

FNES NEWSLETTER

Department of Family, Nutrition and Exercise Sciences

2024 | Number 6



Dr. Sungeun Choi with Laboratory Assistant, Ms. Rosaria D'Oria, and students from the FNES 307: Experimental Food Science course.

Dear FNES Alumni, Students, Families, and Friends,

We hope that you and your families and friends are healthy and doing well, and we wish you a prosperous 2024! Happy New Year! We are delighted to share with you the 2024 FNES Newsletter with updates on our department's activities.

Thank you very much for all your support over the years! Your assistance has been essential in helping us provide students with awards to recognize their academic success and service to the college and the community.

We are immensely proud of your accomplishments and contributions to our communities! We are also very grateful for your commitment to remain involved with our thriving department. We would like to continue our engagement with our alumni by welcoming you back to the campus for guest speaking opportunities and encouraging mentoring relationships with our students. Your extensive expertise and experience are extremely beneficial and inspiring for our students!

Sincerely, FNES Faculty

<https://www.qc.cuny.edu/academics/fnes/>

New Faculty

Welcome to the New FNES Faculty!



Fernanda Armoza joins the FNES department after ten years as an educator in Long Island public schools and six years as an adjunct at Queens College. She holds an MBA in organizational behavior from Pace University and a MEd in family and consumer sciences education from Queens College. She is focused on developing the online Family and Consumer Sciences Education Program and making it accessible to future educators.



Jacqueline Barnaby joined the FNES department's Family and Consumer Sciences Teacher Education Program in Fall 2023 with over 15 years of educational experience. Jacqueline received her master's from Queens College in family and consumer sciences education. She has a background in psychology and nutrition from Hofstra University. Her interests include online learning in higher education and serving as a mentor while supporting students through their program of study.



Taemin Ha joined the FNES team in the Fall 2023 semester. He completed his doctoral work at the University of Northern Colorado, specializing in physical education and physical activity leadership. Ha's scholarship activities aim to promote physical activity among children and adolescents through a whole-of-school approach. Specifically, he is interested in investigating the roles and impacts of technology integration in school-based physical activity.



Melissa Lovitz is happy to join FNES and the Human Development and Family Science (HDFS) program this year! She earned her child study and human development doctoral degree from Tufts University. Her research focuses on the parent-provider relationship in early childhood education. Her teaching focuses on real-life applications of theories and concepts in HDFS and experiential learning in the classroom.

FNES Faculty News

In November 2023, the Physical Education Teacher Education Program had its graduate students and faculty members participate in and deliver several sessions at the 85th Annual Conference of the New York State Association for Health, Physical Education, Recreation, and Dance (NYS AHPERD) held in Verona, NY. Professors Jessica Angelastro and Christopher Kolb had well-attended presentations, and Queens College students took part and showed their support. Dr. Taemin Ha also presented his research at this conference and Kevin Lau, a graduate of the PE program, received the Most Amazing Person Award-Technology Section.



Physical Education Faculty and Students at the NYS AHPERD Conference
Back Row, Left to Right: Prof. Christopher Kolb, Dr. Eve Bernstein, Prof. Jessica Angelastro, Kevin Lau, Dr. Taemin Ha
Front Row, Left to Right: Naomi Sorkin, Demetra Papadopoulos, Ashley Bencosme, Jennifer Kalar



Professor Ann Azzollini, director of the Nutrition and Exercise Sciences (NEXSCI-BS) Program, has been representing the FNES Department on the Executive Committee for the Queens College Academic Senate for several years. Students from her FNES 377/726 course, Internship in Exercise

Science, presented their case study scientific posters in December in Remsen 300.



Dr. Eve Bernstein, Professor and Graduate Coordinator for the Physical Education program, has published an article on "Incorporating stillness during physical education class" in the *Journal of Physical Education, Recreation & Dance* (2023). Her article co-authored with Dr.

Ariela Herman on "Pre-service teachers' goals with domain learning" was published in the *Physical Educator* (2023).



Drs. Anoop Balachandran and Norberto Quiles' study on weight training was featured in *The Washington Post*. The study showed that lighter weights for high repetitions were similar to heavier weights

in middle-aged and older adults for muscular adaptations and function.



Participant in Anoop Balachandran's Healthy Aging and Exercise Laboratory.

The Washington Post
Democracy. Done as a Habit.

YOUR MOVE

Weight training can be easy and still build strength. Here's how.

Any type and amount of weight training works to build strength and mass, whether people lifted heavy weights or much lighter ones

By Gretchen Reynolds
July 10, 2023 at 6:00 a.m. EDT

If you've ever felt apprehensive about weight training, worried it's too complicated or physically demanding, new research about lifting practically bulges with encouraging news for you.

In one new study, middle-aged men and women who started lifting light weights gained about the same amount of strength and mass as others who used much heavier weights, despite widespread beliefs in the training world that only hefty weights can be effective.

That finding dovetails with the results of another new study, the largest meta-analytical review to date involving resistance training. It found that the best way to lift weights is any way at all. Key question of resistance training the researchers considered, whether it involved heavy weights or light ones, frequent weekly sessions and sets or few, resulted in improvements in muscular strength and mass, whatever someone's age or gender.

The findings could be a useful nudge to anyone who rarely, if ever, lifts, which, according to a study published this year, is about 70 percent of American adults.

"Anything at all was better than doing nothing," said Bradley Currier, a graduate student of kinesiology at McMaster University in Canada, and co-lead author of the new review.

The studies did find, though, that certain tweaks and technique tips can help ensure we get the most out of our weight training.

Weight training can be easy



Dr. Jihee Choi, an assistant professor, specializes in consumer food safety, employee food safety training in the foodservice industry, and the integration of technology in restaurant settings. She authored the article titled "Does Foodservice Employees' Burnout

Influence Their In-Role and Extra-Role Food Safety Behaviors? A Structural Modeling Approach," which was published in the *Journal of Food Protection* in 2023. In her course titled Quantity Food Purchasing, Production, and

Equipment (FNES 378), Choi incorporated a computer lab section employing Excel, aimed at improving students' problem-solving abilities using data sets pertinent to foodservice operation. Choi also mentored Kalynn Ng, an undergraduate student in Food Management Studies, on a research project about employees' food safety behaviors in the restaurant industry. Their project's abstract was chosen as one of 10 for the CUNY Undergraduate Research Day celebration, and Kalynn presented their findings at the event hosted by Borough of Manhattan Community College on May 31, 2023.

Employee Burnout and Food Safety Behaviors in the Restaurant Industry
Kalynn Ng & Jihee Choi
Department of Family, Nutrition, and Exercise Sciences, Queens College, The City University of New York (CUNY)

Introduction

- Employee burnout is linked to mental and physical exhaustion, prolonged by ongoing stress that can lead to a lack of motivation to work (Basson et al., 2018; Kwon et al., 2019)
- While employee burnout can lead to job dissatisfaction and disengagement in general, this question whether burnout amongst restaurant employees is associated with food safety behaviors in the context of restaurant remains unanswered.

Purpose of the Study

To assess the level of burnout of restaurant employees (general, work-related, and job-related) and its association with food safety behaviors, and to investigate the relationship among employees' burnout, job commitment, and food safety behaviors.

Methodology

A total of 143 restaurant employees currently working in the restaurants in the U.S. at non-unionized restaurants participated in the survey through MTurk. The study included independent sample t-test, and multiple linear regression were used to test the relationship between employees' burnout and food safety behaviors. Additionally, structural equation models were used to test the relationship between burnout as independent variables and food safety behavioral responses (dependent variables).

Results

Result 1. Participants' demographic information

- Participants (N) = 67%
- Male: 14%
- Female: 86%
- Age of participants = 79.1% between 18-30 years
- Foodservice work experience = 6.8 (5.1-8.3 years)
- Education = 55.8% Bachelor's degree, 29.2% High school

Result 2. T-test of employee's burnout based on gender

Gender	N	Mean	Std. Deviation	T	df	Sig. (2-tailed)
Female	58	4.43	1.51	-2.902	131	.004**
Male	48	2.68	1.08			

Result 3. T-test of employee's burnout based on gender

Gender	N	Mean	Std. Deviation	T	df	Sig. (2-tailed)
Female	58	4.09	1.08	-1.687	131	.096**
Male	48	2.62	1.08			

Result 4. T-test of food safety behavior based on gender

Gender	N	Mean	Std. Deviation	T	df	Sig. (2-tailed)
Female	58	2.42	1.08	-1.687	131	.096**
Male	48	2.62	1.08			

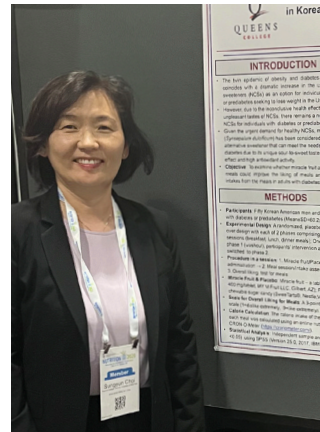
Significance

- ** The results will be statistically significant in the regression model.
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Reference

Basson, L., & Kwon, S. (2018). Employee burnout and food safety behaviors in the restaurant industry. *Journal of Food Protection*, 41(11), 1888-1895.

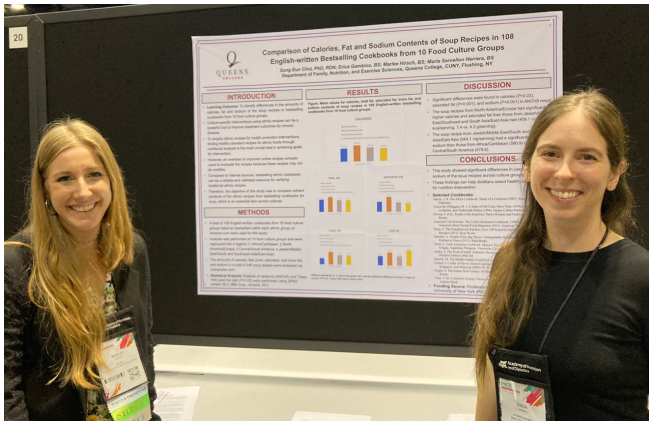
Kalynn Ng presenting the poster co-authored with Dr. Jihee Choi.



Sung Choi at the Poster Session during the 2023 Conference of the American Society for Nutrition (ASN) in Boston, MA.

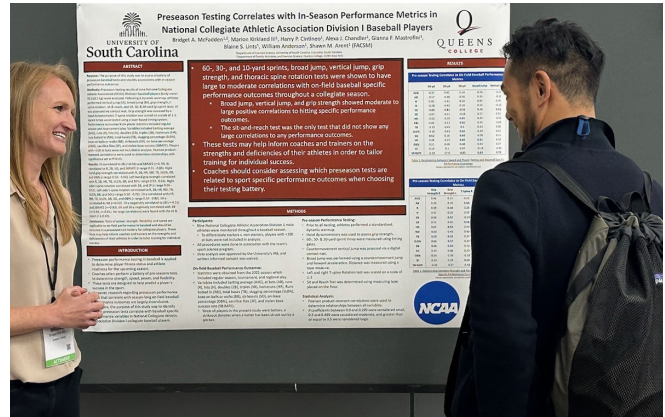
Dr. Sungeun Choi, associate professor in the Nutrition and Dietetics Program, continues her work on the taste intervention and preference-maximized meal plan for individuals with diabetes or prediabetes. She published six papers in peer-reviewed journals and performed eight presentations at the national conferences between 2020 and 2023. She submitted three federal grant applications (NIH R16 & R21;

NEH) and received three grant awards (PSC-CUNY 50 & 51; 2023 QC Research Enhancement). In October 2022, Choi presented a research poster with her undergraduate mentees, Erica Gambino, Marlee Hirsch, and Maria Servellon Herrera at the Food and Nutrition Conference and Expo in Orlando, Florida, which was supported by the 2023 Stefan Bernard Baumrin Travel Award. She also had two interviews with CUNY TV about "Fermented Food" and "Miracle Fruit," which aired in April and November respectively on the Emmy-winning news program, *Asian American Life*.



Sung Choi's poster presentation with Marlee Hirsch (left) and Erica Gambino (right) at FNCE 2022.

was published in the *Journal of Strength and Conditioning Research*, and the article on the “Effects of A Fucoidan Supplementation on Inflammatory and Immune Response After High-Intensity Exercise” was published in the *Journal of the International Society of Sports Nutrition*.



Bridget McFadden presenting at the American College of Sports Medicine Conference in May 2023.



Dr. Victoria Fischer, director of the Didactic Program in Dietetics (DPD), is a program reviewer for the Accreditation Council for Education in Nutrition and Dietetics (ACEND). She was elected as the Northeast regional director of the Nutrition and Dietetics Educators and Preceptors group of the Academy for Nutrition and Dietetics (NDEP). Fischer has also been a co-investigator in a study on a whole-food plant-based diet (WFPBD) to control weight and metabo-

inflammation in men with prostate cancer, a multi-center randomized control trial.

On November 15, 2023, Professor Patrick Moran presented a cooking demo on *Healthy Sides for the Holidays*. The participants learned to prepare a roasted winter squash salad and sauteed green beans with gremolata. The demo was a major success. Students and members from various departments on campus attended and had a very tasty and enjoyable cooking experience.



Dr. Sunitha Jasti is the director of the Food Management Studies (FMS) Program. She is working on adding a food photography course and one on environmental health to the FMS Program curriculum.

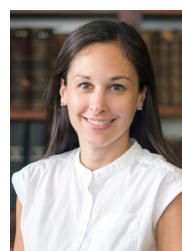


Patrick Moran (first on the right) at the demo.



Dr. Ashima Kant received a four-year \$275,000 Hispanic-Serving Institutions Education Grant from the National Institute of Food and Agriculture-United States Department of Agriculture (USDA) for her project, “Success and Support of Under-Represented Nutrition Students at Queens College.”

Dr. Bridget McFadden co-authored three peer-reviewed articles in 2023. The article on “Cardiorespiratory Fitness and Performance Adaptations to High Intensity Interval Training: Are There Differences Between Men and Women? A Systematic Review with Meta-Analyses” was published in *Sports Medicine*. The article on “Effects of Minimal-Equipment Resistance Training and Blood Flow Restriction on Military-Relevant Performance Outcomes”



Dr. Elizabeth Riina continues her research on social and cultural contexts for families and individuals. She received several grants to examine resources that foster parenting involvement among low-income single-parent families, and the contexts that support positive development for youth from childhood through adolescence. She will attend the meeting of the Society for Research on Adolescence (SRA) in Chicago in April to present her work on the contexts surrounding family meal practices in families with adolescents.

In teaching news, Riina began a two-year faculty fellowship with the National Science Foundation STEAM-Q Project in Design-Thinking, a QC initiative to bring creativity and design to the sciences. As part of this work, she is integrating design-thinking into her coursework by introducing new applied, hands-on projects.

Dr. Mihaela Robila wrote a paper titled “The Importance of Data in Understanding Demographic Changes and their Impact on Families in the US” for the 2023 United Nations (UN) North America Expert Group Meeting (EGM) for the 30th Anniversary of the International Year of the Family in 2024. Robila received the Jan Trost Award for lifetime achievement in research, teaching, and service to international families from the National Council on Family Relations International Section (2023). She has continued to work as an intermittent expert with colleagues in the Division of Social and Economic Sciences at the National Science Foundation (2023–2024).



Mihaela Robila with colleagues at the UN EGM.

In Memoriam



We have been deeply saddened by the passing of our colleague, Professor Clare Consiglio. Clare joined our department as a full-time lecturer in 2009 and made outstanding contributions. She taught a variety of courses such as Science of Food; Meal Management and Planning; General Nutrition; Social,

Cultural, and Economic Aspects of Foods; and Experimental Food Science. She collaborated for several years with the Apicius International School of Hospitality in Italy. She hosted faculty, students, and chefs from Apicius who provided lectures and demonstrations at QC on several occasions over the years. Another example of Clare’s comprehensive teaching style was the buffet organized at the end of her Meal Management course which provided her students with an opportunity to use and apply the

knowledge they learned in class. Clare’s dedication to her teaching and students was demonstrated by developing unique teaching tools and strategies, such as the FNES Herbs and Vegetables Garden which she advocated to be set up behind Remsen Hall to increase students’ understanding of food production and sustainability. A ceremony to dedicate the FNES Garden to Clare’s memory was held in September 2021.

Retirements

We are very grateful to our colleagues who recently retired for their extensive and lasting contributions to our department! We wish them a happy retirement!



Dr. Ariela Herman
Director of the Physical Education Program



Dr. Patricia Miner
Director of the Didactic Program in Dietetics



Dr. Andrea Mosenson
Director of the Family and Consumer Sciences Teacher Education Program



Dr. Michael Toner
Director of the Nutrition and Exercise Science Program and FNES Department Chair

Student News

Congratulations to Debbie Malakan, a student in the Dietetic Internship Program, directed by Professor Allison Charny, who was selected for a scholarship from the Academy of Nutrition and Dietetics!

Congratulations to FNES students who received 2023 Departmental Awards!

Eula Bee Corban Award

for Superior Scholarship in Nutrition
Julianne Barredo

Family, Nutrition, and Exercise Sciences Department Award

for High Scholarship and Future Promise in Family and Consumer Sciences Education
Emely Martinez

Hester Gray Memorial Award

for graduates going on to teach Family and Consumer Sciences and showing significant personal growth in both academic and personal qualities
Madeline Cole and Holly Pelzar

Glenn Howard Award for Academic Excellence in Physical Education

for Superior Scholarship in Physical Education
Nicholas Conway

Marcia C. Miller Award

for Superior Scholarship in Nutrition and Service to the Department
Marcos Navarro

Selma Schwartz Memorial Award

for Superior Scholarship and Teaching Ability in Physical Education
Danielle D'Angelo

Francis P. Hoffman Memorial Award for Academic Excellence in Physical Education

for Superior Scholarship in Physical Education
Ashley Bencosme and Evelyn Alvarez Ramos

Anne Whelan Dwyer and Patrick Andrew Dwyer Award

for Superior Scholarship in Nutrition
Erick Grigolet

The Family and Consumer Science Alumni Service Award

for Service to Human Development and Family Science Student Club, the Department, and the College
Synthia Jahan

Student Club News

Under the leadership of FNES Student Clubs Faculty Advisor Coordinator Professor Sandi Westfal, students organized several events, including the Welcome Back Party in Fall 2023.

Exercise Science Student Club

With Faculty Advisor Dr. Norberto Quiles, the Exercise Science Student Club organized two meetings in the 2023 Fall Semester. Neal Pire, the American College of Sports Medicine (ACSM) Greater New York executive director, was the guest speaker on October 25, 2023 and spoke about ACSM as a professional organization, the certifications they offer, and his career path. On December 5, 2023, Terique Boyd, the New York director of the National Strength and Conditioning Association (NSCA), spoke to our students about NSCA as a professional organization and the certifications they offer.

Program News

Nutrition and Dietetics Program

The Nutrition and Dietetics Program has integrated interprofessional education into its curriculum. Victoria Fischer, DPD director, has been a CUNY Fellow for interprofessional education. Students meet with students in other health professions and simulate a care plan meeting for a patient after thorough preparation. Additionally, students can choose to participate in an in-person interprofessional education workshop for an immersive experience, and receive the highest level of the interprofessional education tri-step CUNY-wide program. Several of the nutrition and dietetics students achieved this level. The nutrition and dietetics students also met for a workshop with the speech-language pathology students to practice the respective basic assessment skills. Professor Sandi Westfal has worked diligently with Dr. Steinberg Lowe to optimize these workshops. Allison Charny, Dietetic Internship Director has presented at these workshops and participated in the accreditation site-visit of the Speech-Language Pathology Department discussing the value of IPE for the dietetic interns. These activities receive outstanding reviews from our students, and we are collecting data to research longer-lasting benefits as well.

In the Nutrition Education and Counseling course, students develop a nutrition education session. In previous years, these sessions remained theoretical. This fall, students delivered their nutrition education sessions in team-teaching format to the Parson Community After School Program. Both college students and students of the after-school program enjoyed the learning and the food demonstrations.

For other programs' news please see the [Graduate Exercise Science Newsletter](#) and the [Human Development and Family Science Newsletter](#).

HDFS NEWS
 Family, Nutrition and Exercise Sciences (FNES) Department
 Human Development and Family Science (HDFS) Newsletter - 2023

IN THIS ISSUE:

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- 4 HDFS Student Spotlight

Dear Human Development and Family Science Students and Alumni,
 We are delighted to share with you this year's HDFS newsletter which includes faculty, student, and alumni updates! Thank you very much for informing us about your career accomplishments, and please continue to keep in touch!

Please also inform us about career opportunities you might have in the agencies and programs in which you work so that we can share them with our students and alumni. We are also inviting you to come back to Q as guest speakers, either for a class or for the HDFS Student Club. Please come back and share your expertise with our current students!

Dr. Mihaila Robila, PhD, CPE
 Professor
 mihaila.robila@qc.cuny.edu

QUEENS COLLEGE CUNY

OC NEWSLETTER
 GRADUATE SCHOOL EXERCISE SCIENCE

Welcome | ISSUE 1

Welcome everyone to our first exercise science graduate newsletter! In this edition, we have insights from local experts in the exercise and fitness industry, spotlights on our lovely graduate students, and interviews with our "grad" recent alumni. The newsletter will also cover current events and news from our department.

I hope that apart from helping and providing guidance to our students, the newsletter will also be informative for prospective graduate students. Stay tuned for more exciting features and updates in future editions.

Stay healthy,
 Anoop T. Datanandhan, PhD
 Graduate Advisor (Exercise Sciences)

Expert spotlight
 Heather Milton, MS

Tell us a little bit about your background?
 I obtained my undergraduate education at Hofstra University in the major of Cardiorespiratory and Exercise Sciences. I quickly fell in love with the cardiac systems and physiology in general. I continued my education for an MS in Ex Phys at HJ. I completed internships in diagnostic stress testing and set of a new internship at the Institute of Fitness in sport in Italy to better develop myself as a well-rounded EP in both clinical and fitness. Later, I went on to work at Brigham and Women's Hospital as an EP, where I received a great deal from educating cardiologists, nuclear technologists, and fellow EPs.

I then decided to work in prevention, moving to NYC to pursue a job as a program manager at a preventive medicine center. From there, I moved to NYU Langone where I married my clinical skills and fitness skills, serving both high level athletes and clinical populations. In this role, I have worked with a great deal of students and entry level EPs to help them hone their skills and empower them as EPs. I also started consulting for fitness tech companies in the early 2020s. In addition, I collaborated with sports medicine MDs on a number of research projects related to biomechanics, injury prevention and performance.

What do you do in your current job as an Exercise Physiologist/EP?

Currently, I am the supervisor of the Sports Performance Center at NYU Langone Health, where I manage a team of sports psychologists, dietitians, and administrative support. I work with athletes to develop programs such as speed training, return to sport, golfing, lacrosse, hockey, running lab and SSC classes. Training evaluation, and more.

Any advice or tips for our students who want to pursue a career similar to yours?

My advice is if the opportunity you want is not in front of you, go look for it. Don't let anyone make you think that the profession of an EP is lower than other allied health professions. Be confident in your knowledge and expertise. It is unique and important!

What do you like to do for fun?

Outside of work, I enjoy, board games, dance, yoga, and gymnastics.

MS Nutrition & Exercise Sciences

We have 3 concentrations:

1. Nutrition & Exercise Science
2. Nutrition
3. Exercise Science

- Low tuition: Our tuition fees are among the most affordable in New York.
- Evening & hybrid classes: We offer classes in the evening and hybrid options (on campus and synchronous/ asynchronous).
- Research: We have 6 exercise labs to get hands-on experience in cutting-edge research.
- STEM major: A science and technology major (STEM), which is a plus for international students.

Application deadline: December 15th / July 15th

For more info, click on the QR code or scan the QR code.



Nutrition and Exercise Sciences Program alum Paul Titus (2012) pursued a masters in human performance at Lindenwood University. Paul is currently employed in Germany as a human performance advisor for the US Army.



Human Development and Family Science (HDFS) Program alumna Keyana Baerga (2020) pursued a masters in public administration at the Middlebury Institute of International Studies and has been working as a program analyst for the United States Department of Agriculture (USDA) Food and Nutrition Service. Keyana was a guest speaker for the HDFS Student Club meeting in Spring 2023.



Nutrition and Exercise Sciences Program alum Glen Reid (2016) pursued a masters in exercise physiology at Adelphi University and PhD in human nutrition, foods, and exercise with a concentration in clinical physiology and metabolism at Virginia Tech.

Glen's dissertation was on "Ketone Supplementation, Cardiometabolic Health, and Cognition in Humans." He is currently employed as the associate scientific director at Virgo Health.



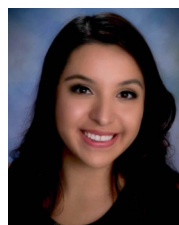
In 2021, Nutrition and Dietetics Program alumna Natalia Cantone (2017) opened her own private practice, Alté View Fertility Nutrition in Great Neck, Long Island. Natalia started her career as a clinical dietitian, rose quickly to director of clinical nutrition at Long Island Care

Center in Queens, NY, and shortly after was promoted to a level III clinical nutrition manager at McKinney Nursing Rehabilitation Center in Brooklyn. While in a leadership role, she implemented dietetic internship programs and served as a preceptor. Additionally, she was an expert content reviewer at Skelly Skills for fertility nutrition continuing education courses. As a certified fertility dietitian and a personal trainer specializing in women's health, she helps couples overcome fertility challenges via nutrition interventions and lifestyle modifications so that they can have a healthy pregnancy and a healthy baby.

FNES Alumni News

We are very proud of our amazing FNES Alumni and their important contributions to the society! We are sharing a few examples and look forward to continuing hearing about alumni career paths!

Nutrition and Exercise Sciences Masters Program alumni who worked with Norberto Quiles in his Applied Physiology Lab shared their career progressions. Burak Cilhoroz is a PhD candidate at Syracuse University and has published multiple papers on neurovascular dynamics. Abdulaziz Alnafesah is a sports nutrition manager for the Saudi Arabian Olympic Committee.



Lois Muñoz, a Human Development and Family Science (HDFS) Program alumna (2017) pursued a master's in advanced clinical social work at Columbia University School of Social Work and works as a clinical forensic specialist at Safe Horizon, a victim assistance

organization. Muñoz was a guest speaker for the HDFS Student Club Meeting in Spring 2023.

Aryeh Spingarn (2019) collaborated with Dr. Ya Ching Hung and completed a masters in exercise physiology, another masters in marriage and family therapy at Kean University, and is an associate marriage and family therapist, working with children and families struggling with ADHD, anxiety, and anger management. Spingarn is now pursuing a doctorate in School and Clinical Psychology with a possible minor in neuropsychology at Ferkauf School of Graduate Psychology in the Bronx.



Nutrition and Exercise Sciences (NEXSCI-BS) Program alum Debora Kupersmid (2009) pursued a master's degree in nutrition and exercise physiology at Columbia University. She is currently in Florida as a workout design and experience specialist at Orangetheory Fitness.

For more examples of our amazing alumni's career paths, please see the Human Development and Family Science Newsletter and the Graduate Exercise Science Newsletter.

FNES Garden News

The FNES Garden had a fantastic 2023 season from April through December. With 73 volunteers and a seven-day work week, we paused only for rain and occasional weather-related demands. Spearheaded by garden supervisor Theron Cooley, there was not a square inch that didn't produce; there was bountiful arugula, kale and collard greens, robust green bean, carrot, radish,



Fall 2023 QC Welcome Day Event: Professor Stacia Helfand (left) with garden volunteers.

and zucchini production and coveted melons, edamame, jalapenos, peppers, onions, garlic scapes, eggplant, longbeans, and bountiful and unique herbs. Most popular were our spectacular flowers, which ranged from wildflowers to sunflowers. Bouquets and single flowers littered the campus every time we had a distribution. Listening to the requests of our lucky recipients, we grew the most popular produce to distribute at our free weekly farm stand, which took place on Thursdays at noon in the Quad. Our harvests were assisted by the FNES 105 Nutrition Sustainability, students who learned from their peers to plant, harvest, and organically manage the raised beds that make up the FNES Garden situated behind Remsen Hall.



Weekly summer distribution of FNES garden produce

At the farm stand, people lined up long before we set up in anticipation of the produce from the week. They shared recipes and storage tips to the community with positivity and enthusiasm. They weathered the scarcity (potatoes) and bounty (what to do with all those greens!). Though heavy rainstorms bloated our cucumbers, and some of our seedlings never made it to fruition, our tomatoes produced deep into December and our greens are still resiliently producing in January! We enthusiastically documented it all. As we take stock of the season and plan for 2024, we are resting the garden and replenishing the soil this winter in the hopes of bringing the Queens College community another great year of produce in 2024. Please show us your support by following us on Instagram (@qc_fnes_garden), and if you are interested in volunteering next season, reach out to shelfand@qc.cuny.edu in April.

We look forward to having you join us!

Professor Stacia Helfand, Adjunct Lecturer and Campus Nutritionist