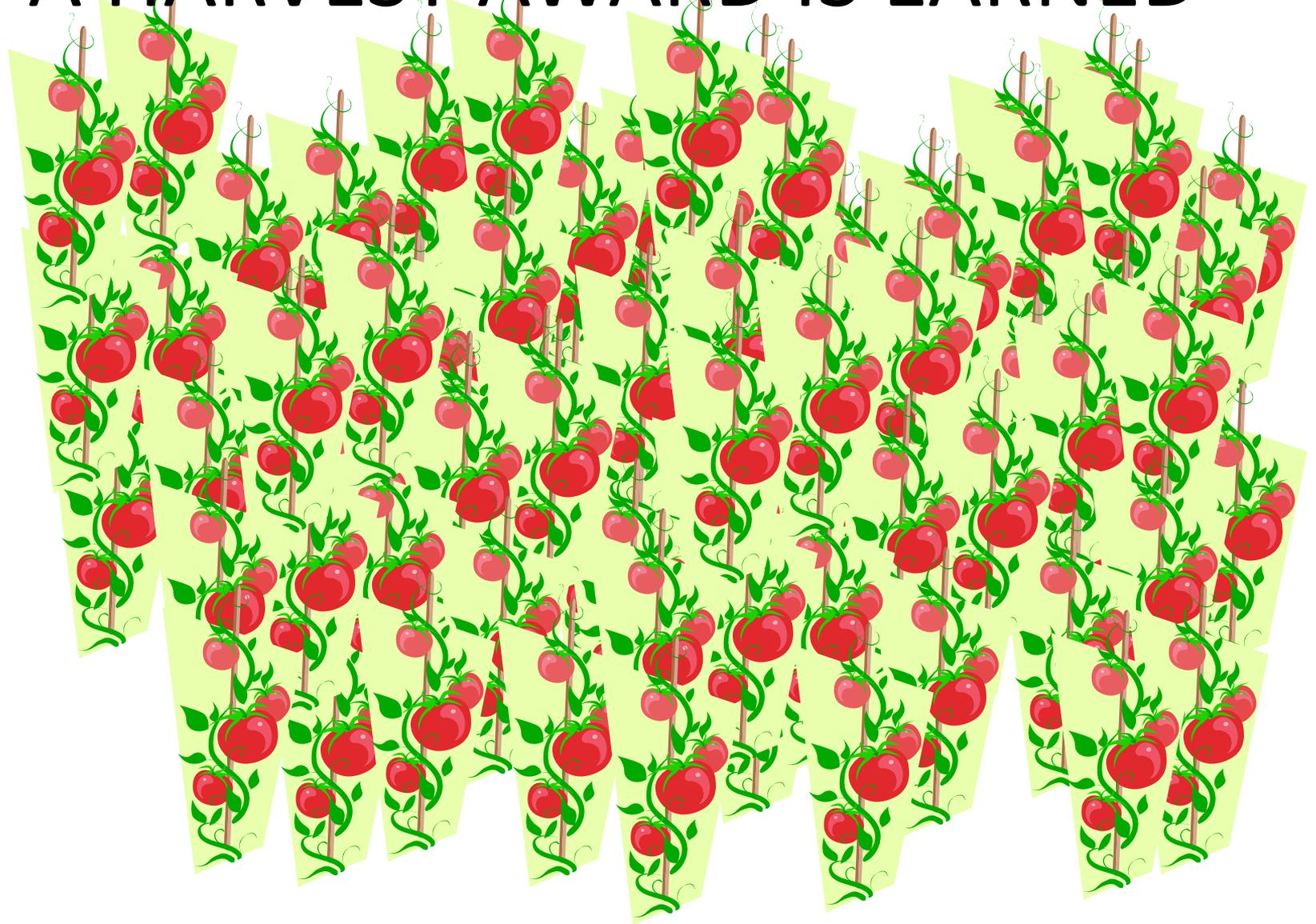


Eleanor Roosevelt National Historic Site





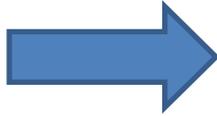
A HARVEST AWARD IS EARNED





Our Journey





What did we do with our Harvest?

- We donated all of our harvest to the Reach Out Food Pantry.



Reach Out Worship Center

2011

- 2066 families
- 5628 individuals
- 111,348 pounds of food

2012, as of 11/2012

- 3000 families
- 8000 individuals
- 140,000 pounds of food

Hours of Operation: Every Friday of the Month - 2:00-5:00 p.m.

Seed Saving

- Heirloom seeds “breed true”, unlike the seeds of hybridized plants. Both sides of the DNA in an heirloom variety are identical, in contrast to hybridized seeds, which have a highly selected, carefully bred half and a “poison pill” half with undesirable traits, which promotes hybrid vigor in the first generation, and many undesirable recessive traits in second and successive generations. Heirloom tomato varieties are “open pollinating”, but cross-pollination is very rare without human intervention.
- Heirloom seeds can be easily collected and will continue to show the traits of the original seed because this family of tomatoes almost always self-pollinate. Collecting heirloom seed is as easy as picking ripe tomatoes, chopping or mashing into a jar till less than half-full, filling with water, shaking from time to time and allowing to decompose for 1-6 days until seeds sink to the bottom, then rinsing until the seeds are clean, and drying. This decomposition is beneficial because it discourages transmission of diseases to the seed, the drying promotes better germination, and because the seeds are easier to separate when they are clean.

Val-Kill

Val-Kill was Eleanor Roosevelt's retreat. It was the only place she could call her own. She started her own furniture business with friends to teach local farmers other skills to do during the winter. They needed more skills to help them earn a living during the depression.

Eleanor started a garden to help feed guests that she invited to her house. She grew a variety of flowers and vegetables. Eleanor learned from her vegetable garden how to be self sustaining. This included canning, preserving, and providing food for the community and for school lunches. In addition she learned there was confidence gained through helping others.

ELEANOR'S HARVEST

Miriam and friends



Miriam Dickerman



OUR HARVEST



About Eleanor

- Born on October 11th 1884 in Manhattan
- Educated in England
- The wife of president Franklin D. Roosevelt
- Mother of 6
- Was a human rights activist
- Her family retreat home was Val-kill
- She died November 7th 1962.

- We learned about Eleanor Roosevelt's Legacy by taking a house and grounds tour, and participating in the park's human rights education program "Where Do Human Rights Begin?"

- We compared and contrasted human rights food issues of today with similar issues in Eleanor's time through examination of Eleanor's syndicated newspaper column, "My Day", her speeches and political movements, and the Universal Declaration of Human Rights she helped to create and adopt.

One of Eleanor Roosevelt's Legacies
was her work
on the Universal Declaration Human
Rights.

Article #25 specifically addresses
concerns of healthy living

1. Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

2. Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

MY DAY MARCH 3, 1942

- SEATTLE, Monday While I am out here to see my daughter, Anna, who is having an appendectomy, I have been thinking about things which I have neglected to tell you. One of them is a little ceremony which occurred at our house in New York City last Thursday afternoon. **I received then the first collection of red, white and blue flower seeds, and hope to plant them in the garden at the big house at Hyde Park and at my cottage. This presentation launched the British-American Ambulance Corps drive to raise, by the sale of these one-dollar packages, the money to buy ambulances for use abroad. Little Joan Manning, who belongs to Troop 213 of the Girl Scouts, presented me with a very patriotic red, white and blue, old-fashioned bouquet, showing what delightful flowers we can grow next summer. There are not only flower seeds on sale, but vegetable seeds as well. These packages contain thirteen different varieties of vegetable seeds. Unfortunately, we cannot have patriotic colors in vegetables, but it is just as patriotic to grow them, because they will help to feed us the kind of food which we all need...**

MY DAY MARCH 31, 1942

- NEW YORK, Monday - **Yesterday morning, in Hyde Park, the day dawned gloriously; a blue sky and cold, crisp weather. I went out to discuss the best place for a garden with the man who does the outside work. We are going to plant extra things for ourselves and for preserving purposes and winter use, as well as some things which we can contribute, if necessary, to the school lunch program, should their supplies from surplus commodities be reduced this coming year...**

MY DAY JULY 3, 1943

- HYDE PARK, Friday **Back in the country and though I am busy, it is not the kind of occupation which takes up every minute as in Washington. We are getting good vegetables from our garden now and enjoying them greatly. This subsistence farming, so to speak, which everyone is being encouraged to engage in, has spread a long distance away...**

MY DAY February 2nd 1945

- Address child labor
- Most children over 6 work, most work over 10 hours even during school year
- The families get paid by how much they pick and they had their children help so they earned more money
- Children were not listed on the payroll
- Living conditions are unsanitary and medical care is difficult to obtain

MY DAY JANUARY 24, 1947

- #2 Workers Rights
- Human rights bill that is being presented
- She thinks it is important for human rights around the world
- Natural that labor unions are interested in human rights
- People should have the right to economic and political freedom despite discrimination

MY DAY JUNE 28, 1951

- Environmental Justice
- Fair trade: without fair trade the customer are going to suffer weather it be in a department store or high prices in a small local store
- No one benefits from higher prices
- With out it there would be no small stores or businesses

“All of life is a constant education.”
— Eleanor Roosevelt, *The Wisdom of Eleanor Roosevelt*



“Where, after all, do universal human rights begin? In small places, close to home - so close and so small that they cannot be seen on any maps of the world. Yet they are the world of the individual person; the neighborhood he lives in; the school or college he attends; the factory, farm, or office where he works. Such are the places where every man, woman, and child seeks equal justice, equal opportunity, equal dignity without discrimination. Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world.”

— [Eleanor Roosevelt](#)

“There are no have-to's, just choices”
— Eleanor Roosevelt





“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face...You must do the thing you think you cannot do.”

— [Eleanor Roosevelt](#)

“Life was meant to be lived, and curiosity must be kept alive. One must never, for whatever reason, turn his back on life.”

— [Eleanor Roosevelt](#)



PROBLEM

Rain



How our project relates to Eleanor

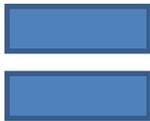
- We restored her garden and her ideal of self sustaining in the community
- Compared and contrasted human rights food issues from today to those similar in Eleanor's day.
- We selected heirloom vegetables that could have been in Eleanor's garden
- Sharing our story like she did in her “my day” column
- Recognized communities need for fresh produce and donated it to people in need
- Finally preserved seeds for future garden opportunities

Future of the Hope, Peace and Justice Garden

- Give seed packets to future gardeners
- First to leave our garden “foot print” hopefully it will be carried on
- Offering the opportunity to other girl scouts or organizations to garden
- Additional garden in a bigger location could produce more produce and more can be given back to the community
- Encourage everyone to have their own garden
- Keep local

The Girl Scout Law

- I will do my best to be:
- honest and fair,
- friendly and helpful,
- considerate and caring,
- courageous and strong,
- and responsible for what I say and do,
- and to respect authority,
- use resources wisely,
- make the world a better place, and
- to be a sister to every girl scout



WITH APPRECIATION

We would like to thank Anna, Susanne, and the National Park Service at Val-Kill for giving us this wonderful opportunity.

“I wonder if we ever will learn that prevention is better than cure.”

THANK YOU

- Question and Answers







The End

