



# Green St. Louis Machine GAZETTE

November, 2025  
Edition



Sustainability theme of the month:

**GLOBAL CITIZENSHIP**



This November, we are thankful for many things; especially for our food and the people who make it possible. This season of gratitude is a perfect time to look at what's on our tables and learn the stories behind each ingredient. Many of our favorite Thanksgiving foods remind us that we live in a connected, global world. Potatoes originally came from the Andes Mountains. Spices like cinnamon, nutmeg, and cloves traveled long journeys from Southeast Asia before warming our pies. Collard greens highlight the strength, resilience, and creativity of the people of the African diaspora. Corn and squash show the deep agricultural knowledge of Indigenous peoples who have grown these crops for thousands of years. As November is Native American Heritage Month, it's also a time to honor the Indigenous food traditions and ecological knowledge that still shape how we eat today. Every meal we enjoy shows how global, cultural, and interconnected our food system truly is. Learn more about the history of your favorite Thanksgiving

foods here: ***Where Did Your Favorite Thanksgiving Day Food Originate? | Smithsonian Institution.***

Green St. Louis Machine invites you to celebrate this web of global connections by noticing how food traditions show up right here in our city. That same spirit of care and stewardship grows in our Green Machine tower gardens, where crisp lettuces and fragrant herbs help tell our community's story. We hope you'll join us at our **Farm-to-Table Fundraiser on Tuesday, December 2**, where we'll celebrate local food, community, and our shared responsibility to care for the planet. And if you want to learn even more, check out this month's podcast episode (see the link below), where we talk with some of the Green St. Louis Machine team about the stories behind our work.

Pictured Above: **Top left:** Students in the Garden Club at Gene Slay's Girls and Boy's Club assemble their Tower Garden after cleaning it.

**Top middle:** Students at Kairos High School inspect growth of their Tower Garden.

**Top right:** Keyon Watkins of Sauce so Good working with a Biome 2nd Grade science student to bottle their spice blend he helped them create.

**Bottom left:** Middle School students making pickles in the Green St. Louis Machine class at Grand Center Arts Academy.

**Bottom middle:** Kairos high school student on a field trip to a nearby urban farm.

**Bottom right:** Danforth Plant Science Center campus - seeking to nourish people and protect our planet.

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## Introducing the GSM Podcast — Episode 1 Now **Live**

The episode offers a clear look at what GSM is doing and why the mission matters—now more than ever!



The poster for the GSM Podcast Live event features a green and blue background with abstract shapes. On the left, a photo shows two children interacting with a vertical hydroponic grower. The main text is in bold black letters. Below the title, the date and time are listed, followed by the names of the featured guests. A large silver microphone is positioned on the right side. At the bottom right, there is a small circular logo for the GSM Podcast. The top right corner is filled with logos of various partner organizations.

**GROWING A SUSTAINABLE TOMORROW THROUGH URBAN AGRICULTURE: WATCH GREEN ST. LOUIS MACHINE LIVE!**

**GSM Podcast**  
**Wednesday November 19th @ 8 PM CST**  
**Featuring:**  
**Sherry Amen**  
**Stella Erondy**  
**Ciara Fisher**  
**Emilia Belciak**

**Our Partners:** christian hospital FOUNDATION, HAMILTON hospitality, UMSL, thrivent, HERU URBAN FARMING, Mathews-Dickey, Midwest BankCentre, SAINT LOUIS SCIENCE CENTER, Girls & Boys Club, Ufma, MISSOURI BOTANICAL GARDEN, ST. LOUIS COMMUNITY FOUNDATION, 100 Years, city greens MARKET.

**GREEN ST. LOUIS MACHINE**  
**GSM Podcast**

**YouTube**

The first episode of the Green St. Louis Machine (GSM) Podcast Live aired at 8 PM on Wednesday November 19th, and set a strong tone for what's ahead. In "Why Green St. Louis Machine?", Founder Sherry Amen and President Stella Erondy were joined by GSM educators Ciara Fisher of Biome STEAM Elementary School and Emilia Belciak of Kairos Academy High School. They explored what it means to be part of this growing partnership and laid out why supporting, funding, and nurturing this work is essential for our students and for St. Louis.

## **Sustaniablity Spotlight**

### ***Grand Center Arts Academy (GCAA)***





At Grand Center Arts Academy (GCAA), we believe that every student has the power to shape the world. Through dance, art, music, and theatre, our classrooms become gateways to global discovery—places where students explore new cultures, connect with diverse perspectives, and learn that their creativity can influence people, environments, and economies far beyond St. Louis. Because we believe our students are not just learners—they are global citizens. Every day (through dance, art, music, and theatre) our students open doors to the world. They explore new cultures, new ideas, and new ways of seeing themselves. And they discover that their voices, their choices, and their creativity have the power to touch people, shape communities, and influence our

planet.

For the past twelve years, GCAA has proudly nurtured this spirit of global citizenship through our Tower Gardens and Green Machine classes. What began as a simple installation blossomed into a transformative class—a living laboratory where students grow food, nurture community, and practice sustainability in real time. Here, “farm to table” is more than a phrase; it is a daily reminder that we are connected to the earth and to one another. Today, our students plant the seeds, care for the harvest, and experience firsthand what it means to nurture the world around them.

At GCAA, we don’t just teach the arts—we cultivate compassionate, thoughtful global citizens ready to make a meaningful impact on the world. And together, we help our students realize that they are connected to something larger—something global, meaningful, and full of possibility.

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**Green Staff of the Month:**

***CASSANDRAN LENTZ***



Cassandra Lentz has served as a middle school educator at Grand Center Arts Academy for the past ten years. With a strong foundation in the arts and an ever-growing passion for scientific inquiry, she has inspired curiosity and creativity.

Through her long-standing collaboration with GSM, Cassandra has developed a deep understanding of urban farming and sustainable agricultural practices. She is a steadfast advocate for global citizenship, environmental stewardship, and the belief that students flourish when they are encouraged to think critically, act responsibly, and see themselves as agents of change.

Guided by these principles, she founded the Green Machine elective—a transformative learning experience that invites middle school students to grow food, grow knowledge, and ultimately grow into thoughtful, empowered citizens capable of shaping a more sustainable future.

\*\*\* Check out our ***Green STL TV*** YouTube Channel: [\*\*Green St. Louis Machine\*\*](#) to see Ms. Lentz lead her GSM class in a harvest fest including making salads and pickles!

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## Green Student Spotlight of the Month:

### **Sophia Nelson & Cherish Frasier**



**Sophia Nelson & Cherish Frasier are 6th Graders at GCAA  
from Mrs. Lentz class**

#### **Interveiw Q & A**

##### **Hobbies & Interests:**

- Sophia: Drawing, crocheting, making bracelets
- Cherish: Drawing, playing all types of games, arts & crafts

##### **Favorite Subjects:**

- Sophia: Social Studies
- Cherish: Math

##### **Favorite Things About Green Machine:**

- Sophia: Learning about plants and growing new things.
- Cherish: Learning about different types of plant stages and phenology



### **Why These Students Are Recognized:**

- Sophia and Cherish are being recognized for their commitment, curiosity, and impressive growth in Green Machine.
- Sophia enjoys cooking and currently cares for two plants at home.
- Cherish also loves to cook and is excited to start her own garden soon.

### **Fun Facts:**

- Sophia: Collects only Energy Pokémon cards
- Cherish: Can do cool tongue tricks—like forming a three-leaf clover

### **Quote on Green St. Louis machine:**

*"Learning how to grow your own food is important because grocery stores only sell some foods at certain times and you cant be sure about safety and when you grow your own you can harvest it whenever you want...." — Sophia*

### **Quote on Being a Global Citizen:**

*"It takes one plant to make the world a little greener..." — Cherish*

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**Community Partner of the Month: NICK**

**SPEED**

***Educator • Urban Farmer • Founder Of Ujima***



Green St. Louis Machine celebrates Nick Speed — a St. Louis-born educator and urban farmer leading with integrity, a love for St. Louis youth, and a commitment to global citizenship. Ujima is a Swahili principle meaning collective work and responsibility: we solve problems together, and what benefits one of us benefits all of us.

Nick teaches in GSM's Farm-to-Table Garden Club at Mathews-Dickey Boys & Girls Club, bringing seeds, herbs, root vegetables, and even worms from his George Washington Carver Outdoor Urban Farm into the learning environment. When outdoor growing pauses, he moves to the "Green Room" Tower Gardens, showing students how food can be grown year-round. Later this month, Nick will host a winter farm field trip so students can experience farming in the cold season, followed by a spring trip to observe the full seasonal cycle.

Nick founded Ujima in 2018, a pay-what-you-can nonprofit that increases equitable access to food, education, and employment. Since then, he has engaged 750+ youth in outdoor education, launched George Washington Carver Farms, developed The Sunflower Institute teen job program, and removed 10,000+ pounds of trash in North St. Louis. Thinking globally and acting locally, Nick's work models environmental stewardship and sustainability.

His leadership continues to be inspired by — and deeply rooted in —

the St. Louis community.



**Top picture:** Nick helps after school kids at Mathews-Dickey Boys and Girls Club prepare seedlings for planting in their Tower Garden.

**Bottom picture:** Nick with his George Washington Carver Farming Crew

## **Recipe of the Month:**



Happy Thanksgiving!



## *Veggie Turkey Platter*

### Ingredients

For the “Feathers”:

- Broccoli florets
- Baby carrots
- Yellow bell peppers (sliced)
- Red bell peppers (sliced)

For the “Body”:

- Ranch dip (or any creamy veggie dip)
- 1 round dish or bowl for the dip
- Mushrooms (sliced) arranged around the dish/bowl of dip (for the turkey’s head)

For Decoration:

- 2 small whole black peppercorn seeds for the tiny eyes
- Small cuts of yellow bell pepper for the beak and wings
- A tiny piece of red bell pepper for the wattle
- Two red spoons for the legs



## Instructions

### 1. Prep the Vegetables

- Cut broccoli into bite-sized florets.
- Slice the yellow, orange, and red bell peppers into long strips.
- Wash and dry all vegetables thoroughly.

### 2. Assemble the Base

- Place a large round platter on a flat surface.
- Put the dip bowl near the bottom center of the platter—this becomes the turkey's body.

### 3. Create the Turkey Feathers

- Starting at the top edge of the platter, arrange broccoli florets in a curved arc.
- In front of the broccoli layer, arrange the orange and yellow bell pepper sticks.
- Add carrots and red bell pepper strips toward the inner section, creating a full, fanned-out feather effect.

### 4. Build the Turkey Body

- Smooth the top of the dip so it looks clean and round.
- Add a small mound of dip on the upper part of the bowl to form the turkey's head.

### 5. Add the Face & Details

- Press 2 small whole black peppercorn seeds for the tiny eyes into the head.
- Cut a small triangular beak from a yellow bell pepper and place it under the eyes.
- Add a sliver of red pepper next to the beak for the wattle.
- Cut wing shapes from yellow bell pepper and place them on each side of the bowl.
- Two red spoons for the legs coming out of the bottom of the dip dish/bowl.

### 6. Optional Touches

- Add a layer of arugula or romaine lettuce sticking out behind the broccoli "feathers" for more fluff.
- Add a small label or toothpick sign next to the turkey for fun wording like "gobble til you wobble."

## Serving

Serve immediately or refrigerate until ready. Pair with extra dip on the side if needed.



3rd–5th grade students in North Side Community School's Farm to Table Club made, & ENJOYED, their version of the Turkey Veggie Platter. (Look at our GSM kids eat their vegetables! They were asking for more before the session was over!)

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# 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!



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

Tuesday, December 2 | 5:30 – 7:30 PM

St. Louis loves Hamilton's Urban Steakhouse and 1111 Mississippi!

One of their top chefs and Green St. Louis Machine chef go head-to-head, creating dishes with produce from GSM urban aeroponic farm and Keyon Watkins' famous seasonings.

We invite you to taste a student-inspired menu featuring recipes from our K-12 growers and creators.



Keynote Speaker

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

Table Sponsorship:

Table of 10	\$1,200
Table of 8	\$1,000
Table of 6	\$750
Table of 4	\$500
Table of 2	\$250



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

Visit us at:

[www.greenstlmachine.org](http://www.greenstlmachine.org)

## President's Corner





**Governor Mike Kehoe with Stella Erundu and Sherry Amen of GSM  
at St. Louis AgriBusiness Club Meeting at Bayer Crop Science**

Hello GSM's Monthly Green Gazette readers,  
This quarter marks an exciting period of growth and progress for Green St. Louis Machine (GSM)!

At a recent event for Agriculture-related professionals, Governor Mike Kehoe said something powerful and true: St. Louis must invest in our urban youth — they deserve to know where their food comes from. He reminded us that urban agriculture and 4-H Clubs are critical pathways for our kids — and this matters deeply to us because Governor Kehoe grew up in North St. Louis, the same community Green St. Louis Machine serves today. For more than 10 years, Green St. Louis Machine has worked inside urban schools and youth spaces using STEAM principles — helping young people grow real food, cook real food, and connect with real St. Louis farmers, growers, and entrepreneurs.

We are proud to announce that GSM has been awarded a cost-share grant of \$10,000 for the 2025–2026 year from the Missouri



Department of Department of Agriculture. This small but crucial funding will directly support our capstone project—expanding in-school, after-school and community center learning activities focused on sustainability, nutrition, and hands-on urban agriculture. This grant strengthens our mission to educate, empower, and engage youth and families in cultivating healthier communities.

Equally inspiring, GSM has signed a partnership agreement with Christian Northeast/Northwest Hospitals, a major step in our collective fight against diabetes through improved nutrition. Under the leadership of Hospital President Mr. Rick Stevens, this partnership embraces the use of aeroponic tower gardening technology to grow fresh, sustainable produce while mentoring patients and community members on the power of healthy eating. As Mr. Stevens aptly noted, “Food is Medecine” . I echo President Stevens by adding that “An ounce of prevention is better than a pound of cure”. Together, we are proving that access to good food and nutrition education can be a transformative force for health and healing in our communities.

As you may already know, on December 2nd 2025, Green St Louis is hosting our first ever Farm -To -Table Fundraiser event, This event’s venue is at 2107 Chouteau Avenue from 5:30 to 7:30 pm. I am hereby inviting you, my friends and colleagues to this event. This fundraiser is very important for the work we are doing. Come and hear about the impact of this work on our students, parents and teachers. You can buy a table of 4,6,8 or 10 with your family and friends. We are excited to enjoy this very special evening with you!

This January, we will be launching 4-H Clubs at each of our partner schools and sites — culminating April 9th at our Student Green Gala. We also will pursue growing healthy partnerships with St. Louis’ Agri-Business community — so our students can clearly see themselves in the abundance of career opportunities right here at home. Governor Kehoe’s words encouraged us: this is the time to expand. Our students are ready — and they deserve the connection, the mentorship, and the on-ramps.

Now we invite you to move with us.

We teach our children and our communities how to grow and eat healthy food! Let’s get healthy together!

# President Stella Erundu

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!**

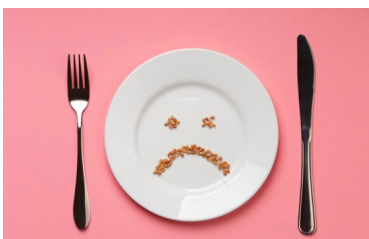
**Thanks for giving to us!**  
**You can donate to The Green St. Louis  
Machine here!**

Or visit our website::  
**Green St Louis Machine Website**

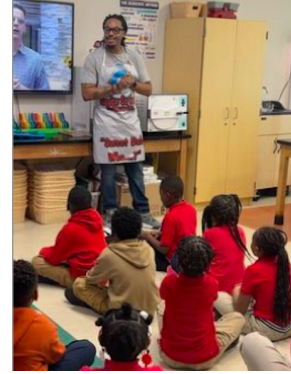


**A growing need: St. Louis  
nonprofits ask for help  
ahead of Giving Tuesday  
amid declining donations**  
firstalert4.com

**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](http://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\*\*](#)



*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?

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