



HOMEGROWN HERO: MS. COOKIE

Ms. Cookie is one of the most vibrant and energetic gardeners we have ever met. Born and raised in Homewood, she is always a welcoming beacon of friendliness. She credits her mother for her warm attitude in the community saying, "I used to watch my mother taking care of all the neighbors or somebody around the corner. I pretty much got all of that from her, so I still do it!" She wasn't always the seasoned gardener she is today. She says, "We always had plants in the house, but when it came to mine, they would always die!" Ms. Cookie was determined to make something grow, so she went outside, chose a plant and kept on trying until it finally grew. Now, when her neighbors ask if she's growing anything, she says, "You know it!" She always has a bag full of tomatoes and greens ready to share. She offers a sound piece of advice to all gardeners: "Don't stop and always try something new. Learn what you can learn from your teachers who are teaching you about gardening. And also from your plants!"

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Hello gardeners!

As the season comes to a close, we prepare ourselves to say goodbye to our gardens for the winter. We do still have some warm days ahead, though, so don't pull your plants quite yet! Your tomatoes will continue to ripen as our days are still in the mid-80's, while your greens will benefit from the cooler nights. There is still plenty left to harvest!

Over the last month, we hosted three cooking classes. Thanks to you, they were a huge success. All participants helped foster a great environment in the kitchen. We all came away with wonderful kitchen tips and tricks.

We want to thank everybody for such a wonderful season. Our 60 new gardeners have been dedicated, delightful additions to our team. It has been a pleasure to see such a wonderful group of people continue to learn and grow together. I hope to see you at the Homegrown Garden Clubs throughout the winter, and will be anxiously awaiting next season!



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

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FOR YOUR HEALTH: BROCCOLI

Broccoli, considered to be a cruciferous vegetable, is closely related to other nutrient dense powerhouses like cauliflower, Brussel sprouts, kale, collards and cabbage. This delicious vegetable comes packed with essential vitamins, minerals, fiber and flavor!

Vitamins

Broccoli contains two vitamins essential for your health — Vitamin K and Vitamin C! Vitamin K is essential for the functioning of many proteins involved in preventing blood clotting. Vitamin C, meanwhile, builds collagen, which forms body tissue and bone, and helps cuts and wounds heal.

Fibers, Minerals and More

Broccoli is a high in fiber, which promotes digestive health and lowers cholesterol. It also contains potassium, which is essential for the function of nerves and heart contraction. Plus, broccoli contains folate, which is necessary for the production and maintenance of new cells. Finally, broccoli contains sulforaphane, a compound that researchers are currently studying for potential cancer-preventative properties.



GARDEN TIPS: END OF SEASON GARDEN CARE

To clean or not to clean? There are many opinions out there about how to end the season in your garden. It can get very confusing very quickly! We checked in with Phipps' Associate Director of Integrated Pest Management Dr. Ryan Gott for tips and tricks to close out the gardening season.

In general, Ryan recommends cleaning your raised beds out after all of your plants have turned brown and died. Any debris left in your garden can become a hiding place for pests, protecting them from the winter cold that might otherwise kill them.

Loosening your soil in the fall will also help to uncover any pests lurking around, seeking out a comfy place to spend the winter. This will also help to kill off any diseases that might be present in the soil.

Bare soil will leave pests out in the cold with nowhere to go. It might sound harsh, but it will leave you with a nice clean slate for planting in the spring!

Ryan also notes that now is the perfect time to plant garlic for a mid-summer harvest next year!



UPCOMING EVENTS

Homegrown Photo Exhibit

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

Homegrown Class

Herbal Wellness — Make Your Own Tea Blend
Homewood YMCA
Thurs., Nov. 14 | 6 – 7:30 p.m.

Three Rivers Urban Soil Symposium

Phipps Conservatory and Botanical Gardens
Thurs., Nov. 21 | 8 a.m. – 5 p.m.
Admission: \$35
Scholarships available, call Homegrown for details

Seed Swap: Celebration of Seeds

Carnegie Library Main (Oakland)
Sat., Feb. 22 | 10 a.m. – 2 p.m.
Swap seeds, stories and success with gardeners from all over Pittsburgh at this free event!

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

RECIPE OF THE MONTH

Roasted Parmesan Broccoli

Ingredients

4 cups broccoli florets
3 Tbsp. olive oil
1/2 tsp. Italian seasoning
Salt and pepper to taste
3 Tbsp. finely grated parmesan cheese
1 Tbsp. chopped fresh parsley
1 Tbsp. lemon juice
Cooking spray

Instructions

Preheat oven to 450 degrees. Place broccoli in bowl and coat with olive oil, Italian seasoning, salt and pepper. Pour the broccoli onto the sheet pan. Bake for 20 minutes, stirring halfway through. Sprinkle with parmesan cheese and parsley and drizzle with lemon juice.

