

welcome to the garden gate a podcast  
0:03  
where we talk to professionals across  
0:05  
many fields who work directly and  
0:07  
indirectly with plants and our natural  
0:10  
world we are students at american  
0:12  
university in washington d.c and interns  
0:14  
at smithsonian gardens we have created  
0:16  
this project with the hopes of inspiring  
0:18  
a new generation to make sustainable and  
0:20  
meaningful change in our world i'm kira  
0:22  
berba  
0:23  
and i am caroline mcdonald and this week  
0:26  
we're talking to sydney felder about  
0:27  
plants in college life sydney is a  
0:29  
student at american university who's  
0:31  
working to create change with the  
0:32  
school's community garden  
0:34  
hi sydney hi it's good to see you guys  
0:37  
good to see you too  
0:39  
i  
0:40  
think  
0:40  
that you are our youngest guest which is  
0:43  
super exciting that is exciting oh my  
0:46  
gosh  
0:47  
i think you'll be able to relate to  
0:50  
our listeners a lot and they'll be able  
0:52  
to relate to you  
0:53  
excellent  
0:55  
you're definitely the closest that we  
0:57  
have to  
0:59  
what we're doing since we go to the same

1:01  
school and we have a lot of the same  
1:03  
goals in life so it would be interesting  
1:05  
to talk to you most definitely to start  
1:08  
do you want to tell  
1:10  
us a little bit about  
1:13  
you  
1:14  
and your journey to a u  
1:16  
sure yeah so  
1:18  
i'm from portland oregon  
1:20  
and somehow i wound up in dc  
1:24  
it was a bit of a funny process but i'm  
1:26  
so happy to be here now um and while i  
1:29  
was in portland growing up i attended a  
1:32  
school through elementary and middle  
1:34  
school that was  
1:36  
environmentally based it was just a  
1:37  
public school but somehow i wound up at  
1:40  
a really environmentally focused  
1:42  
school and at that school they really  
1:44  
promoted  
1:45  
lots of ideas about sustainability  
1:46  
global stewardship and  
1:49  
basically service towards your community  
1:51  
in an ecologically focused way and this  
1:55  
definitely planted a seed in me of  
1:58  
wanting to carry those values forward  
1:59  
and throughout my life  
2:01  
i also come from a background of  
2:04  
farmers i'm a fourth generation prune  
2:06  
farmer  
2:07  
my mom's side of the family lives in

2:09 northern california and they've had the  
2:12 prune farm for a very long time so as a  
2:15 kid we would do family road trips down  
2:17 and  
2:18 it was so fun to be able to visit the  
2:21 farm see all the operations play on the  
2:23 tractors and all that stuff so this kind  
2:25 of thing has been kind of brewing in me  
2:28 for a while and  
2:30 throughout quarantine i was reflecting  
2:32 back on this and thinking about ways i  
2:34 might be able to invest that energy  
2:37 towards you know something  
2:38 really good  
2:40 and gardening came to the forefront of  
2:42 my mind  
2:43 and  
2:45 living in dc for a few years i was aware  
2:47 that throughout rock creek park there  
2:48 were a few places where  
2:51 people could rent out plots of land and  
2:54 you know be able to cultivate that  
2:57 so that was something that i really was  
2:58 interested in exploring but after doing  
3:01 a little bit of research  
3:03 you have to pay for those plots and  
3:04 there's a pretty long wait list which is  
3:06 understandable  
3:08 i also didn't feel like i was really  
3:10 equipped to start a brand new garden on  
3:12 my own

3:13 with pretty low experience and  
3:15 no real resources towards gardening  
3:19 so my next thought was okay where can i  
3:21 get involved  
3:22 and the university seemed like the best  
3:24 place to explore that so  
3:26 i did some digging tried to get in touch  
3:28 with a few people but eventually i ended  
3:30 up going to the garden itself and i left  
3:32 a note on the gate with my phone number  
3:34 and my email on it and thankfully  
3:36 somebody found it and reached out to me  
3:39 and  
3:40 i started going to the to the community  
3:42 garden i think it was either late may or  
3:44 early june um  
3:46 and it's been a pretty wild ride ever  
3:49 since  
3:50 that's so cool i didn't know that's how  
3:52 you found the garden it's a pretty funny  
3:54 story it's very coincidental i i just  
3:56 i'm so thrilled that it worked out  
3:58 oh that's so cool  
4:00 and prune farming is so interesting like  
4:04 it's very cool yeah that must have been  
4:06 such an  
4:07 interesting  
4:08 upbringing and obviously it's influenced  
4:10 you a lot in your in your hobbies most  
4:12 definitely what's your major at au  
4:16 i'm a international studies major and in

4:19  
that my focus is environmental  
4:20  
sustainability and global health  
4:23  
so yeah that has definitely been an  
4:25  
influence i'm very interested in  
4:27  
agriculture policy and kind of observing  
4:29  
those systems um  
4:31  
through having that experience it's  
4:32  
definitely formed a really  
4:35  
uh unique viewpoint to observe those  
4:37  
issues through definitely  
4:40  
i'm really curious did you  
4:42  
always like  
4:43  
feel really drawn to exploring those  
4:46  
topics in college or was your upbringing  
4:49  
something you were later able to  
4:51  
appreciate after coming to au and  
4:56  
starting your studies  
4:57  
so  
4:58  
having that experience of being able to  
5:00  
drive down from portland to california  
5:02  
and you know spending a few days on the  
5:03  
farm was really formative i wasn't  
5:05  
really specifically drawn towards the  
5:08  
field exactly as i grew up  
5:11  
i  
5:12  
got involved in  
5:14  
the political sphere in high school  
5:17  
and that was really something that i was  
5:18  
super fascinated with which is one of  
5:20  
the reasons i was drawn to dc  
5:23  
and

5:24  
you know that was something that i was  
5:25  
really exploring for a while until i  
5:27  
wound up in the  
5:29  
environmental sustainability global  
5:30  
health gateway class and you know this  
5:33  
kind of spark went off that okay  
5:34  
obviously of course policy politics and  
5:37  
agriculture sustainability and global  
5:39  
health are so tightly tied together um  
5:42  
almost inescapably so that was  
5:44  
definitely kind of an aha moment and  
5:46  
something that i'm i'm really excited to  
5:48  
continue exploring thank you for sharing  
5:50  
that's really  
5:52  
how people grow up can so strongly  
5:54  
influence what they're interested in  
5:56  
um either like they stay interested in  
5:59  
what they were surrounded by or they  
6:01  
veer away from that um  
6:03  
so it's really cool to hear your story  
6:06  
absolutely i think like in my um  
6:09  
middle school elementary school  
6:11  
specifically i had that experience  
6:13  
one of the things that we did which i am  
6:15  
so grateful for looking back on but  
6:17  
dreaded when i was in it is we would do  
6:20  
weekly field studies um and so we would  
6:23  
take our big old class and hop on a  
6:25  
public bus and just go off to some some  
6:27  
spot and it's great in oregon there's so  
6:29  
many like parks and

6:31  
natural spaces throughout and  
6:33  
surrounding the city so it was very easy  
6:34  
to access places um  
6:37  
and we would do things like  
6:39  
invasive species clean up we would test  
6:41  
and study water and you know ph of water  
6:46  
animals within the water and vertebrae  
6:48  
in the water  
6:49  
um and we would do a lot of you know sit  
6:52  
and observation work and um as a kid i  
6:55  
was like always wanting to jump and run  
6:57  
around so i like hated sitting and um  
7:00  
just kind of watching things but as i  
7:03  
get older it's something that i really  
7:05  
love to implement in um  
7:07  
my even day-to-day and it's something  
7:09  
that i've carried into um the gardening  
7:12  
team that i'm leading right now  
7:14  
um  
7:15  
every  
7:16  
every time we meet together we allocate  
7:18  
five to ten minutes for  
7:20  
silent sit spot time where you can sit  
7:22  
and you know check out what changed  
7:24  
since the last time you were in the  
7:25  
garden and  
7:27  
um you know engage your senses touch the  
7:30  
plants around you and you know feel the  
7:32  
soil under your hands um and i think  
7:35  
it's a it's an incredible aspect of  
7:38  
gardening and being connected to the

7:39  
land in general  
7:41  
that's so nicely said thank you  
7:45  
why  
7:46  
was  
7:48  
joining or becoming part of an  
7:50  
environmentally focused career important  
7:53  
to you  
7:54  
um i think one of the things that really  
7:56  
drew me towards it was of course my  
7:59  
background my experience growing up but  
8:01  
also it is you know  
8:04  
something that i feel needs a lot of  
8:06  
attention  
8:07  
um needs a lot of care and  
8:09  
it's it can be really difficult to  
8:12  
continue to study  
8:14  
um this topic without being drawn to  
8:17  
take action and  
8:19  
right now throughout this pandemic it's  
8:21  
been very difficult to find ways in  
8:23  
which we can take constructive action  
8:25  
the experience in the garden has been  
8:27  
extremely constructive and wonderful for  
8:29  
forming this passion of mine and it's a  
8:33  
small scale thing that i can  
8:36  
use as a model to see you know other  
8:38  
places where i can take this action  
8:40  
that's great because i think  
8:43  
that  
8:44  
like the tricky thing when figuring out  
8:47  
what you want to study or like what you

8:48  
want your career in is like okay well  
8:51  
what am i passionate about i feel like a  
8:52  
lot of people start there  
8:54  
but like i think the question people  
8:56  
have is how do i take this further like  
8:57  
how do i take action how do i make a  
8:59  
bigger difference yeah like moving  
9:02  
forward um  
9:04  
i think obviously having hobbies in  
9:06  
college is so important into figuring  
9:08  
out who you are what you're doing with  
9:11  
leading by learning is like creating  
9:12  
something that's more than that and can  
9:14  
help foster people's  
9:16  
interests and careers or even if it  
9:18  
doesn't become their career just like  
9:19  
something that they do on the side that  
9:21  
is is more than just gardening which i  
9:23  
think is really amazing  
9:25  
absolutely i think that um  
9:27  
it's difficult i think in a university  
9:30  
setting to be really stuck on this idea  
9:33  
of  
9:34  
if i'm doing this thing um this is like  
9:37  
this hobby or the side project or  
9:39  
whatever this is something that i need  
9:42  
to take to the next level and like  
9:44  
really explode with but i think it's  
9:46  
really important to just you know branch  
9:48  
out as much as you can and try to you  
9:50  
know get involved with stuff that you

9:52  
know  
9:53  
even barely piques your interest um  
9:55  
because there's so much mystery out  
9:57  
there to  
9:58  
you know what passion is and it's so  
10:00  
much of it is just to go out and you  
10:02  
know experience um and that's something  
10:05  
that i've taken away from  
10:06  
from gardening and other little um  
10:09  
projects that i've done on the side i've  
10:10  
had many a project that i've uh gave up  
10:13  
on  
10:13  
um before finding this  
10:15  
i completely agree i just feel like au  
10:18  
such a diverse community and passion is  
10:20  
such a funny thing that like you never  
10:22  
know how you're gonna feel about  
10:24  
something until you actually go and do  
10:26  
it like i know so many people that  
10:28  
probably don't really like being outside  
10:29  
but could probably find something they  
10:32  
love about the community garden in some  
10:34  
other aspect absolutely and  
10:37  
i think one of the really cool things  
10:38  
about the garden is that there's so many  
10:40  
layers to it  
10:42  
you know if you are a person that you  
10:44  
know  
10:45  
doesn't really feel like  
10:46  
it's  
10:47  
surface level something that is your

10:48  
perfect fit um  
10:51  
there are so many different avenues to  
10:52  
gardening one of which is you know we  
10:55  
have a an amazing  
10:57  
student body that is so smart an  
10:59  
important part of gardening is this  
11:01  
research this understanding of seeds and  
11:03  
the stories that are behind them and the  
11:06  
uses that they've had throughout history  
11:08  
and the important significant agrarian  
11:11  
history and knowledge that the  
11:12  
indigenous people whose land that we're  
11:14  
occupying have had and you know have had  
11:17  
for centuries before us and i think this  
11:19  
is a principle of learning by leading  
11:21  
using your personal skills and your  
11:22  
personal strengths to  
11:24  
uplift a group and uplift your  
11:25  
communities is so essential definitely  
11:28  
and i feel like it's just like a special  
11:30  
knack that a lot of au students have is  
11:32  
to take something that they love as a  
11:34  
hobby and turn it into something more  
11:36  
it's just so funny i feel like it it  
11:38  
happens with everyone i know smart kids  
11:40  
definitely and then like you start to  
11:43  
get other people involved and then it  
11:45  
becomes this huge like community  
11:48  
taking collective action towards what  
11:50  
they care about and  
11:52  
i just love that at some point it's been

11:55  
really fantastic and significant to be  
11:59  
bringing together these people my  
12:01  
heart lights up every time i get a dm on  
12:04  
our instagram page and it you know just  
12:06  
makes me so  
12:07  
fulfilled and joyful that this thing  
12:10  
that i'm i'm doing and this thing that  
12:12  
my community is doing is gaining  
12:14  
attention and gaining traction  
12:16  
um  
12:16  
and  
12:17  
bringing new folks in and showing them  
12:19  
all the beds and  
12:21  
you know describing what kind of plants  
12:22  
we have in each bed and oh this is a  
12:24  
weed but this weed is edible you know  
12:26  
what do we define as truly being a weed  
12:28  
and can we um shift our our focus away  
12:32  
from um this traditional  
12:34  
like colonial style of gardening of  
12:37  
where production is maximized and weeds  
12:40  
are don't have a place um  
12:42  
and yeah it's just been a fantastic  
12:45  
exploration of that and it's so funny to  
12:47  
be working in a group again after all  
12:49  
this isolation this year of course we're  
12:51  
very um safe we keep the groups very  
12:53  
small we wear masks and we're outside in  
12:56  
distance so it's a very safe process but  
12:58  
um  
12:59  
to be addressing a group after you know

13:01  
only being on zoom for the past year is  
13:03  
so surreal and it's just it's a  
13:06  
fantastic experience to go out there and  
13:09  
you know be able to have a conversation  
13:10  
with one person then go over to have a  
13:11  
conversation with another person and not  
13:13  
have to go into a breakout room or  
13:15  
anything um it's a real treat  
13:18  
right like i feel like gardening is like  
13:20  
the perfect cove activity too like you  
13:22  
guys can all be doing your own thing but  
13:24  
you're within the garden with each other  
13:26  
chatting and stuff like that like it  
13:27  
feels like you can be together  
13:29  
um safely  
13:31  
and especially in this year we're so  
13:33  
connected to our technology and being  
13:35  
indoors like what a beautiful thing to  
13:38  
get outside and connect with real humans  
13:40  
in  
13:41  
real life and like hear their voice not  
13:43  
through  
13:44  
audio  
13:45  
on technology and also be able to like  
13:48  
touch the earth like  
13:50  
so grounding  
13:52  
so how would you say that  
13:55  
your experience um with the community  
13:58  
garden at american university with the  
14:00  
group of students you're working with  
14:02  
how

14:03  
has this experienced  
14:05  
influenced where you see yourself going  
14:08  
in the next couple years has it changed  
14:11  
your trajectory at all  
14:13  
yeah i mean  
14:15  
um i think my trajectory has been  
14:17  
changed every three months or so since  
14:20  
uh i started uh at university  
14:23  
um  
14:24  
but this has definitely been a big shift  
14:27  
towards something i see myself pursuing  
14:29  
for quite a while  
14:30  
i recently started working with a usda  
14:33  
grant organization called farmers and  
14:35  
ranchers stress assistance network which  
14:37  
works to  
14:38  
provide training for extensions from  
14:40  
land-grant universities to help farmers  
14:43  
with the stress that they're facing due  
14:45  
to  
14:46  
climate change coveted stress  
14:48  
governmental stress  
14:50  
suicide rates and and farming and  
14:52  
ranching is at its highest with very low  
14:56  
resources to assist that um so i'm  
14:58  
thrilled to be involved with this  
15:00  
project i think the work that they are  
15:02  
doing is so significant and so important  
15:04  
and  
15:05  
it's tying together a few things that  
15:07  
i'm very passionate about how does the

15:09  
experience of having an internship  
15:12  
help you  
15:13  
reach your career goals i just started  
15:16  
it  
15:17  
like  
15:18  
a week and a half ago so i don't know if  
15:20  
i'll be able to answer that question but  
15:22  
i would love to and that's so exciting  
15:25  
though it sounds like an amazing  
15:26  
interview congratulations how did you  
15:28  
hear about it yeah actually that's a  
15:30  
great question um uh so i heard about  
15:33  
this through  
15:35  
my wonderful mentor dr jerry hush  
15:38  
who  
15:39  
was the person who really led me through  
15:43  
my initiation to gardening  
15:46  
dr hash and i worked really closely  
15:48  
throughout the summer and early fall  
15:50  
doing you know  
15:51  
collective action  
15:53  
researching the stuff we were really  
15:55  
interested in researching  
15:56  
planting together harvesting together  
15:59  
and at one point we were we were  
16:00  
workshopping at cookbook that's still in  
16:02  
the process of being created  
16:04  
we were making videos together a lot of  
16:06  
fun work she  
16:08  
had actually  
16:10  
gained a new position in delaware so she

16:12  
moved there in i believe november  
16:16  
and her and i have been in contact since  
16:18  
um and i you know reached out to her  
16:20  
recently to hear about the work she's  
16:22  
doing and she's just so excited to you  
16:25  
know bring me on board and  
16:27  
continue this relationship that's  
16:30  
amazing and especially because you met  
16:32  
jerry  
16:33  
through the community garden and that  
16:35  
seems like such a small  
16:37  
easy thing but it led to you getting an  
16:39  
internship at the usda which is  
16:42  
definitely a huge accomplishment yeah i  
16:44  
met her through a note that i left on  
16:46  
the garden fence so can you speak a  
16:49  
little bit more to the importance  
16:52  
that you might feel about having a  
16:54  
mentor while going through college and  
16:56  
trying to figure out what career you  
16:57  
want to join so i worked with dr hush  
17:01  
over the summer and considered her  
17:04  
primarily as a close friend but on  
17:06  
reflection of our relationship in the  
17:09  
garden um i have found her to become a  
17:12  
strong mentor for me she was able to  
17:14  
provide me a lot of guidance about the  
17:18  
importance of gardening beyond planting  
17:20  
and beyond cultivating food  
17:23  
we talk a lot about the stories that  
17:25  
exist beyond plants right now i'm i'm in



17:28  
the office and i'm sitting right next to  
17:30  
a loofah um it's a sponge that's grown  
17:33  
on it behind and it's it's so crazy to  
17:36  
see that in person dr hush is an  
17:39  
extremely intelligent person um she's  
17:42  
done incredible work and incredible  
17:43  
research and  
17:45  
just to bounce ideas off of her and to  
17:48  
talk through  
17:49  
the classes that i was taking and being  
17:51  
able to  
17:52  
call to her if i am you know doubting my  
17:56  
leadership abilities for this garden and  
17:58  
to get that advice and get that guidance  
18:00  
is so valuable and  
18:02  
i'm just so thankful to have that  
18:05  
relationship with her for sure  
18:07  
that's amazing mentors  
18:09  
i have found in my life are so important  
18:11  
to just like not only help me figure out  
18:14  
what i want to do but just give me like  
18:16  
that encouragement to keep going when  
18:18  
things get hard and i feel like  
18:19  
everything's failing and nothing has  
18:21  
worked like maybe i shouldn't be doing  
18:23  
this anymore but it's just wonderful to  
18:25  
have them there and reassure me that  
18:28  
they went through that too  
18:29  
and that it's going to be okay and to  
18:31  
keep going  
18:32  
absolutely and it's great i we jerry and

18:35  
i have really honest conversations about  
18:37  
both of our lives and we really work to  
18:39  
help support each other and it's it's  
18:41  
been wonderful to have that mutual um  
18:43  
respect and  
18:45  
you know relationship with uh with a  
18:47  
mentor that way  
18:48  
definitely  
18:50  
so we've talked a lot about  
18:52  
where you are now and  
18:54  
where you're going in the future  
18:56  
but is there anything like looking back  
18:59  
to when you were in high school  
19:01  
deciding where to go to college didn't  
19:03  
really know what you wanted to do yet is  
19:04  
there anything that you would tell  
19:05  
yourself or give yourself advice  
19:08  
i can't  
19:09  
really  
19:10  
think of anything to be honest  
19:13  
i think that like so many coincidences  
19:15  
happen to me like it's very funny  
19:18  
but i guess  
19:19  
i would say that  
19:21  
the value of work is very real  
19:25  
putting your energy and your  
19:28  
focus towards  
19:30  
something you're really drawn to even if  
19:32  
it's not necessarily  
19:34  
the  
19:35  
same

19:36  
perceived caliber as peers you know i  
19:39  
was never a math person and so when i do  
19:42  
find something that really caused my  
19:44  
attention i definitely doubt if  
19:46  
is this worth putting  
19:48  
energy towards this is not traditionally  
19:50  
something that people explore in the  
19:51  
academic field so  
19:53  
am i  
19:54  
like  
19:55  
doing less if i invest myself in this  
19:58  
and you know to reassure my younger self  
20:00  
i would say no that that work you're  
20:02  
doing is impactful and important and it  
20:05  
leads to opportunities it leads to doors  
20:08  
opening where you wouldn't really expect  
20:09  
them to that kind of help everything  
20:12  
align  
20:14  
that's great  
20:15  
and i love that  
20:17  
you said you really wouldn't change  
20:19  
anything  
20:20  
just because you're so happy with where  
20:22  
you are and not a lot of people  
20:25  
can say that and i know that we're young  
20:26  
but like  
20:27  
it's really just nice to hear  
20:30  
yeah i definitely do think that there  
20:32  
are so many lessons in those moments of  
20:35  
perceived failure or you know  
20:38  
perceived misalignment with the final

20:40  
goal i don't you know i don't really  
20:42  
adhere to an idea of a final point in my  
20:45  
career where it's like when i get here  
20:48  
this is going to be perfect everything's  
20:50  
going to work out i definitely have  
20:52  
a more  
20:53  
gentle approach to myself because i  
20:56  
think that having that mindset makes me  
20:58  
be really hard on myself and put a lot  
21:00  
of pressure on myself to do  
21:03  
you know accomplish a goal that i don't  
21:04  
even have  
21:05  
fully  
21:06  
actualized in my own mind so  
21:10  
taking things as they come has been  
21:12  
something that's been really important  
21:14  
for me and i think that to go back and  
21:17  
change any of that would be a disservice  
21:19  
to my current self because you know even  
21:21  
through the bad moments there was  
21:22  
something that i learned  
21:24  
and of course i understand that that's a  
21:25  
very privileged thing to say in many  
21:27  
cases but that has been my truth that i  
21:29  
have experienced in my life and i think  
21:31  
that's just going to be so encouraging  
21:33  
for  
21:34  
people younger than us to hear that just  
21:37  
because it seems like things aren't  
21:38  
going well like it's it's going to  
21:40  
propel you to where you want to be

21:41  
eventually yeah it's really funny i mean  
21:43  
my younger brother right now is in  
21:46  
his first year of university in  
21:47  
california and  
21:49  
you know he's having that classic  
21:51  
freshman experience where you know it's  
21:53  
it's really hard to find your footing  
21:55  
especially during covid i mean i  
21:56  
sympathize for him so much but  
21:59  
during my freshman year particularly  
22:01  
there were moments where i felt very  
22:03  
lost and very you know  
22:05  
i was one among many that  
22:07  
um and especially at a school like au  
22:08  
where there's so many smart kids you  
22:10  
know i just felt a little bit like out  
22:12  
of my out of my own but  
22:15  
i think that that experience of being  
22:17  
uncomfortable and and having that year  
22:20  
of  
22:20  
learning it was so impactful for my  
22:23  
journey  
22:24  
if you could give  
22:27  
university students or high school  
22:29  
students even  
22:31  
advice on how they can make sustainable  
22:34  
change in their communities and  
22:36  
environment  
22:38  
do you have any advice for them one key  
22:40  
aspect of sustainability that i've found  
22:43  
in my experience is the idea of

22:45  
longevity to  
22:48  
continue the work that others have  
22:50  
created and  
22:52  
find your way to elevate that in the way  
22:54  
that works best for you  
22:56  
the american university community garden  
22:59  
has  
23:00  
these fantastic roots and  
23:02  
i've spent a lot of time talking to  
23:04  
people and hearing about their history  
23:07  
within american universities gardens  
23:09  
specifically  
23:11  
and one of the continual  
23:13  
barriers that has come up in our  
23:14  
conversations is that it's really  
23:16  
difficult to make that jump once the  
23:19  
majority of the folks involved or  
23:21  
seniors or leaving the university for  
23:23  
whatever reason to  
23:25  
continue that energy and that passion  
23:27  
behind the project to the next quote  
23:29  
unquote generation  
23:31  
of students coming in so my advice for  
23:35  
sustainable action is to  
23:37  
find your place in projects that are  
23:38  
pre-existing find ways that you can  
23:40  
strengthen them and lengthen them and  
23:44  
that continuation of past work will  
23:47  
create the most foundational change  
23:48  
because you already have that base that  
23:50  
you're working from you don't have to

23:51  
start brand new  
23:53  
and you can really uplift important  
23:55  
projects that are already occurring  
23:57  
that's really well said  
23:59  
thanks  
24:01  
thank you sydney it was so great to talk  
24:03  
to you today you too this was a  
24:04  
wonderful opportunity thank you guys so  
24:06  
much for having me on today i'll  
24:08  
definitely be stopping by the community  
24:09  
garden soon to check out all your work  
24:11  
we'll look forward to seeing you there  
24:14  
thank you thank  
24:16  
you the garden gate was created by kira  
24:20  
berba and caroline mcdonald as part of  
24:22  
the learning by leading initiative with  
24:23  
the smithsonian gardens  
24:26  
this team includes emily warsha as the  
24:28  
education specialist jena yu as the  
24:31  
marketing specialist  
24:32  
nicolette kelly as the recording  
24:34  
assistant and megan hastie as the audio  
24:37  
engineer the music is by royalty-free  
24:39  
music on soundcloud  
24:41  
special thanks to cynthia brown and  
24:43  
paula healy learn more by visiting  
24:46  
[gardens.si.edu](http://gardens.si.edu)  
24:48  
thanks for listening  
24:51  
[Music]