



Homegrown Hero: Trina Goggins

As a longtime Homewood resident and active community member, Trina Goggins is a source of encouragement for all beginner gardeners. Prior to joining the Homegrown community, she had never gardened, nor did she know anybody who did. Inspired by her grandson and his love of vegetables, she took on this new venture to give him the power of having healthy eating habits and access to fresh produce. To her, the most satisfying thing about gardening is learning new things and sharing that knowledge with others. In addition to sharing her experience, having an abundance of produce allows her to share with friends, family, neighbors and co-workers, exposing people to new foods they wouldn't normally try. Once a stranger to the soil, she is now looking to expand her garden and working towards using 100% of what she grows. Her determination, courage, passion and absolute enthusiasm are just a few of the qualities that make Trina a Homegrown Hero. Trina offers this sage advice: "Don't give up. Be consistent and don't be afraid to try new things. It's okay to be overwhelmed, frustrated or confused. Just don't give up. You are worth it. Your family is worth it."

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Hello gardeners!

Happy growing season to everyone! As spring winds down, we hope that you are all able to stop and smell the roses — or the kale! This abundance of rain has brought so much green and beauty to Pittsburgh and provided a great start for our veggies! Because of the rain, you'll want to be on the lookout for any leaves touching the soil and make sure to clean up debris under your plants. A tidy garden will help keep the air flowing through the plants and prevent fungal and bacterial diseases from taking hold.

The Homegrown team has been busy at work installing gardens for your neighbors in Lincoln-Lemington, Belmar, East Hills and Larimer, and have been met with the same enthusiasm and excitement that we saw in Homewood. **Thank you so much to everyone** who helped spread the word by telling friends and family. We have already installed 30 gardens and are geared up to install 30 more by summer's end! As always, if you need anything, we are here to help and we love to hear from you. **Happy growing!**



Phipps Conservatory and Botanical Gardens
One Schenley Park, Pittsburgh, PA 15213-3830

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FOR YOUR HEALTH: TOMATOES

Tomatoes are a top choice for backyard gardeners because of their high yield, sweet flavor and versatility in the kitchen. At one point in history, tomatoes were grown strictly for decorative purposes due to fears that they were poisonous! Now we know they are a good source of vitamins, minerals and other beneficial plant compounds.

Lycopene

This red pigment and antioxidant which has been studied extensively for its beneficial health effects such as improved heart health, vision and skin care. Lycopene is the most abundant plant compound in tomatoes and is found in the highest concentration in the fruit's skin.

Vitamins

One medium tomato provides 28% of the recommended daily value of Vitamin C. They are also a good source of potassium, which is beneficial for blood pressure control and heart disease prevention.

Sources: healthline.com/nutrition/foods/tomatoes, health.com/health-benefits-tomatoes



GARDEN TIPS: SOIL HEALTH

It's important to remember that your soil is a living thing. Soil contains millions of microorganisms, invisible to the naked eye, which give it a healthy structure and a steady supply of plant nutrients. Below are some tips to help keep your soil healthy, organic and full of life!

Go organic! Healthy soil = healthy plants! A hallmark of organic gardening is healthy soil. By changing your thinking from "I need to feed the plants" to "I need to feed the soil", you will help maintain soil's natural cycle. Since plants get their nutrients from the soil, healthy soil will feed your plants without you having to reach for the fertilizer.

Compost! Healthy soil is a gardener's best friend. In early spring, before planting, top off your garden with 1-2 inches of compost. Compost is an organic fertilizer which will replenish the nutrients in your soil that were used by last year's crop.

No synthetic fertilizers! While synthetic fertilizers do add nutrients to your soil, they do not contain the organic matter and beneficial microorganisms needed for a healthy soil. In fact, synthetic fertilizers will kill a large amount of those helpful organisms. When over applied, synthetic fertilizers can "burn" your roots and distribute unevenly, causing weaker and disease prone plants.

Source: enviroingenuity.com/articles/synthetic-vs-organic-fertilizers.html



UPCOMING EVENTS

Homegrown Class:

Garden Flowers and Pollinators

Thurs., July 11

6 – 7 p.m.

Homewood YMCA

Homegrown Class:

Harvest Techniques

Thurs., Aug. 8

6 – 7:30 p.m.

Homewood YMCA

Advanced Class Series:

Seed Saving

Thurs., August 15

6 – 7:30 p.m.

Baptist Temple Church

Good Food Festival

Sat., Sept. 9

6 – 7:30 p.m.

Kelly St. between Lang and Homewood

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

RECIPE OF THE MONTH

Caprese Salad

Ingredients

- 3 tomatoes (1/4" slices)
- 1 lb. fresh mozzarella (1/4" slices)
- 1 bunch of basil (20 – 30 leaves)
- Olive oil, for drizzling
(can use balsamic vinaigrette or reduction in place of oil)
- Coarse ground salt, pepper

Instructions

Slice tomatoes and mozzarella into 1/4" slices on cutting board and sprinkle with salt. On a serving platter, arrange the tomato slices, mozzarella and whole basil leaves so that they overlap slightly.

