



Newsletter Mission:

The purpose of our newsletter is to keep our residents aware of Secaucus' recycling and sustainability goals, green tips and environmental achievements.

Individual Highlights:

Community Gardens	1
Reserve a Spot	1
Benefits	2
Integrity House	3
Go Green Spotlight	4

Mayor

Michael J Gonnelli
and Town Council

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Bill McKeever

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Secaucus Puts the 'Garden' back in the Garden State!

Secaucus Community Gardens

A community garden is a collaborative project on shared open space where the participants share in the care and maintenance of the garden.

Secaucus is lucky to have four vibrant community gardens. All our community gardens are organic; use no pesticides or sprinkler systems.

Residents plant fruit, vegetables, herbs and flowers in their gardens.

A public community garden, open to all Secaucus residents, is located at Fountain

Park, at the corner of Humboldt Street and Raydol Avenue. It has 14, 4'x8' raised beds, four compost bins and two rain barrels. United Water has just installed a permanent faucet to help out with watering.

Another community garden can be found at the end of Maple Street. The neighborhood residents have transformed a 20'x30' plot of land into a vegetable and an impressive sunflower garden.

Our third community garden is located at the Secaucus Xchange with

54, 4'x8' raised beds and three compost bins which are exclusively available to Xchange residents.

Meadowlands Hospital maintains a large private garden on the North side of the hospital. Started a few years ago, this garden, a former bocce court, is approximately 65'x13'. It is maintained by two chefs from the hospital's kitchen who supplement the hospital's salad bar and occasionally our senior center with fresh vegetables, fruits, and herbs from their garden.

How Can I Reserve a Plot? Start Early!

Any Secaucus resident can apply for a free plot at the Community Garden at Fountain Park by calling Amanda Nesheiwat at 201 86 GREEN (201 864-7336), filling out an application and signing a waiver.

Reserve a plot early!

The community garden at Fountain Park traditionally is filled by the beginning of May.

The demand is so high for a spot in the community garden at Xchange place that

residents start sending in applications in January for the ensuing Spring season.

Usually all spots are completely accounted for by mid-March.

We already have a waiting list!

Benefits of Community Gardens



Meadowlands Hospital Garden

Besides the obvious benefit of just being outside and enjoying the sunshine, there are many other benefits of community gardening.

Community Gardens:

- Increase a sense of community ownership and stewardship;
- Foster a sense of community spirit and identity, providing an opportunity to meet neighbors;
- Bring people together from diverse backgrounds, working side by side with common goals;
- Add beauty to the community and heighten awareness and appreciation for living things;
- Filter rainwater, helping to keep rivers and groundwater clean;
- Provide a place to compost many items that would normally end up in landfill;
- Restore oxygen to the air to reduce air pollution;
- Teach younger generations the importance of sustainability;
- Reduce stress by providing a place to retreat, which in turn, increases a sense of wellness;
- Provide access to healthy fruit and vegetables.

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Visit us on the Web!
www.secaucusnj.org

Secaucus Community Gardens



Community Garden at Integrity House



Meadowlands Hospital
Community Garden

The public demand for community gardens is so great that the Town Of Secaucus is currently scoping out other possible sites.

Another private but beautiful community garden is maintained by the residents of Integrity House on County Avenue.

Started in 2014, their community garden is huge with 10, 3'x10' raised beds, 23 earth boxes and 7 trellises. They primarily grow herbs and vegetables which they use to supplement their kitchen, which serves 750 meals a day.

When we visited, they had tomatoes, various varieties of lettuce, radishes, garlic, basil, shelling peas, collard greens and cucumbers already planted and well on their way.

Every piece of produce that finds its way from the garden to the dinner plate provides a boost to the nutrition of the residents at an important time in their lives.

In the case of Integrity House, a facility that helps individuals through addiction treatment and recovery, the benefits are immeasurable. The garden offers their clients the opportunity to promote their own recovery.

One woman we spoke with talked about how the garden reminded her of her mother and her family and gave her feeling of peace.

Another woman said that while she works in the garden she talks to the plants and feels a sense of renewal from helping create new life.

These are the positive therapeutic benefits of giving back to the community and seeing things come to fruition that are not only important to the residents of Integrity House, but to all residents of Secaucus looking to balance work, family and the daily stresses of living in one of the most densely populated counties in the country.



Xchange Place Community Garden



Integrity House Community Garden

Community gardening is a healthy, inexpensive activity for people of all ages, cultures and classes to come together and interact with each other in a socially meaningful and physically productive way. They grow more than food – the involvement in social communities can lead to long term relationships among people who would not ordinarily interact.

Secaucus Is an Award Winning Sustainable Community

GO GREEN SPOTLIGHT



Fountain Park Community Garden



Schneider Electric Clean Up

This newsletter is printed on 30% recycled paper.

- The High School cafeteria is separating food waste from non-food waste for a potential composting program.
- We are exploring a living wall for the lobby in Town Hall. A living wall is a vertical garden which helps to purify the air, reduce noise levels and is visually beautiful.
- Our new Eco Earth Planters have been installed in Buchmuller Park and throughout town.
- We had two successful Earth Week clean ups. One with Schneider Electric and a second with Integrity House.
- Huber Street School was treated to a presentation by Amanda on recycling and sustainability.
- Town Hall and the Recreation Center are in the process of switching all of their lights to energy- efficient, environmentally-friendly LED lighting, which consumes very little electrical current.

Secaucus Go Green Mission...

Secaucus is committed to the protection and preservation of the environment and is dedicated to enhancing environmental sustainability within our town and the state of

New Jersey. We understand the responsibility we have towards the planet and have adopted a policy that reflects this mission.

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Sponsored by the Town of Secaucus, Mayor Gonnelli and Town Council.

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