



Green St. Louis Machine GAZETTE

October, 2025
Edition

Sustainability theme of the month:

SYSTEMS THINKING



Student at Kairos Academies working together to setup
their school's tower garden.

As October brings the harvest season to a close, our Green St.

Louis Machine partners shift their focus indoors—tending vibrant Tower Gardens that keep fresh greens growing year-round. It's a wonderful time to reflect on the roots of our food and the people who make it possible. Every tomato, herb, green, and grain has a story that begins long before it reaches our plates—from seed to harvest, from classroom to community—reminding us how connected we all are through food. This month, we're shining a light on **systems thinking**. Where our food comes from matters! Our food systems shape the landscape, affect our air and water quality and public health outcomes. We can take charge of these systems to make them work for our communities. Growing and sourcing food locally strengthens our communities, reduces fuel use, and protects the land that sustains us.

GREEN ST. LOUIS MACHINE'S FARM-TO-TABLE FUNDRAISER!

Tuesday, December 2 | 5:30 – 7:30 PM

Donation Impact Points

\$15,000 Sponsor In-School Chef-Led Farm-to-Table Workshops 🌱

\$10,000 Sponsor Hands-On Urban Farming Workshops (Outdoor & Aeroponic) 🌱

\$5,000 Sponsor the Annual Spring Green Gala or the Missouri Crunch Off Event 🌱

Scan or click to see all 7 donation impact points



Keynote Speaker

Mr. Keyon Watkins, CEO of Sauce So Good, and Creator of The Seed to Seasonings Project



Love Green STL

Scan to buy tickets and learn more ways to fund our mission



Cultivating St. Louis' next generation of sustainable leaders.

Attire: Fancy Green



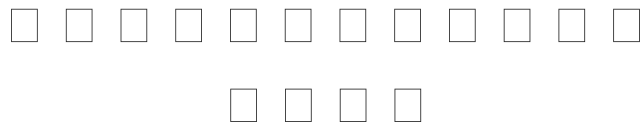
To celebrate this mindful approach to eating, join us for our Farm to Table Fundraiser on Tuesday, December 2nd, from 5:30–7:30 PM at Hamilton Hospitality Events' Rhone Rum Bar, 2107 Chouteau Ave., St. Louis, MO 63103.

Our keynote speaker, Keyon Watkins, CEO of ***Sauce So Good*** and creator of the *Seed to Seasoning Project*, will share how teaching children to understand the full journey of our food—starting with seeds—can inspire a more sustainable and connected future for all.



As you prepare your outdoor garden for rest this fall, try these eco-friendly October tips for St. Louis home gardeners:

- Plant cover crops like clover or winter rye to protect and nourish your soil through the cold months.
- Leave the leaves! Use them as mulch to insulate garden beds and provide habitat for beneficial insects.
- Save and share seeds from your favorite plants to reduce waste and strengthen local biodiversity.



Sustainability Spotlight **North Side Community School**



From Soil to Sky: How Gardening Transformed North Side Community School

A Sustainability Story

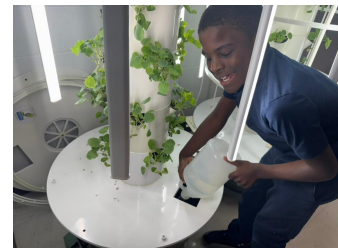
When Mrs. Stella Erundu, Mr. John Grote, and Mrs. Virginia Grace opened North Side Community School in 2009, they envisioned more than academic

success—they wanted students to care for their community, environment, and themselves. From the start, sustainability was a way of life.

Raised garden beds gave students hands-on experience planting, nurturing, and harvesting vegetables and herbs, while teachers integrated the gardens into lessons across science, math, and art. In 2015, guided by the forward-thinking vision of community volunteer Mrs. Sherry Amen, the school added Tower Gardens, allowing year-round indoor growing and transforming classrooms into mini-farms.

Fresh produce from these gardens now enriches the cafeteria menu, and students take pride in eating what they grow. Gardening has fostered teamwork, responsibility, and creativity, connecting students, teachers, and families in a shared commitment to sustainability.

Today, students practice systems thinking as they harvest and enjoy fresh produce, while the gardens continue to inspire teamwork, responsibility, and sustainability—bringing the founders' vision to life for a new generation.



Green Staff of the Month:

Veronica McCowan

of North Side Community School



Ms. Veronica McCowan, the dedicated Director of the Knight Club—where the GSM Farm to Table Program is held weekly at North Side Community School—leads the after-school program with grace, compassion, and unwavering commitment. Fondly known as Ms. Veronica by students and staff alike, she is truly the heart of the program, guiding over 70 students each evening with patience and purpose. Her presence is felt in every aspect of the Knight Club: she teaches, supervises, serves meals, and maintains a nurturing sense of discipline, ensuring that every child feels supported, valued, and inspired.

When asked about her thoughts on the Green St. Louis Machine's Farm-to-Table program, Ms. Veronica's enthusiasm was unmistakable. *"I love the Green Machine program,"* she shared. *"The kids are learning the essentials of growing, cooking, and enjoying the food they've grown. This is sustainability at its best—these are lifelong skills. GSM has found a way to fill important*

gaps, helping our students gain the enrichment they truly need. As a matter of fact, I'm learning right alongside them! The Farm-to-Table program is teaching not only the kids, but also the teachers—and me, the Knight Club Director.”

When asked if GSM should continue its partnership with North Side students, Ms. Veronica didn't hesitate:
“Absolutely! GSM is teaching and guiding our students in such a positive direction!”

Green Student of the Month:
Olivia Jackson
of North Side Community School



Green St. Louis Machine proudly celebrates Olivia Jackson as October's Green Student of the Month! Olivia is a quiet yet remarkably focused young learner who approaches every activity with enthusiasm and curiosity. Though only in first grade, she stands out for her intense focus and eager participation in all GSM sessions.

Olivia's bright mind and beautiful spirit shine through as she eagerly raises her hand to answer questions, volunteers to tend the plants, and jumps right into the chef's activities—slicing, dicing, and stirring with confidence and care. Recently, she presented an impressive project titled *"Build Your Own Farm,"* where she clearly documented the conditions necessary for plant growth—soil (food), sunlight, water, and air—without missing a single detail. Her accompanying diagram was both thoughtful and precise.

Olivia is truly a budding scientist, and GSM is proud to nurture her growth and curiosity. She represents the bright future of sustainable food production and the promise of tomorrow's leaders in agriculture and nutrition.

Community Partner of the Month: Urban League of Greater St Louis

On October 5th and 6th, Tower Farm held a hands-on workshop at Vested Urban Farm, hosted by the Urban League of Greater St. Louis. The event was filled with learning, sharing, and great networking opportunities!

The following day, Tower Farm Sales Manager, Bret Bowlin, toured GSM's smaller tower farm—and was very impressed with what he saw! After Bret's visit to our farm, we enjoyed lunch at one of the restaurants supplied by Green St. Louis Machine—1111 Mississippi! It was the perfect way to show him how our fresh greens and herbs go from seed to table.



Recipe of the Month:

**Savory Baked
Apples** ☐☐☐
— and guess
what?

Kids can make them, too! □

by Chef Rona Leah

INGREDIENTS

1 box stuffing mix, 6 oz

6-8 medium size apples

1 3/4 cups low-sodium chicken or vegetable broth, divided

1/2 pound ground sausage or bacon , optional

1/2 cup dried cranberries or raisins

1/2 cup sweet onion, finely chopped

2 stalks celery, finely chopped

Or good pinch celery salt

2 tablespoons unsalted butter

kosher flake salt and freshly ground pepper or pinch of cayenne, to taste



What you do:

In a large pan or skillet over medium-high heat, melt butter and sauté onion and celery until softened. 6-8 minutes.

Season generously with salt and pepper. Easy on the salt if using celery salt.

Add sausage and cook, breaking sausage up as you go, until browned and cooked through. Season with salt and pepper. Or add roughly chopped cooked bacon

Transfer sausage mixture to a large bowl, then add in stuffing mix and the dried fruit. Pour in 1 1/4 cups chicken broth and stir until everything is combined and moistened.

Preheat oven to 350° F

Prepare the apples now. cut off the tops of each one, then use an apple corer, melon baller, or spoon and scoop out the core, making sure to leave at least 1/4-inch around the bottom and sides.

Lightly salt the insides of the apples and then fill the apples with the stuffing mix you have just made. Now place them in a large baking dish. Pour the remaining chicken broth first over the apples and then some into the bottom of the baking dish.

Place the dish in the oven and bake the stuffed apples for 30-35 minutes, or until the stuffing has browned and apples are fork tender, but not mush.

Let them sit on the stove top to cool just a bit then serve them good and warm. I don't think anyone would be mad if you drizzled a bit of gravy over the stuffing as something extra.



Mathews-Dickey's Farm-to-Table Chef and Garden Club at work prepping the recipe after school!

NEW GRANT RECIPIENTS!!

*We are soooooo happy to announce **GSM** has been awarded a cost-share grant from the **Missouri Dept. of Agriculture!***



FUNDRAISER ALERT

Get ready to indulge in fresh, locally sourced dishes while supporting a good cause at our Farm-to-Table Fundraiser! [Click here](#) to purchase tickets!



The team is hard at work planning an amazing Farm-to-Table fundraiser on December 2nd and exploring new opportunities to grow our impact. It's an exciting journey, and we're thrilled to be on this adventure together!

[Donate to the Growing of](#)

Green St. Louis Machine!!

□ We are hopeful for donations to fund the upkeep of the greenhouse urban agricultural learning center, support our partner schools and pay for the Green Gala. Please consider a donation for our worthy cause! Thank you to those who have donated already this year! This incredible support will help us continue our mission to foster sustainability and innovation in our community. We are truly grateful for this kindness and commitment to our cause. Thank you so much! □□

#GreenStLouisMachine
#GreenSTL_Machine #Gratitude
#CommunitySupport
#Sustainability #Innovation



Stella Erundu and Sherry Amen pose in front of Swiss chard, with the check!

If you would like to support us, you can donate by scanning our QR Code!



**In case you still missed it,
we were featured on last years Giving
Tuesday on Channel 4!!**

*See the video clip of Green St. Louis Machine's
North Side Community Elementary School Kids by
clicking
the link below!*

Watch us on Channel 4!



**We need to raise
\$15,000 in 2025!!**

**We still have a LOT of need!
We are so thankful for \$12,500 we
have received so far this year,
which is greatly appreciated! We
are hoping to raise an additional
\$12,500 to reach our goal of
\$25,000 in 2025!**

**Thanks for giving to us!
You can donate to The Green St. Louis
Machine here!**

Or visit our website::
Green St Louis Machine Website

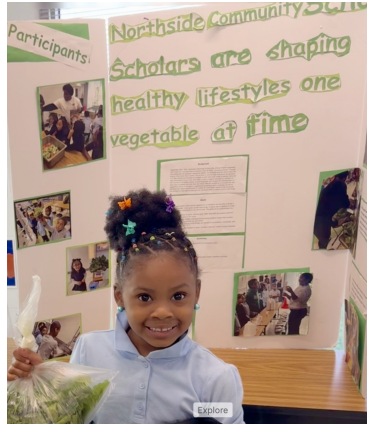


**A growing need: St. Louis
nonprofits ask for help
ahead of Giving Tuesday
amid declining donations**
firstalert4.com

Why do we do The Green St. Louis Machine?



Food apartheid in St. Louis contributes to high rates of food insecurity, childhood obesity, diabetes, and heart disease. Thousands of children live in areas with little to no access to quality grocery stores, leaving families with limited options for fresh, nutritious food. As a result, processed and unhealthy foods have become a regular part of their lifestyle.



Many of these children have never tasted or even learned the names of common fruits and vegetables. This lack of exposure to fresh, nutritious food affects their school performance, mental outlook, and overall well-being. Over time, poor nutrition increases their risk of developing diabetes, heart disease, and other serious health issues later in life.



YOU have the power to make a difference in their lives today — paving the way for healthier futures! Through our program, students grow, harvest, prepare, and enjoy fresh, nutritious foods, fostering a sense of ownership and empowerment over their own food choices. Together, we can transform communities and break the cycle of poor nutrition. Join us in our mission! Donate or volunteer today to help us create a healthier, brighter future for our children.

GSM PARTNERS & DONORS



GSM IS INVITING ALL OUR FRIENDS, FAMILIES, AND COMMUNITY MEMBERS TO GET INVOLVED!

The Green St. Louis Machine relies heavily on donations and support from volunteers and community partners.

VISIT OUR NEW WEBSITE TO LEARN MORE ABOUT GSM!

www.GreenSTLMachine.org



SCAN TO DONATE



Video Clip!

You can learn more about our mission by clicking here to watch our video:

[Green St. Louis Machine Promo Video](#)

and feel free to pass this video on to your friends and family. Thank you for your support!

Download our Mission Statement Flyer!

[Click here to download](#)



□ *Partner Schools in Action!*

From planting to pickling to seasonings, our partner schools are full of energy and creativity—stay tuned for more festivities to share! Grand Center Arts Academy will be featured next month!!

Grand Center Arts Academy's Green Machine class started sprouting

seeds on the very first day of school—and by October, they had a huge harvest of lettuce and dill! The students divided into teams to harvest and bag produce, create fresh salads, and jar pickles—hands-on learning at its finest!

Stay tuned for the November issue of the Green St. Louis Machine Gazette, where their accomplishments will be featured in even more detail!



Ferguson Middle School sustainability students bagged Green St. Louis Machine–grown lettuce and mustard greens for the Fall Festival—a crowd favorite giveaway!



Biome's 2nd Grade welcomed Keyon Watkins of Sauce So Good to showcase their "Seed to Seasoning" project for parents. This spring, students will sell their

*own invented spice blend at Soulard Market alongside
Mr. Watkins!*



*Thank YOU for
partnering with us!*

Wish to donate? Click here:

**[Donate to The Green St. Louis
Machine!](#)**

Here's what your donation can do if you
click on DONATE ANY AMOUNT
ABOVE:

**\$200 or more per month: Pledge towards
seeds and supplies purchases!!**

**\$1,500 will buy a Tower Garden for a school
desperate for the opportunity to grow food in
a classroom!**

**Donate T-SHIRTS for 500 GSM students
\$5,000 (Can have your company logo too!)**

**Donate 500 APRONS for Green St Louis
Machine students – \$6,500 (Can have your
company logo too!)**

**Support the GSM portion of salary for a GSM
AmeriCorps Vista (Like the Peace Corps only
working on American soil) for a year \$5,000**

**Support GSM Summer Camp, In-School or
After-School Farm-to-Table Project-Based
Learning for your favorite school or
organization: from \$3,500**

Have questions?

Sherry Amen at 314-757-6607

Sherry@GreenSTLMachine.org





Stella Erundu at 314-590-3247
Stella@GreenSTLMachine.org

Visit our Social Media Accounts (below)
and our exciting YouTube Channel:
[**Green St. Louis Machine**](#)



Green St. Louis Machine | 2101 Chouteau Ave | St. Louis, MO 63103 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!