

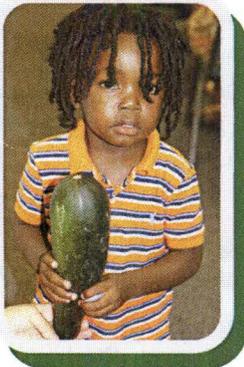


# Friends of English Avenue

**Mission Statement:**

The Friends of English Avenue, Inc. (FEA) is founded on **justice, generosity, and virtue**. FEA assists the English Avenue neighborhood through continuing focus on this depressed area and aggregating resources to accomplish several objectives, including:

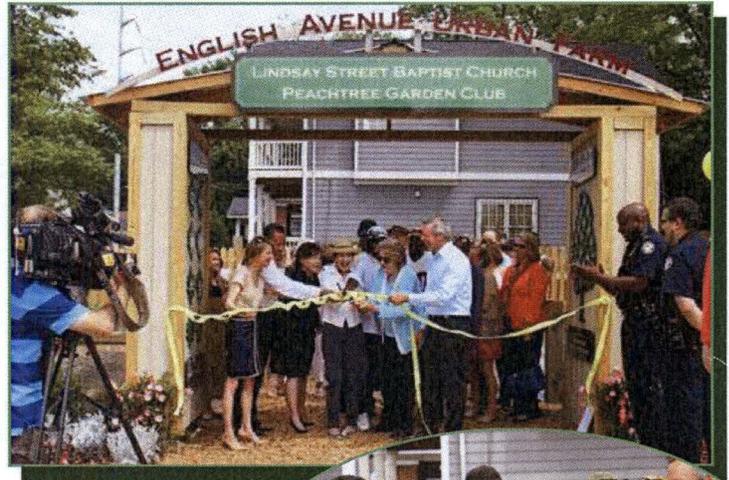
- Establish green-space (Garden, park, or playground)
- Crime Reduction
- Clean-Up/Beautification
- Empower residents/organizations to effect sustainable change



In our 5th year of service in the English Avenue Community, we continue to be inspired and motivated by the outpouring of support from friends, family, and the greater Atlanta community. It is through the generosity of many that allows us to continue our mission to make English Avenue a safer and better place to live. While the tragedy of Kathryn Johnston brought us to this community, the relationships with residents and impact our initiatives have had on their lives, keep us here.

Through our **Summer Clean-Up Program in 2010, Police Housing Project in 2011, and Urban Farm in 2012**, your gifts have enriched residents' lives on many levels. It is amazing to see the direct impact these projects have created in terms of nutrition, beautification, crime reduction, and empowerment.

The rent-free housing program for Atlanta Police Officer, **Jaime Wallace**, has made a significant impact in



Urban Farm Dedication to recognize and thank our supporters for making this vision a reality.



the community. We are very appreciative to **Sartain Lanier Family Foundation** for making this project possible.

Through the combined efforts of many, crime in English Avenue has dropped a **staggering 32% in a two year period**.

The English Avenue Urban Farm has really taken off in

its first spring season, thanks to the generous support of the **Peachtree Garden Club, Lanier-Goodman Foundation, Sarah Kennedy, and the Moran Family Foundation**.

Our partnership with the **Southeastern Horticultural Society** has been invaluable in the implementation and success of the Urban Farm.

## IMPACT OF GREEN SPACE DEVELOPMENT ON VACANT PROPERTIES

According to the American Journal of Public Health, (Col. 93, No. 3, 2003) crime is higher on vacant properties because a neglected and disorderly physical environment signals to residents that prohibited behaviors are tolerated. Disorder in the physical environment (high percentage of boarded up homes, litter, graffiti) is associated with crime because it sends a message that no one cares. This is the cycle we are working to break by reclaiming vacant lots and transforming them into lush growing spaces.

A recent study showed that children living in neighborhoods with more green space gained 13% less weight over a two-year period than children living amid more concrete and few trees. Studies also show that over a three-decade period, vandalism decreases noticeably in communities where green projects are promoted. For adults, green space has been linked to longer life for seniors, faster recovery from injury, lower body weight, and less stress.

**F**ruits and vegetables are great sources of many vitamins and minerals that can help prevent chronic diseases that are more prevalent in impoverished communities.



Our #1 resident farmer, Jamaica.

The **RainHarvest Company, Inc.** donated and installed our 1,000 gallon water cistern and drip lines.

We are using a **Rainwater harvesting method** to irrigate the Urban Farm. This method is a cost-effective, innovative approach used to capture, divert, and store rain water for later use.

As part of the SERHSA initiative, **EcoVie** donated and installed a centrifugal pump to increase water flow, making irrigation as efficient as possible.

These in-kind donations allow us to provide more nutrition to the English Avenue Community, while preserving the limited water supply in Atlanta. We are very appreciative!

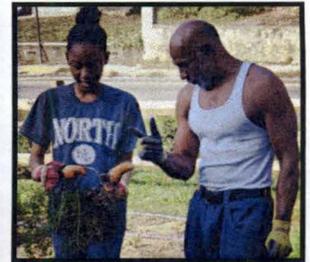
## URBAN FARM UPDATE

This project grants **access to fresh produce** to residents in a community where there are no grocery stores. Along with providing

needed nutritional value, the urban farm **reduces crime** by creating healthy gathering places to strengthen community

bonds where there would otherwise be a vacant lot attracting criminal activity. Pockets of illegal behavior and crime have diminished.

Providing learning opportunities about soil preparation, seed planting, pruning, harvesting, and the value of nutrition empowers residents to be a part of the ongoing, sustainable change occurring in their neighborhood.



## WHO DOES THE PRODUCE GO TO?

100% of produce goes directly to English Avenue residents, twice a month, through the **English Avenue Food Co-Op (EAFCO)**, a Christian ministry run through the **Lindsay Street Baptist Church**. The objective of this co-op is to *ensure food security* to its participants, with a philosophy centered around family involvement and community integration. The English Avenue Co-Op consists of **25 families**- 37 kids, 14 senior citizens, and 46 adults (97 members total).

Since June of 2012, we have distributed over **900 pounds** of fresh produce to Co-Op members.



Through the **Fulton Fresh Mobile Farmer's Market**, an 8 week nutrition education class was available for members following each Co-Op meeting during July and August. Starting in January 2013, Co-Op members with children will participate in the **Expanded Food and Nutrition Education Program**. This 6 week course has been helping families on a limited budget learn to feed their children healthier meals and snacks for over 40 years.

## WHAT ARE WE GROWING?

In our first spring season, we grow tomatoes, corn, cucumber, squash, string beans, lima beans, okra, kale, collard greens, watermelon, cabbage, carrots, radish, cantaloupe, sweet potato, garlic, beets, basil, bell pepper, Chile pepper, eggplant, cherry tomatoes, and sunflowers.

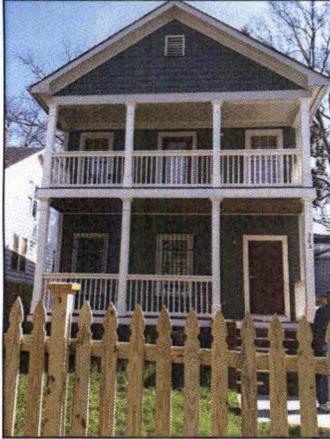


# POLICE HOUSING PROGRAM UPDATE

Since Atlanta Police Officer, **Jaime Wallace**, and her family moved into the newly renovated English Avenue house in December of 2011, the block they live on has changed in major ways! Not only are the streets and sidewalks noticeably cleaner, criminal activities, such as drug sales, prostitution, loitering, vandalism, and public intoxication have come to a halt .



Officer Wallace has exceeded our expectations in forming relationships with the English Avenue Neighborhood Association, NPU L, and EA residents. Residents come to her on a daily basis for help or advice with issues they're dealing with, which serves as a true testament to her compassion for the community.



Officer Wallace and APD took a giant step that further demonstrates commitment to the community when Officer Wallace accepted an offer to transfer to Zone 1-the zone that includes English Avenue.

Wallace states of her transfer: " I wanted to be able to address and resolve the issues I was seeing at home every day." She is an inspiration to all of us and we are blessed to have her as part of our team.

## WHAT'S NEXT?

FEA is partnering with the **Greater Vine City Opportunities Program (GVCOP)** to establish the **English Avenue Family Recreation Center** on a historical piece of land on the campus of the former English Avenue Elementary School. This campus consists of 3.2 acres of land that has sat vacant for over 20 years. GVCOP recently purchased it from the Atlanta Public Schools.

We are developing a green space to provide a family gathering place and outdoor recreation area consisting of 4 parts:

- 1) Acre Community Urban Farm
- 2) Basketball Court
- 3) Outdoor Workout Equipment
- 4) Playground for ages 2-10

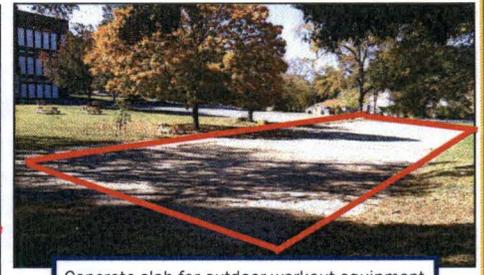
Hundreds of people will have access to fresh produce through this acre Urban Farm, adding onto the residents our current Urban Farm serves. Providing a park, playground, or sports facility gives youth alternative activities to get involved in besides drugs, gangs, and crime. Workout equipment and basketball goals offers healthy outlets for exercise. Blending community agriculture with outdoor recreation unifies the neighborhood by creating recreational, therapeutic, and environmental opportunities for residents of all ages. The high concentration of youth this project will attract will also reduce criminal activities in the immediate areas. We are excited to partner again with the **Southeastern Horticultural Society** in creating the second Urban Farm.



Outdoor workout equipment



1 acre Urban Farm Site



Concrete slab for outdoor workout equipment and basketball court

**A**ccording to the Atlanta Police Foundation, "Approximately 20% of Atlanta police officers reside within city limits. Increasing police visibility in Atlanta communities not only deters crime, but also improves the community's perception of safety. Both play vital roles in stabilizing Atlanta neighborhoods and creating a safer city."

### Benefactors of \$10,000 or more

- Gordon Document Products
- JCK Foundation
- Lanier-Goodman Foundation
- Sarah Kennedy
- Moran Family Foundation
- Peachtree Garden Club
- Community Fund
- Sartain Lanier Family Foundation

### Patrons of \$2,500 or more

- City of Atlanta
- Debbie and Ric Felker
- Joyce Lanier Milner Charitable Trust
- Lee and Steve Olsen
- Rebecca and Sanjay Gupta

**Chairman's Circle of \$1,000 or more**

- Anonymous
- The Atlanta Forum
- Virginia and Dan Boone III
- Suzanne and George Cox
- Caroline Jones Davis
- Ross and John Fischer
- Shearon and Taylor Glover
- Elizabeth and Thomas Holder
- Nettie and Clark Howell
- Joanne and Julian LeCraw
- Kathy and Richard Lee
- Nancy and Terry McGuirk
- Nancy and Randy Rizer
- Schreeder, Wheeler, & Flint
- Sally and Charles Smithgall
- Mary Rose Taylor
- Kathy and Tommy Weller
- Betsy and Mark West,
- Sherry Wren

**Donors**

- Lee Anderson, Chris and Scott Arnold, Elaine Baker, John Baker, Leigh Baker, Suzanne Baker, Betty and Robert Balentine, Cristina Beamud, Cissy and Thomas Benedict, Carrie and Andy Beskin, Virginia and Dan Boone III, Lucinda and Robert Bunnan, Morgan H. Cohen, Gay Colyer, Debbie and William Cosgrove, Mary and Philip Davis, Mary and Everette Doffermyre, Suzanne and John Dryman, Mr. and Mrs. Bert Ellis, Jr., Dana Halberg, Betty and Geoffrey Hall, Jane and Hollis Lamont, Scott and Judy Lampert, Mr. and Mrs. Alex Livingston, Betts and Dennis Love, Cindy and Billy Mallard, Elizabeth Finnerty Martin, Debbie Massanelli, Mr. and Mrs. James McCook III, Lauren Meyer, Rhonda Milner, Lynne Moscow, Anthony AW Motley, Phyllis Nygaard, Eric Olsen, Mark Olsen, Stephen Owings, Frances H. Parrish, Swati and Rahul Patel, Peachtree Planning Foundation, Inc., Laurance Pless, Debby Pirrung, Susan and James Purdy, Nancy and Charlie Rigby, Mr. and Mrs. Bernard Gray, Rohald Hart, Kathy and Nathan Hendricks, Heather Hilliard, Wallis and Thomas Hills, Charlotte Holland, Beth C. Jones, Scott Kenney, Stan Kreimer, Jr., Cody Laird, Jr., Scotts MiracleGro, Crawford Sites, Beth Wallace, Helen and Ray Weeks, Lisa West, Betsy and Mark West, Gail Wilson, Michelle Worman



*None of our projects could have occurred without the giving spirit of our supporters. The plaques pictured here is our way of recognizing the generosity of our major supporters. It is mounted on the entrance of the English Avenue Urban Farm. We have started a transformation in English Avenue and we need your help to continue it. **Your tax deductible donation is vital to our mission.***



## WAYS TO DONATE

### ◆ DONATIONS

Please make checks out to "Friends of English Avenue" and mail it to the address below:

Friends of English Avenue  
 2141 Powers Ferry Road  
 Marietta, GA 30067

### ◆ DONATE A BENCH, SHRUB, OR FLOWER IN HONOR OR MEMORY OF A LOVED ONE



Garden bench given by anonymous donor



### ◆ DONATION OF GARDEN TOOLS, SEEDS, SOIL, OR PLANTS

### ◆ CLOTHING DONATIONS

(We have started a clothing closet, and are accepting any clothes in "good used condition". Please contact Suzanne Baker for further instructions.)

Any amount given will be greatly appreciated. Your donation will be used to break the cycle of poverty and crime that has taken over this once middle class neighborhood.

Thank you for your consideration!

**JOHN C. GORDON**  
FOUNDER; CO-CHAIRMAN

**ANTHONY MOTLEY**  
CO-CHAIRMAN

**SUZANNE BAKER**  
COORDINATOR

**ELAINE BAKER**  
TREASURER

**HELEN GORDON**  
SECRETARY

Friends of English Avenue  
 2141 Powers Ferry Road  
 Suite 250  
 Marietta, GA 30067

Phone: 678-385-7009  
 E-mail: [suzanne.baker@gdp.com](mailto:suzanne.baker@gdp.com)  
 Website: [www.foea.org](http://www.foea.org)

*Justice, Generosity, & Virtue*

# FRIENDS OF ENGLISH AVENUE

FEA

2141 Powers Ferry Road  
Suite 250  
Marietta, GA 30067

Phone: 678-385-7009  
Fax: 770-563-8436  
E-mail: [suzanne.baker@gdp.com](mailto:suzanne.baker@gdp.com)

Dear Friends:

Through crime reduction, green-space development, beautification, and resident empowerment initiatives, FEA has been working to revitalize the English Avenue Community since 2009. Enclosed, please find our Annual Report from 2012, providing you an update on our current initiatives. Though we are very proud of the impact we have made thus far, we are excited to share with you our future plans, outlined below.

None of our projects or accomplishments would be possible without the generosity of members of the greater Atlanta Community. Please consider supporting our work to make English Avenue a safer and better place to live, improving our broader community of Atlanta.

## OUR CURRENT PROJECTS INCLUDE:

- 1. English Avenue Community Urban Farm-** FEA transformed a vacant lot into a thriving growing space that provides nutrition for residents, beautifies the community, and reduces crime in the surrounding areas. Since June of 2012, the Urban Farm has produced over 900 pounds of fresh produce, given directly to residents through the local Food Co-Op.
- 2. Police Housing Program-** We are grateful for the impact Atlanta Police Officer, **Jaime Wallace**, has made in her first year living in the community. Not only is crime down in the neighborhood, but she and her family have truly become part of the community by building relationships with residents and leaders.
- 3. Clothing Closet-** We have begun a clothing closet at the Lindsay Street Baptist Church. Thanks to the kindness of our supporters, we have clothing items for all ages and sizes, which are distributed to residents at no cost.

## IN 2013, OUR OBJECTIVES ARE:

**I. English Avenue Family Recreation Center-** on 3.2 acres of vacant land at a focal place in the community, we will install an outdoor recreation center composed of 4 parts:

1. Expansive Acre Community Urban Farm
2. Outdoor Workout Equipment
3. Basketball Court
4. Playground

The combination of a Community Urban Farm and outdoor recreation space will promote good nutrition and an active lifestyle that leads to improved overall health for residents of all ages. Establishing a park, playground, and sports facility in the community will provide a healthy outlet for exercise.

**II. Establish an after school program for study, mentoring, and music lessons-** a longer term objective, in planning!

To make a donation, please make your check out to "Friends of English Avenue". The Friends of English Avenue, Inc. is a 501(c)3 non-profit organization. You may use the return envelope enclosed or the address above.

Your tax-deductible donation is vital to our mission. Thank you for your consideration!

Sincerely,



**John C. Gordon**  
Chairman, Co-Founder



**Reverend Anthony Motley**  
Co-Chairman; Co-Founder



**Suzanne L. Baker**  
Coordinator

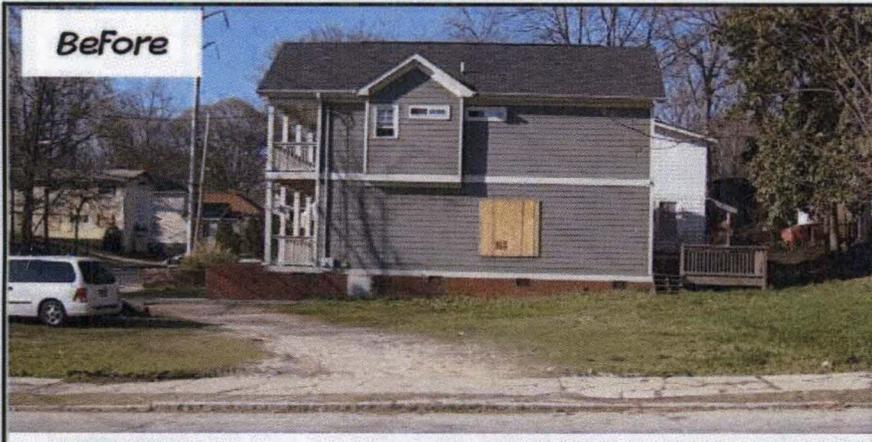


**Helen Gordon**  
Secretary



**Elaine Baker**  
Treasurer

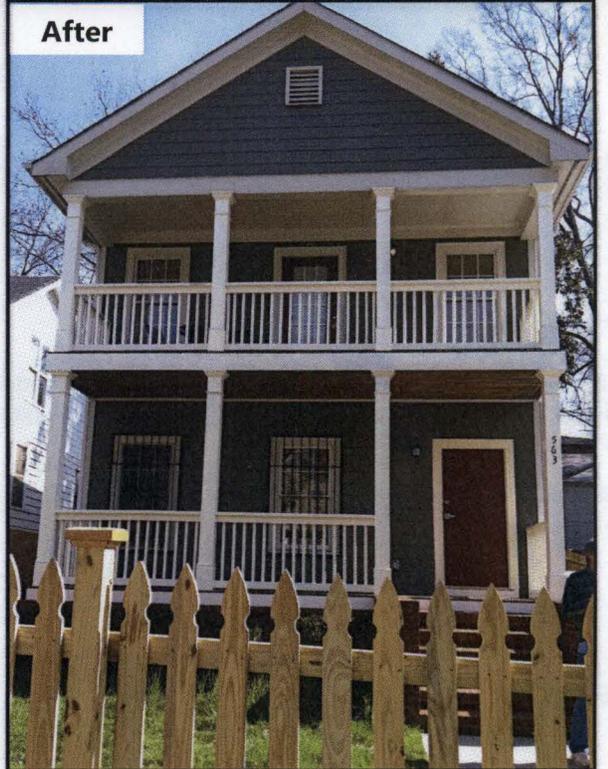
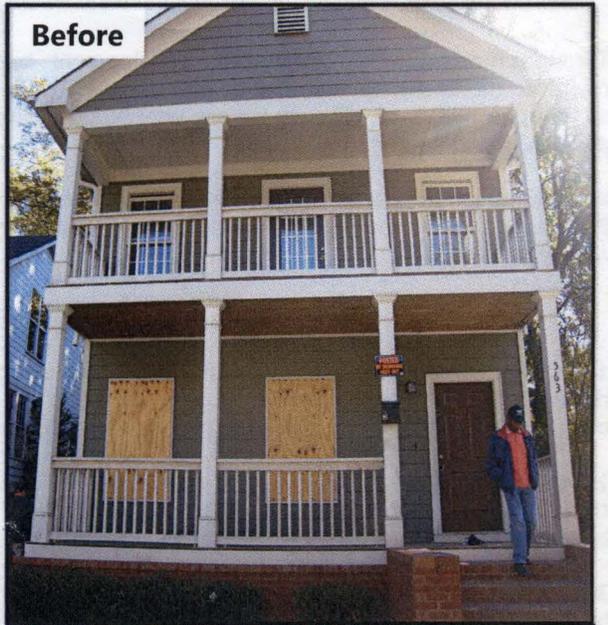
# Before and After shots to show you the impact!



**ENGLISH AVENUE COMMUNITY URBAN FARM 2012**  
 The Urban Farm provides access to fresh produce in a community where there are no grocery stores, enhances the environment, and empowers residents through hands on learning opportunities.



**POLICE HOUSING PROJECT 2011**  
 FEA renovated a vacant house for an Atlanta Police Officer and her family to move into. The goal is to provide more police presence and reduce crime.



**TEEN SUMMER CLEAN-UP PROGRAM 2011**  
 Block by block, house by house, 20 English Avenue teens picked up trash and cleared out overgrowth. After 8 weeks, 126 tons of trash and debris was removed from the community. This project reduces crime, beautifies the community, and instills pride in residents.



# What are we growing this Fall?

**Spinach:** The various compounds in spinach are thought to help reduce the risk of several types of cancer, including tumors of the stomach, prostate, and skin, and also act as an anti-inflammatory to reduce the severity of symptoms associated with asthma, arthritis and other inflammatory conditions.



**Turnips:** Turnips are a root vegetable that are a very good source of anti-oxidants, minerals, vitamins and dietary fiber. Rich in Vitamin C, it helps the body scavenge harmful free radicals, prevents from cancers, inflammation, and helps boost immunity.



**Radish:** Another root vegetable, radishes are a very good source of anti-oxidants, electrolytes, minerals, vitamins and dietary fiber. They contain an anti-oxidant compound called sulforaphane, which has proven role against prostate, breast, colon and ovarian cancers by virtue of its cancer-cell growth inhibition.



**Collard Greens:** Wonderfully nutritious collard leaves contain very good amount of soluble and insoluble dietary fibre that helps control LDL cholesterol levels and also; offers protection against hemorrhoids, constipation as well as colon cancer diseases.



**Cabbage:** Contains a adequate amount of minerals like potassium, manganese, iron, and magnesium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Iron is required for the red blood cell formation.



**Beets:** Beets are highly nutritious and "cardiovascular health" friendly root vegetables. Certain unique pigment antioxidants in the root as well as in its top greens have found to offer protection against coronary artery disease and stroke; lower cholesterol levels within the body, and have anti-aging effects.



**Lettuce:** is packed with essential nutrients that benefit overall general health. Regular inclusion of lettuce in salads is known to prevent osteoporosis, iron-deficiency anemia and believed to protect from cardiovascular diseases, ARMD, Alzheimer's disease and cancers.



**Cauliflower:** Cauliflower contains several anti-cancer phytochemicals like sulforaphane and plant sterols such as indole-3-carbinol, which function as an anti-estrogen agent. Together these compounds have proven benefits against prostate, breast, cervical, colon, ovarian cancers by virtue of their cancer-cell growth inhibition, cytotoxic effects on cancer cells.



**Onions:** Onions are rich source of chromium, the trace mineral that helps tissue cells respond appropriately to insulin levels in the blood. They are an also good source of antioxidant flavonoid quercetin, which is found to have anti-carcinogenic, anti-inflammatory, and anti-diabetic functions.



**Peas:** Garden peas are also high in vitamin K. Vitamin K has found to have a potential role in bone mass building function by promoting osteo-trophic activity in the bone. It also has established role in Alzheimer's disease patients by limiting neuronal damage in the brain.



**Mustard Greens:** Regular consumption of mustard greens in the diet is known to prevent arthritis, osteoporosis, iron deficiency anemia and believed to protect from cardiovascular diseases, asthma and colon and prostate cancers.

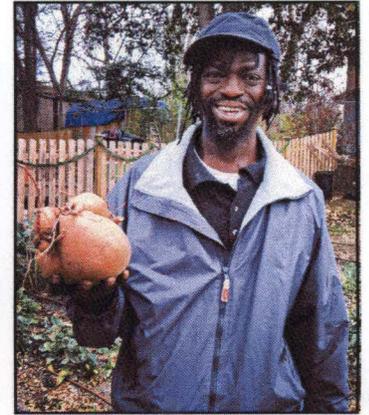
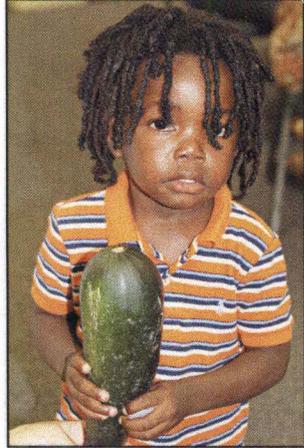
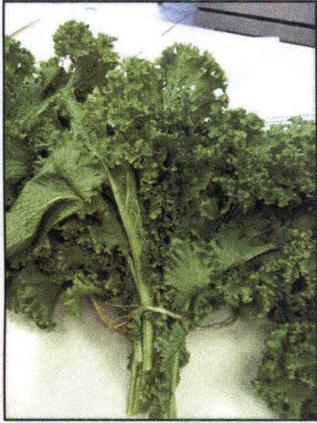


**Kale:** It is very rich in vitamin A. Vitamin A is required for maintaining healthy mucus membranes and skin and is essential for vision. Foods rich in this vitamin are known to offer protection against lung and oral cavity cancers.



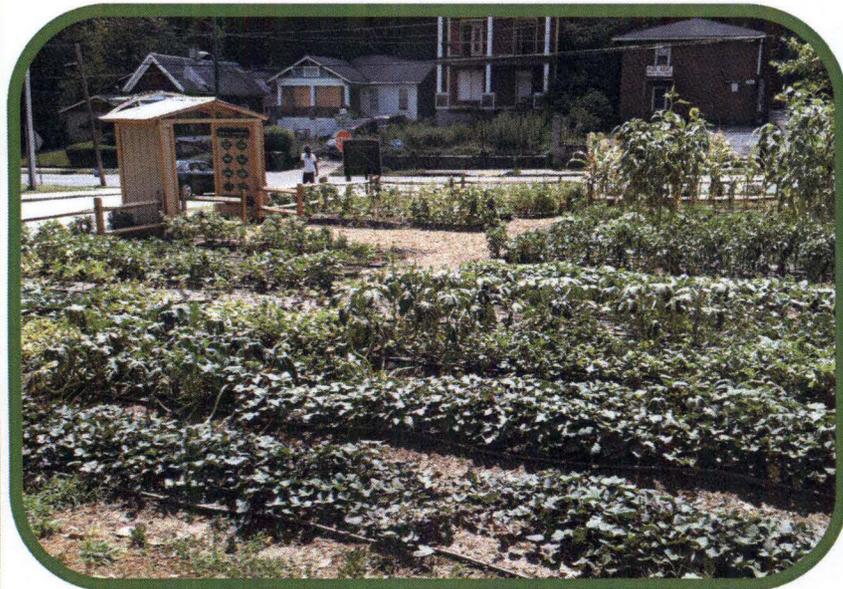
## Who does the produce go to?

100% of produce goes directly to English Avenue residents, twice a month, through the **English Avenue Food Co-Op**, a non-profit Christian ministry run through the Lindsay Street Baptist Church. The objective of this co-op is to ensure food security to its participants, with a philosophy centered around family involvement and community integration. The English Avenue Co-Op consists of 25 families-37 kids, 14 senior citizens, and 46 adults (97 members total). Members meet twice a month at the LSBC to receive canned foods and fresh produce from the Urban Farm.

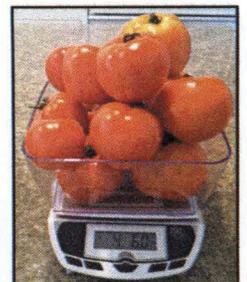
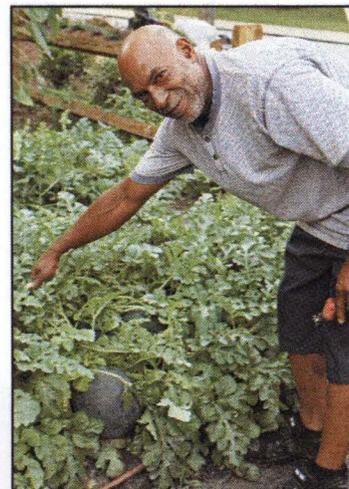


Through the **Fulton Fresh Mobile Farmer's Market**, an 8 week nutrition education class was available for members following each Co-Op meeting during July and August. Starting in January 2013, Co-Op members with children will participate in the **Expanded Food and Nutrition Education Program**. This 6 week course has been helping families on a limited budget learn to feed their children healthier meals and snacks for over 40 years.

We have distributed over **900 pounds** of produce to this initiative since June!



A recent study showed that children living in neighborhoods with more green space gained 13 percent less weight over a two-year period than children living amid more concrete and few trees. Studies also show that over a three-decade period, vandalism decreases noticeably in communities, neighborhoods, and housing projects where green projects are promoted.



Big thanks to our #1 resident farmer- Jamaica.

We couldn't do it without him!

# English Ave Community Urban Farm Produce Distribution



## May 31st:

*Green beans:	3.2		97.2
*tomatoes:	1.1		111
*squash:	6.9	X	90.4
*kale:	<u>1.9</u>		84.9
	<b>13.1</b>		

## June 7th:

*tomatoes:	4.6		93.2
*squash:	<u>9.2</u>	X	61.54
	<b>13.8</b>		58.5

## June 14th:

*tomatoes:	17.4		64.7
*okra:	1.1		60.91
*green beans:	1.6		62.7
*chile pepper:	2.6		77.4
*squash:	29.5	X	<u>29.5</u>
*beets:	4.4		
*kale:	2.6		
*radish:	<u>3.2</u>		
	<b>62.4</b>		

**Total as of December 2012= 1056.2**

## June 28th:

*tomatoes:	12.4		
*collard greens:	2.9		
*bell&chile pepper:	13.4		
*green beans:	3.5	X	
*lima beans:	0.8		
*squash:	18.6		
*cantaloupe:	19.2		
*carrots:	3.4		
*cucumber:	7.7		
*watermelon:	<u>15.3</u>		
	<b>97.2</b>		



## July 12th:

*tomatoes:	4.3		
*collard greens:	4.6		
*bell&chile pepper:	15.9	X	
*green beans:	5.3		
*lima beans:	2.1		
*squash:	20.2		
*cantaloupe:	25.1		



*carrots:	2.6
*cucumber:	9.2
*watermelon:	21.7
	<b>111</b>

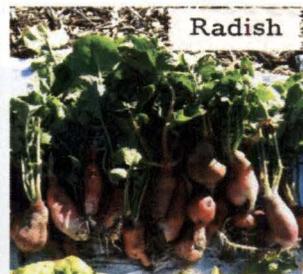
**July 26th:**

*tomatoes:	6.3
*collard greens:	2.5
*bell&chile pepper:	12.1
*green beans:	1.5
*lima beans:	2.8
*squash:	14.6
*cantaloupe:	18.4
*okra:	4.3
*cucumber:	8.6
*watermelon:	19.3
	<b>90.4</b>



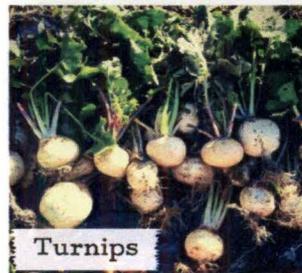
**August 10th:**

*tomatoes:	4.5
*collard greens:	6.2
*bell&chile pepper:	16.1
*green beans:	2.3
*squash:	16.2
*cantaloupe:	15.1
*cucumber:	9.7
*watermelon:	14.8
	<b>84.9</b>



**August 23rd:**

*tomatoes:	2.3
*collard greens:	9.2
*bell&chile pepper:	16.1
*okra:	1.4
*squash:	12.3
*cantaloupe:	14.1
*cucumber:	7.7
*watermelon:	13.8
*eggplant:	7.6
*kale:	8.7
	<b>93.2</b>



**September 9th:**

*tomatoes:	2.4
*green beans:	0.54
*bell&chile pepper:	7.7
*okra:	2.7



*squash:	6.7
*cantaloupe:	6.9
*cucumber:	4.3
*watermelon:	12.3
*eggplant:	16.5
*carrots:	<u>1.5</u>
	<b>61.54</b>



**September 13th:**

*tomatoes:	5.6
*peppers:	4.3
*sweet potatoes:	12.3 (1st harvest)
*collard greens:	13.2
*parsley& basil:	2.3
*eggplant:	9.1
*squash:	<u>11.7</u>
	<b>58.5</b>



**September 26th:**

*tomatoes:	13.5
*peppers:	14.1
*eggplant:	14.7
*okra:	5.8
*carrots:	4.7
*cabbage:	9.4
*basil:	2.1
*collards:	8.95
*kale:	<u>1.7</u>
	<b>74.95</b>



**October 2nd:**

*peppers:	29.7
*eggplant:	10.1
*tomatoes:	7
*sweet potatoes:	14.3
*carrots:	<u>3.6</u>
	<b>64.7</b>



**October 10th:**

*tomatoes:	0.55
*peppers:	14.9
*okra:	1.2
*collard greens:	15.8
*eggplant:	8.2
*cabbage:	6.9
*kale:	2.4

*radish:	2.1
*carrots:	1.4
*sweet potatoe:	6.7
*green beans:	<u>0.76</u>
	<b>60.91</b>



**November 8th:**

*tomatoes:	5.1
*Lettuce:	8.2 (1st harvest)
*cabbage:	15.2
*peppers:	6.7
*collard greens:	10.3
*basil:	1.9
*radish:	3.2
*carrots:	<u>12.1</u>
	<b>62.7</b>



**November 25th:**

*radish:	10.6
*pepper:	4.4
*eggplant:	5.5
*sweet potatoe:	20.2
*turnips:	4.3 (1st harvest)
*collard greens:	19.6
*kale:	2.5
*lettuce:	<u>10.3</u>
	<b>77.4</b>

**December 13th:**

*radish:	7.8
*turnip:	15.3
*lettuce:	<u>6.4</u>
	<b>29.5</b>