



STONE BARNs
CENTER FOR FOOD
& AGRICULTURE



LEAF

Leading an Ecological and
Accessible Food System



WELCOME TO LEAF!

NAME(S): _____

In 2023, Stone Barns Center launched LEAF with the goal of empowering families to engage in their local food systems. Every time you bring home fresh seasonal produce, use our hands-on educational materials, and connect with our farmers, chefs and land, you are advocating for a healthier, more accessible food future—not only for you and your family, but also for your community.

Regenerative agriculture is defined by holistic farming and gardening practices that prioritize healthy and resilient soils, ecosystems, people, and communities.



Throughout the program, you will receive:

- **A personal home garden kit** with tools, soil, and plants to grow your own edible produce in the same growing cycle as Stone Barns farmers.
- **Bi-weekly produce distributions** with seasonal vegetables, herbs, meat, and grain grown at Stone Barns Center.
- **Invitation to visit Stone Barns' campus** and connect with the people, land, and farming philosophies behind your food.
- **Seasonal feedback surveys** as part of an ongoing Food as Medicine research study with Columbia University's Teachers College. Your participation will result in multiple scientific publications and help establish new LEAF communities nationwide.
- **A zine made by WordUp Community Bookshop** celebrating the LEAF collective. Help contribute by sending us your photos and recipes.

LEAF is about relationships. You are joining a network of over 140 families in the South Bronx, as well as community gardens and partner organizations like WordUp Community Bookshop, UpBeatNYC, La Morada Community Kitchen, Columbia University Teachers College, and Blue Hill at Stone Barns.



Donate



Learn more
about LEAF

GARDEN KIT DISTRIBUTION DAY

Mark your calendar to pick up a personal home garden kit

Bruckner Mott Haven Community Garden

678 E 136 St | Bronx, NY 10454

My garden kit pickup date is:

- ☐ Thursday, April 23rd
- ☐ Saturday, June 6th
- ☐ Saturday, September 12th

Produce Distribution Days:

Biweekly on Thursdays
between May 7th and
December 22nd

**the rain date is the following day*

ABOUT STONE BARNES

Stone Barns was founded in 2004 with a mission to catalyze an ecological and regional food culture. Our campus, shared with our restaurant partner, Blue Hill, is a living laboratory where farmers, chefs, artisans, and scientists come together to connect with the land. Come visit us anytime!



Our Cafeteria and grounds are
open year-round from

Wednesday to Sunday,
9:30am to 3:00pm

630 Bedford Road
Tarrytown, NY 10591

stonebarnscenter.org

📷: @stonebarns

During our annual **Farming Education Day**, you will visit Stone Barns' campus to meet our farmers and chefs and learn about soil health, regenerative farming, and simple, nutritious ways to cook with fresh seasonal produce.

I am visiting Stone Barns Center on ____/____/2026

Your primary contact: Carolina Saavedra,

Stone Barns Community Education Manager and Founder of LEAF

✉ carolinas@stonebarnscenter.org

☎ (917) 688 - 8613

GROWING KIT INSTRUCTIONS:

PART 1: HOW TO TRANSPLANT

1. Gently water your pot and your 6-pack container of plants so the soil is moist like a cake, but not soaking wet like soup.



2. Gently press on the bottom of the individual cell of the plastic container and scoop out your whole plant, keeping the soil intact.



3. Using your trowel, dig a small hole in your garden pot big enough to fit the transplant roots and soil completely. Cover the transplant completely with soil below the plant stem. Make sure to leave the stem and leaves fully exposed.

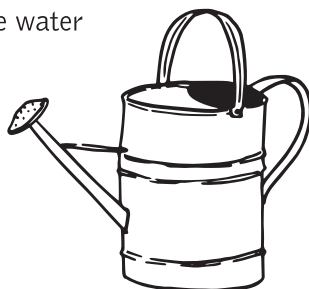


4. Pinch the hole closed to ensure contact from the garden pot soil and the transplant soil. Remember to water regularly when the surface starts to dry.



PART 2: CARING FOR YOUR PLANTS

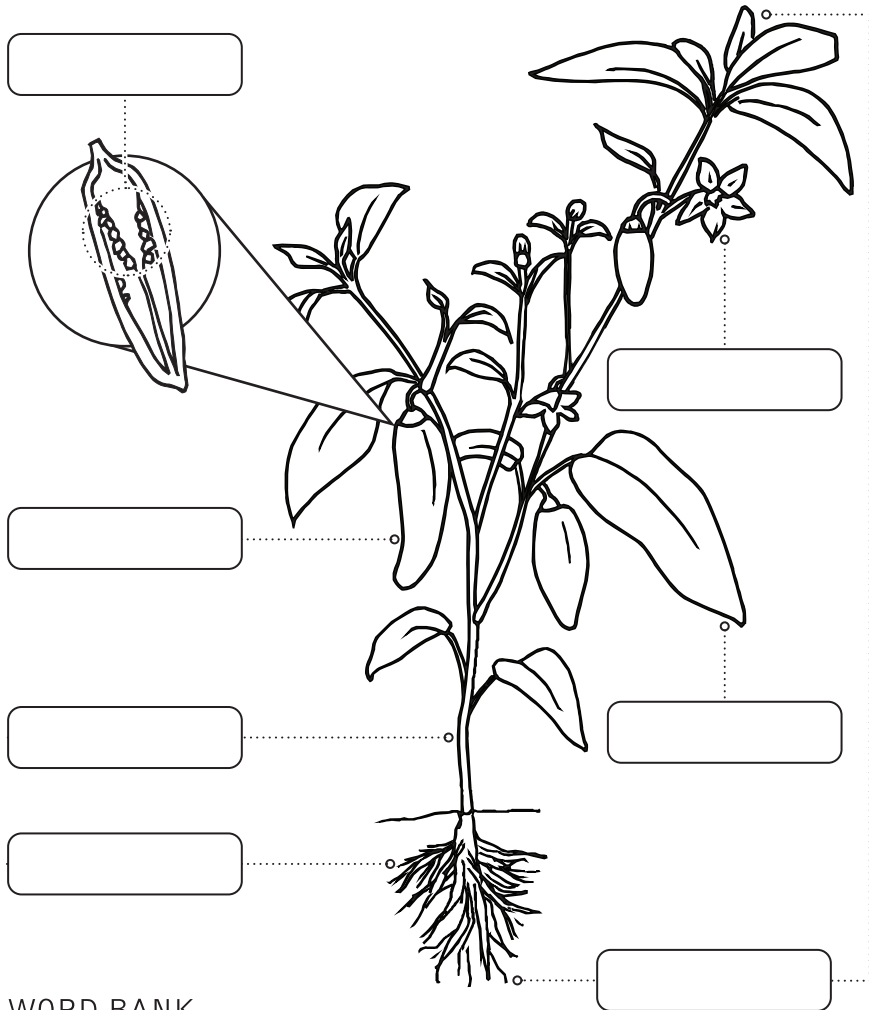
Watering: The most important part about growing in a garden pot is proper watering. We recommend watering when the soil starts to dry out on the surface (roughly twice per week) depending on where your container is located. If your garden pot is in full sun the soil will dry out much quicker than in the shade. Water gently and evenly over the surface of the soil allowing the water to slowly penetrate down to the roots. If you water too much too quickly, you will wash away the nutrients. Water just to ensure your roots stay moist, but not wet. To check if you water correctly stick your finger about 2 inches inside the soil and feel for moisture, if moist, then your plants have enough water.



ACTIVITY PAGE: SEED LIFE CYCLE

Watch as your _____ seedling starts to grow!

Can you label the plant parts using the words in the word bank?
Color in each square when you're finished.



WORD BANK

roots

leaf

fruit

stem

seed

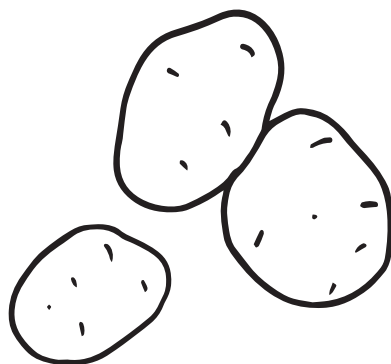
seedling

flower

RECIPE: WHIPPED POTATOES

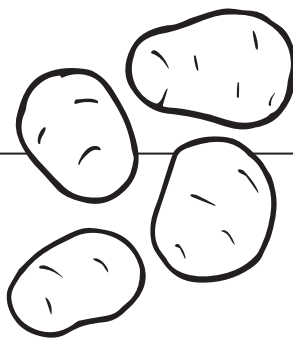
Ingredients

- 1 lb potatoes, washed
- ½ cup milk
- 3 oz. butter, chilled and cubed
- salt, to taste



Method

1. Peel the potatoes and cut into even-sized chunks. Place them in a pot and cover with well-salted cold water. Bring the pot to a boil and then reduce to a simmer, cooking the potatoes for about 20 minutes or until they are tender enough to stab with a fork.
2. Drain the potatoes. While they are still hot, mash them until they are smooth.
3. Place the pot over medium heat and cook for about 3-4 minutes to dry out the potatoes, stirring frequently.
4. Meanwhile, add the milk to a small pot and simmer over medium heat. Slowly add the hot milk and cream mixture to the potato purée until fully incorporated.
5. Add in a few chunks of butter at a time, stirring vigorously until the butter is fully incorporated.
6. Add salt to taste and serve hot.



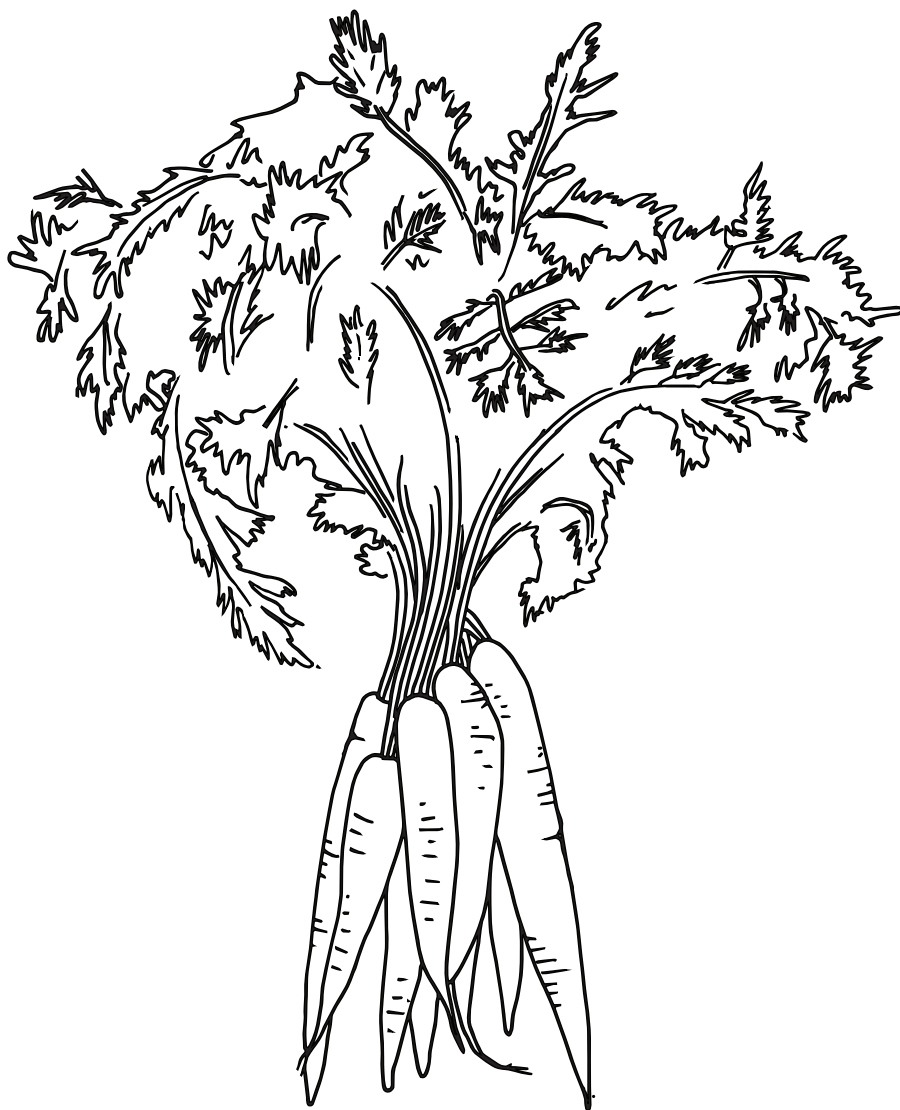
Once you make the recipe, be sure to photograph and tag us in your post!

@stonebarns

ACTIVITY PAGE: COLORING PAGE

Did you know that carrot tops are edible? You can use them to substitute cilantro or parsley. Carrot tops are very nutritious and have vitamins A, C, and K.

I tasted carrot tops on ____/____/____



NOTES:

[illegible]