



## Homegrown Hero: May Williams

May Williams has been growing her own food in some form since she moved to Pittsburgh with her son. What started as a way to help feed her family has quickly evolved into a passion. As a child, she helped out in her father's garden by harvesting, cleaning, and taking produce to the cannery. May loves everything about gardening, but her favorite part is planting seeds in the ground and watching them sprout through the soil and begin producing. She says "Seeing it come through the earth and grow, sometimes overnight, is rewarding . . . It is just a joy, as you get older to have something to do that is peaceful and puts you in a different world. You can see the beauty of the natural world in your back yard. You can go in your backyard or look out your back window to see what you have done." We are so lucky to have May as a member of the Homegrown community. If you see her out and about, be sure to ask about her amazing homemade salsa!

# The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

**Spring is just around the corner** and here at Phipps we are overjoyed to get things growing outside! If you don't have a plan in place yet for your home garden, this is the perfect time to sit down and decide what you want to grow, plan your garden plot, and gather your supplies. Remember that greens and root veggies can be planted as early as March! Be sure to check your planting calendars so you can get started on the right plants at the right time.

In other news, we are thrilled to announce that Homegrown has received a grant from the USDA to bring gardens to your neighbors in Lincoln–Lemington–Belmar, East Hills, and Larimer! **Please help us to spread the word.** If you know of anyone in these neighborhoods who would like to start a garden, please encourage them to contact us!

While we will not be installing gardens in Homewood this summer, we are here to help with your planting questions and concerns. We will also continue to offer monthly gardening and cooking classes in the fall. As always, feel free to reach out. We love to hear about your gardening adventures. **Happy planting!**



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## FOR YOUR HEALTH: COLLARDS

Collard greens are a favorite of many gardeners because they are easy to grow and often produce into November. In fact, cold weather often improves their flavor. Collards have a lot of nutritional value to offer as well.

### Reduced Risk of Cancer

Studies show individuals who eat lots of collards and cabbage-family vegetables have lower risks of cancer. Collards reduce inflammation and contain a variety of antioxidants.

### Better Bone Health

Collards are extremely high in Vitamin K, which is essential for calcium absorption into the bones to reduce the risk of fractures and osteoporosis. Bonus: Vitamin K also helps with high blood pressure!

### Increased Iron Absorption

One cup of boiled collard greens provides a third of the daily recommended value of iron. A diet rich in iron prevents anemia, a condition that impacts how well the body uses energy and oxygen and can leave you feeling tired and dizzy. Women are especially susceptible to anemia, making an iron-rich diet a must.



Sources: [medicalnewstoday.com](http://medicalnewstoday.com), [draxe.com/collard-greens](http://draxe.com/collard-greens), [mayoclinic.org](http://mayoclinic.org), [alegriafresh.com](http://alegriafresh.com)

## GARDEN TIPS: GETTING AN EARLY START

To increase the productivity of your garden and scratch that winter gardening itch, get started early this season by planting cool-weather-friendly crops now. Here are some great tips to get your garden going this spring!

**What to plant:** Not all vegetables thrive in cool spring weather. Plants such as tomatoes, peppers and eggplant need a lot of warmth to grow and be productive. That's where the greens, peas, and root vegetables come in.

**When to plant:** Greens like spinach, kale and collards can be direct seeded or transplanted as early as mid-March. Peas can be planted around the same time and make a sweet addition to any tender spring salad. Many root vegetables like beets, carrots and radishes can be planted in early or mid-April. Once your root veggies are ready to harvest, you can plant a warm-weather crop in their place to make efficient use of the space in your garden. Be sure to add compost before replanting to replenish the soil for happy, healthy plants!



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## UPCOMING EVENTS

### Opening Day: Garden Resource Center

Sat., March 16  
9 a.m. – 3 p.m.

### Homegrown Class: Organic Garden Basics

Thurs., April 11  
6 – 7:30 p.m.

### Advanced Class Series: Soil and Soil Amendments

Thurs., April 18  
6 – 7:30 p.m.

### Homegrown Class: Weed and Pest ID and Seedling Distribution

Thurs., May 9  
6 – 7:30 p.m.

### Homegrown Seedling Sale

Thurs., May 9  
11 a.m. – 3 p.m. and  
Thurs., May 23  
3 – 7 p.m.  
Homewood YMCA

Questions? Call Lauren Delorenze  
at 412/441-4442, ext. 6627.

## RECIPE OF THE MONTH

### Tangled Collard Greens with Sesame

#### Ingredients

- 2 bunches collard greens
- 1 tablespoon sesame oil
- 1/3 cup finely minced onion or shallot
- 1/2 teaspoon salt
- 2 tablespoons sesame seeds, toasted in a dry skillet until golden
- Soy sauce or tamari

#### Instructions

1. Tear collard leaves off their stems and discard stems. Wash the leaves, then cut into 1/4-inch wide slices.
2. Heat the sesame oil in a large skillet over medium-high heat. Add greens, soy sauce and salt. Cook until greens are wilted and tender, about 5 minutes.
3. Toss greens with additional sesame oil and sesame seeds. Drizzle with a few drops of soy sauce.