



# MARTINEZ MIDDLE SCHOOL FFA NEWSLETTER

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A repurposed 100 gallon cow trough houses the Living Wall Team's project

## MEET THE 'LIVING WALL' TEAM

This month's newsletter spotlights the aquaculture team or "Living Wall". The Living Wall Team began at the start of their seventh grade year with three fish, they are now in eighth grade and have since grown to fourteen. The three original fish did not survive due to the water not being sterile, and the team quickly learned to either leave the water out for three days to kill the bacteria, or use the UV lights. The UV lights kill bacteria and algae, sterilizing the water with the help of a pump and filter. They also clean the tank (which is a repurposed cow water trough that is a 100 gallons) with paint brushes every Monday and Friday. They have grown six types of plants including mint, herb, and sage, with an average cost of twelve dollars a month, the living wall is still growing.

## FLORIDA STATE FAIR SEMINAR

We are looking forward to the Florida State Fair Seminar, where we will prepare and learn more techniques for the state fair in February 2023. Also to get ready for Florida State Fair, some teams will be going to Hillsborough County Fair. We can't wait to meet up with all our FFA members on the first Monday of every month, starting September 12th. On these club days, we will be doing different activities engaging with our members. There are many more events to come our way this year but for now there's a few!

## WHAT'S NEW IN AG?

There are many agricultural trends going on right now and one of them is consuming beets. Beets burst with nutrients and have very few calories. These tasty vegetables play a key role in growth, development, and heart health. They contain betaine and folate, both of which can help lower blood levels of homocysteine. Maintaining a lower level of homocysteine is important because it provides less risk of artery damage as well as lower risk of heart disease. Beets are grown in states like North Dakota, Southern California, and many others in the U.S. This vegetable has many other benefits, and we encourage you to try it!



## COW PEN, TURKEY PEN & LAND LAB NEWS



Over the summer FFA Members and alumni rebuilt the cow pens, got turkeys and built the turkey pens. They also cleaned up the Land Lab and did other things to make the Land Lab look amazing.



A new turkey pen and improvements in the cow pen (above).