



G.E.M.S. news **BEET**

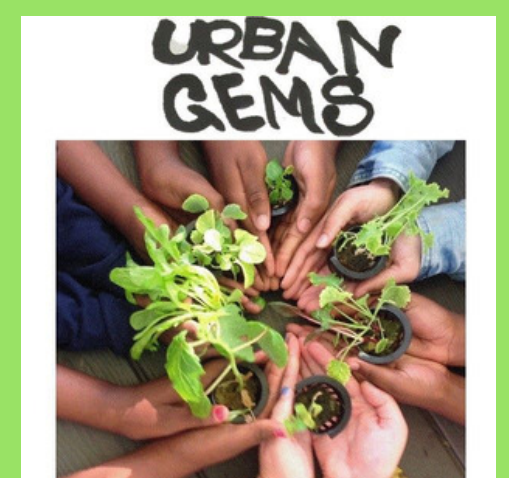
THE OHIO STATE UNIVERSITY
COLLEGE OF
EDUCATION AND HUMAN ECOLOGY

Urban G.E.M.S.
GARDENING | ENTREPRENEURS | MOTIVATING | SUSTAINABILITY

www.urbangems.ehe.osu

Facebook: OSUUrbanGEMS
Twitter: OSUUrbanGEMS
Phone: 614.247.4004

VOL. 2. ISSUE 1
| MAY 14, 2018



URBAN G.E.M.S. NEWSLETTER

TABLE OF CONTENTS:

HEALTHY HERBS BY: FRANKLIN ALLEN.....	pg. 1
MY LOVE FOR GARDENING BY: CLEVEN BROWN.....	pg. 2
CHANGING THE COMMUNITY BY: RIKEILAH COX.....	pg. 3
THE LOVE OF PLANTS BY: TYKEICE COX.....	pg. 4
URBAN GEM BY: JEREAN DENSON.....	pg. 5
SIMPLE CHANGES IN OUR EATING BY: ALANI DEAVALT.....	pg 6
CHANGING YOUR DIET BY: NASIR GROCE.....	pg. 7
BE HEALTHY BY: EDREESE ROBINSON.....	pg. 8
IS IT FUN TO BE OUTDOORS? BY: RICAISHA SANDERS- JAMAR.....	pg. 9
AEROPONIC GARDENING BY: AMINA SANFO.....	pg. 10





Healthy Herbs

We grow a lot of herbs at Urban GEMS, including dill, oregano, thyme, parsley, and basil. Herbs are used in seasoning and to flavor food and can also be used in medicine. Dill can make dill pickles. Oregano is used in mostly cooking as seasoning. Chives is a herb that tastes like onions. Mint is a herb commonly used in consumable business. Herbs improve the taste of foods. It can stop or prevent diseases and has great nutritional value. Herbs are good for brain health. Herbs can be used as painkillers to reduce pain. Herbs are used in foods and medicines because they have a lot of nutrients and are very healthy and good!

**By: Franklin
Allen**




My Love For Gardening

By: Cleven Brown



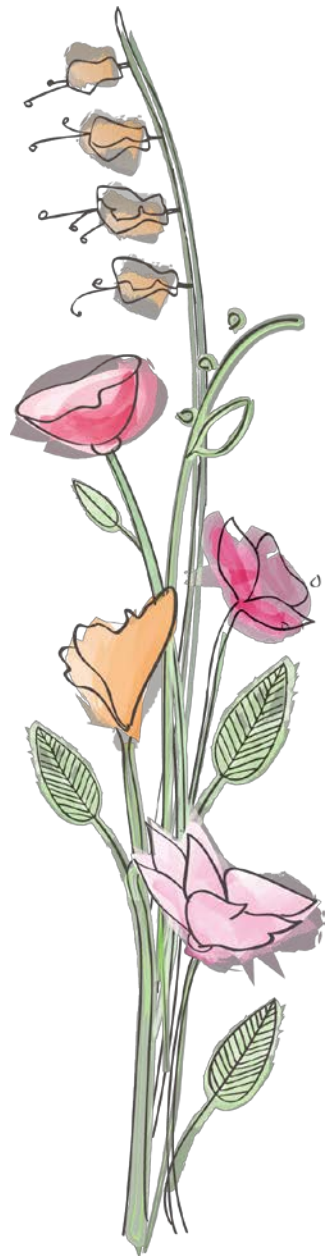
The type of gardening I prefer is outdoor gardening, but if you do not enjoy outdoor gardening, indoor gardening is an option. Indoor gardening is faster than outdoor and can be less labor intensive. The nutrients you put into the tower garden work as food for the plants to grow. The aeroponic system automatically pumps water to the plants, but you do have to refill it. The reason why I enjoy outdoor gardening is because it is more natural to me. I also like it because of how hard it is. No matter what type of gardening it is I think it's still fun. Especially when you get to harvest and see your hard work. You can sell or eat it. Either way your work pays off!



Changing the Community

Helping others and helping to make our community better by gardening is fun. Gardening to help change the community keeps youth occupied and out of trouble. This will teach kids about things they normally wouldn't pay attention to like how to eat healthier and live a healthier lifestyle. Urban Gems is fun because we help others and it teaches us new things. We also get to take delicious healthy food home. I call this a win/win situation.

BY: RIKEILAH COX



THE LOVE OF PLANTS

By: Ty'Keice Cox

In this issue:

- My take on Urban Gems :

“For the better of our community we should all participate in Urban Gems no matter how big or small, just do your part that’s all”

Urban Gems

“Hey plant lovers”, I’m Ty'Keice. I am in the Urban Gems program, and they help develop your skills with gardening and growing your own food. Urban Gems show they love and care for our community. I encourage kids all ages 10-20 to join our program. I was ignorant of any information about plants prior to working for Urban GEMS. If you wish to have a better understanding about plants and health in general, Urban Gems is the place to be. If you want to develop a better education on plants come on down to Urban Gems.



Photo —The image to the right is a garden tower, one of the tools we use to grow our plants and the image to the left is one of our site locations.

“Urban Gems is a positive youth development program that promotes leadership, entrepreneurship, and healthy lifestyle habits. I love watching students grow as confident individuals and try new things!”

- Megan Beaver, Urban Gems Research Assistant

URBAN GEMS

The gardening I like the best is outdoor gardening, which we use our outdoor garden towers for because I like being in the dirt and getting dirty. It makes a difference because it helps you be active and get in shape. It's fun planting the crops outside with the Urban Gems team. I love it!

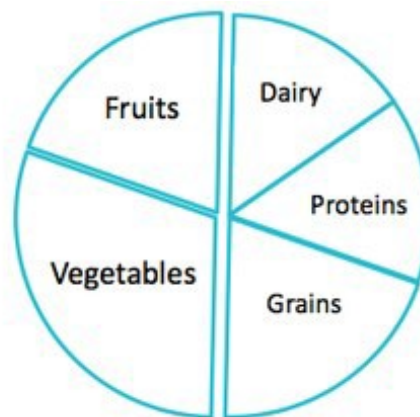


BY JEREAN
DENSON

Simple Changes In Our Eating

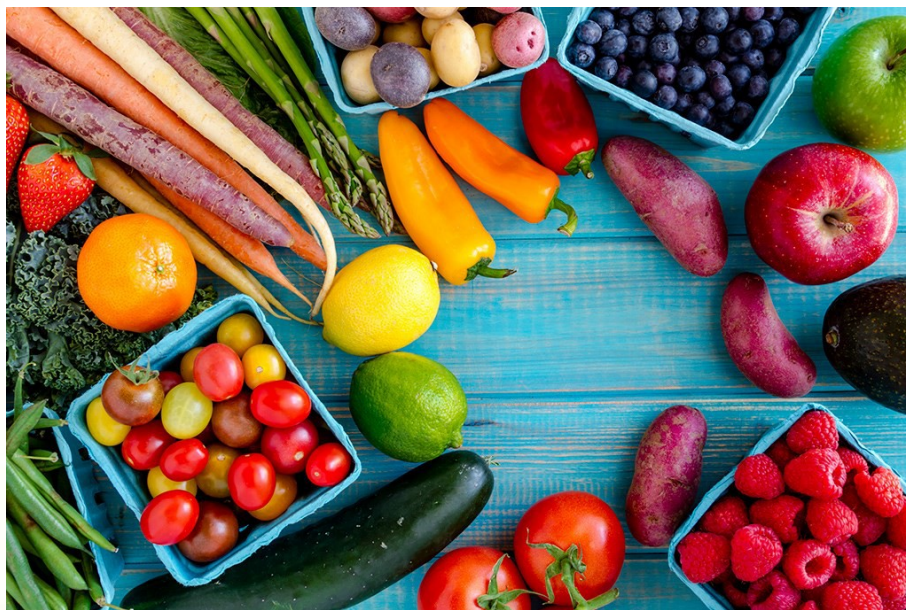
By: Alani

Simple changes in our eating can make a big difference. If you change the way you eat in a good way, you can get healthier and lose weight. If you decide you want to eat healthy you should create a meal plan. If you change the way you eat in a bad way you can have bad health problems and potentially can gain lots of weight. Including fruits and vegetables with each meal is a good place to start!



Changing Your Diet

Changing your diet can help your physical health. It can help you prevent getting high blood pressure, having a stroke or heart attack. Having a bad diet can also put you in a position where you can become obese. More than 60% of women are obese and nearly 75% of men are obese. Approximately 795,000 Americans suffer from having a stroke a year. About 75 million Americans (29%) have high blood pressure. Approximately 10 million Americans have osteoporosis. You can change your diet by eating more fruits and vegetables, and less fried and fatty foods. People can change these numbers one by one when you change your diet for the better.



BE HEALTHY

Urban GEMS Newsletter

May 2018

Changing Your Eating Habits

By: Edreese Robinson

Simple changes in our eating can make a big difference. If you eat a cheeseburger, then you should eat some vegetables or a piece of fruit. It will still help. It helps by making you healthy and gives you energy rather than making you feel lazy or sick. If you don't eat healthy even a little bit, you can be overweight or develop health problems later in life. Fruits and vegetables are tasty too. Fruits are my favorite though. Whatever is your favorite, you should eat it at least once a day. If you eat healthy, you will feel healthy and stay healthy!



Plants grow together, so people should plant together.

IS IT FUN TO BE OUTDOORS?

By: Ricaisha Sanders-Jamar

It is fun to plant and be outdoors on hot summer days. It is also fun to associate with new people everyday and make new friends. I also thought it was fun when we interacted with our teacher and other staff members. We also have done a lot of group work outside attending to our garden beds while still having fun and laughing. We often watch educational videos in the classroom and/ or read and write about our experiences.

THINGS TO BRING OURDOORS

Gardening tools such as :

Shovels

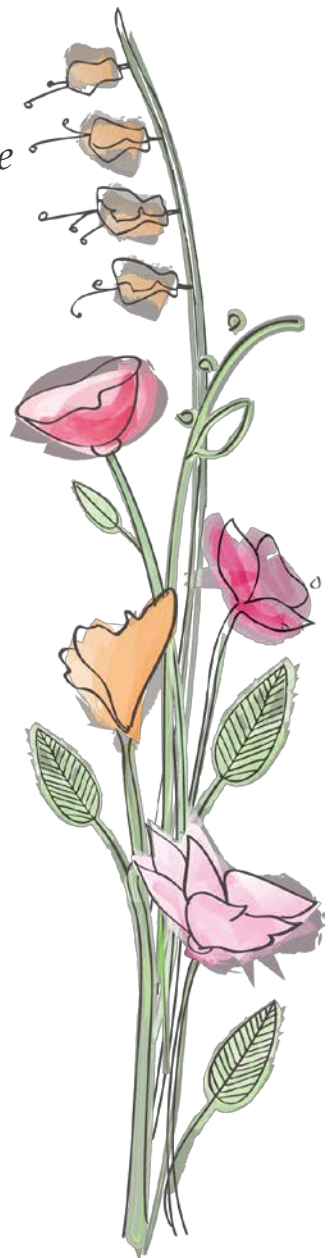
Rakes

Seedlings to be planted

Potting soil mix

Watering can

A good attitude



Aeroponic Gardening.

Aeroponics is an indoor **gardening** practice in which plants are grown and nourished by suspending their root structures in air and regularly spraying them with a nutrient and water solution

Hey Garden people, Urban Gems youth program helps the youth know where their food comes from. I personally enjoy aeroponic gardening more than soil-based. I prefer this method because I enjoy being inside and like finding out new ways to plant stuff. Although we already know that we can plant stuff outside, now we know how to plant inside as well. Another thing that is cool is that you can plant whatever you want all year-round.

By: Amina

