



Homegrown Hero: JAMIE POSEY

Jamie Posey brings gardening traditions to the next generation. She moved to Belmar Gardens in 1995 and joined Homegrown last summer. She grew up learning all about growing food from her grandmother in Penn Hills. Jamie's grandma would tell her about the farm in Mississippi and how they would grow crops 10 months of the year; curing and drying vegetables, fruit and even meat. The spiritual connection between her family's history and gardening is deep and meaningful, she says. Working in her Homegrown garden last summer lifted her depression in a powerful way. "My grandma would have been so happy if she knew that gardening changed my life in the way that it did," she says. A grandma herself now, Jamie's grandkids are in the garden all the time and ask, "Can I get a tomato?" showing that Jamie is sharing the love of gardening with future generations of her family.

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Hello gardeners!

We're sure you've been busy as a bee ... or a gardener! We are in the height of summer and it's hard to stay away from the garden, which is a good thing if you want to keep it maintained. There's no need to strive for a magazine-perfect garden, but it is best to keep removing weeds, trellising and pruning your tomato plants, and scouting weekly for insects. The sooner you see a pest, the easier it is to deal with.

Look inside for information on how to keep pests at a low level in your garden. As always, if you have questions or need help, feel free to contact us at **412-385-7282**. Happy gardening!



Photo: Jamie Posey's garden



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

FOR YOUR HEALTH: LETTUCE

Lettuce doesn't have to be soggy and unappealing. It can make your salad look enticing, and keep you healthy! Thankfully, the most attractive salad leaves are also the healthiest. Generally, more colorful and fresher lettuce leaves have the most nutrition.

Consider romaine lettuce versus iceberg lettuce — romaine has 3 – 10 times the amount of Vitamin A, Vitamin C and folate, as well as the antioxidants beta carotene, lutein and zeaxanthin. Both red and green leaf lettuces have similarly high levels of the same vitamins and antioxidants.

Moreover, colorful and leaf lettuces are the easiest to grow in your garden, setting you up for super salads. Make them even tastier with one of the dressing recipes below!



GARDEN TIPS: CONTROLLING INSECT PESTS

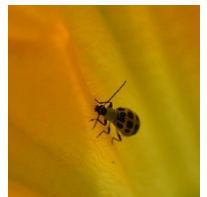
Organic backyard pest management has two primary strategies. First, grow a variety of flowers to attract beneficial insects. A mix of flowers around your yard is best. For example, alyssum has small flowers for small parasitic non-stinging wasps that attack pest caterpillars, while black-eyed Susans attract pests' predatory flies and spiders. The second strategy is to look at your plants regularly to find pests when they first arrive.

Three primary pests are:

Cabbage worms (top photo): Look for eggs underneath the leaves and smash them, and smash (or kill in soapy water) any green or gray caterpillars. BT powder can also be applied.

Cucumber beetles (middle photo): Look for eggs in soil cracks or at the base of a cucumber or squash plant. Mulch around the base of the plant to prevent the larvae from reaching the stem. Smash the yellow-green beetles. Neem oil can also be applied.

Squash borers (bottom photo): Set out a small- or medium-sized yellow container with water to trap adult moths. Change the water frequently to prevent mosquito breeding. When you see a squash borer, look for a single egg on the stem of the summer squash. If you see your plant withering, look for the stem entry hole and carefully dig out the larvae with a clean knife.



UPCOMING EVENTS

Homegrown Virtual Classes

Composting: Tues., July 7 | 7 – 8:30 p.m.

Harvest Techniques: Thurs., Aug. 6 | 6 – 7:30 p.m.

Email aglick@phipps.conservatory.org or call or text Allison at 412-385-7282 to receive the Zoom meeting link.

Homewood Farm Market

House of Manna, 7240 Frankstown Ave
Saturdays | 10 a.m. – 2 p.m.

Visit the Homewood Farm Market to shop fresh produce grown in Homewood, Point Breeze and Braddock. Accepts credit card, cash, EBT and FMNP.

Questions? Contact Allison Glick at aglick@phipps.conservatory.org or 412-385-7282.

RECIPE OF THE MONTH: EASY SALAD DRESSINGS

Simple Salad Dressing

6 Tbsp. oil
4 Tbsp. red wine vinegar
2 tsp. salt
½ tsp. pepper

Honey Mustard

6 Tbsp. mustard
1½ Tbsp. honey
½ lemon, juiced
1 tsp. oil
Salt and pepper to taste

Balsamic Vinaigrette

4 Tbsp. balsamic vinegar
2 Tbsp. mustard
6 Tbsp. oil
Salt and pepper to taste

Citrus Dressing

1 lemon, juiced
6 Tbsp. oil
Salt and pepper to taste

