



## HOMEGROWN HERO: MICHELLE JACKSON

Michelle Jackson has called Homewood home her entire life. Although her parents never had a garden, she still developed an enthusiasm for nature, caring for houseplants and eventually growing vegetables outdoors. In addition to being an active Homegrown gardener, Michelle is active in her community and has been able to spread her passion for gardening and the environment, working with Grounded as a community care steward. Michelle says, "Gardening isn't easy a lot of times, but it's a great community activity. It can bring people together and provides fresh food that we can share and give away." Beyond connecting with people through gardening, Michelle sees the benefits of growing your own food over store bought produce. "It tastes much better than the super market food, plus if you don't use pesticides, you don't have to be concerned because it's organic. You get spoiled when you have real food from a garden or a small local farm!" If Michelle could offer one piece of advice to gardeners it would be to enjoy the process. "Sometimes it can just be fun to put things in the ground and see what happens. Even if it might not come out the way you want or expect, it's still fun to try."

# The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

### Hello gardeners!

I hope everyone has been having a great harvest season and are reaping the rewards of your labor! It is the best time of year where we can share our delicious success with neighbors and friends, and prepare delicious fresh meals for the ones we love!

We finally have had a bit of dry weather, so make sure to check your soil regularly to see if your garden needs a drink. Vegetables like tomatoes and cucumbers develop their best flavor and size when watered consistently, so now is the time to stay steady and active to continue success!

Homegrown has wrapped up installations for the 2019, hitting our goal of 60 new gardens. Thank you so much to everyone who helped spread the word! If you missed us this year we are still taking applications for next season and hope that you will continue to help people sign up who live in the Lincoln-Lemington, Belmar, East Hills and, Larimer areas. As always, if you need anything, we are here to help and we love to hear from you. **Happy growing!**



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## FOR YOUR HEALTH: CAULIFLOWER

Cauliflower is a healthy selection from the Brassica family and has gained popularity as a nourishing substitute for white rice or potatoes. This vegetable is a frost-tolerant crop, meaning it can be planted in both spring and fall but does not do well in the heat of the summer:

### High in Fiber

One cup of cauliflower contains 10% of your daily fiber needs. Fiber is crucial for digestive health and reduces inflammation by feeding the healthy bacteria in your gut. Digestive issues, such as IBS, constipation and diverticulitis can be prevented with a high-fiber diet.

### Weight Loss

Cauliflower is a low-calorie food, which contains traces of almost every vitamin and mineral necessary for a well-rounded diet. With only 25 calories in one cup, you can feel free to eat larger portions without any guilt! The high-fiber content also promotes fullness and reduces the risk of overeating.



## GARDEN TIPS: PLANTING FOR POLLINATORS!

If you're looking to attract more pollinators to your garden and increase your yield of produce, we have a simple answer for you! Incorporating flowers that attract beneficial organisms and repel harmful ones can have a positive impact on your garden's health while adding a little splash of color to your yard. This is a form of companion planting, mixing species that complement each other instead of competing. It's also important to choose compact varieties that won't steal space from your produce.

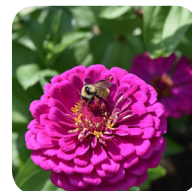
**The Star of the Show:** Calendulas attract ladybugs, lacewings, hoverflies, butterflies and bees. They also trap aphids, whiteflies and thrips. Recommended variety: Radio Calendula

**A Firecracker of Fun:** Marigolds attract butterflies, hoverflies, parasitoid wasps and ladybugs. They repel nematodes, bacteria and viruses by releasing a chemical into the soil. Recommended variety: Petite Mix

**The Princess of Pop:** Zinnias attract monarch butterflies, bees, wasps, hoverflies and hummingbirds, while they repel cucumber beetles and tomato worms. Recommended varieties: County Fair, Jazzy Mix

**Purchasing Tips:** All flowers are available at Homegrown's seedling sale and are provided for first and second year participants. The East End Food Co-op offers 50% off seedlings on May 19<sup>th</sup> each year.

Sources: <https://www.tenthacrefarm.com/7-reasons-to-grow-calendula/>  
[https://www.digitalatlasofancientlife.org/learn/embryophytes/angiosperms/angiosperm\\_pollination/](https://www.digitalatlasofancientlife.org/learn/embryophytes/angiosperms/angiosperm_pollination/)



## UPCOMING EVENTS

### Homegrown Cooking Class

Call to register.  
Phipps Conservatory and  
Botanical Gardens  
Botany Hall Kitchen  
Tuesdays: Sept. 24, Oct. 1 OR  
Oct. 8  
Noon – 1:30 p.m. OR  
6 – 7:30 p.m.

### Homewood Good Food Fest

Kelly St. between Community  
Empowerment and the YMCA  
Sept. 7  
11 a.m. – 3 p.m.

### Homegrown Photo Exhibit

Phipps Conservatory and  
Botanical Gardens  
Center for Sustainable  
Landscapes Gallery  
Runs through Oct. 27

### Homegrown Class: Soil and

**Soil Amendments**  
Homewood YMCA  
7100 Bennett St.  
Thurs., Oct. 10  
6 – 7:30 p.m.

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

## RECIPE OF THE MONTH

### Mashed Cauliflower

#### Ingredients

1 medium cauliflower (4 cups florets)  
3 tbsp. cream cheese  
\*Sub. butter or olive oil  
Salt and pepper to taste  
Additional seasonings optional  
1 tbsp. sliced green onion, optional

#### Instructions

1. Bring a large pot of salted water to a boil. Cut cauliflower into florets, then add to boiling water. Cook for 8 to 10 minutes, or until a fork can easily pierce the cauliflower. Drain and return to the pot off the heat. Cover with lid and let stand for 2 – 3 minutes.  
2. Add the cream cheese, salt and pepper. Then, use a potato masher to smash the cauliflower finely. Stir well and garnish with sliced green onions.

