



HOMEGROWN HERO: ALBERT CASTAPHNEY

Albert Castaphney is an inspiration to all gardeners in Larimer and beyond. He and his late mother have each lived in their family house for almost 50 years and it is his mother who taught Albert about plants. As a kid, Albert wanted to make his mother happy for all she did for him, so he was eager to harvest and plant in their garden. Finding success, Albert continues cultivating plants in his garden to this day, where he loves watching the transformation from seed to harvest.

“Remember there’s nothing above the ground that didn’t come out of the ground,” he says. Diagnosed with cancer over four years ago, Albert finds working in his garden and feeding the many birds that visit therapeutic for him. “The wonderful thing about gardens is it takes four ingredients that are basically free, provided by nature: soil, sun, seed and water. It’s up to you to nurture.”

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps’ Edible Garden Program

Hello gardeners!

As spring turns into summer, I hope you are enjoying anticipating the possibilities for your garden this year! We are once again installing new gardens in East Hills, Lincoln Lemington Belmar, and Larimer, so you are invited to pass along our contact to anyone in those areas who may be interested and is not yet on our waiting list. Since the timeline for safe group gatherings is still uncertain, we have decided to continue classes online via Zoom for the summer. Feel free to call us if you want help connecting to Zoom.

Questions? Contact us at **412-385-7282** via call or text, or email aglick@phipps.conservatory.org.

You should know: as part of the Museums for All program, Phipps offers general admission for up to four people for \$3 each for EBT card holders. Please make your reservation by calling **412-622-6914**.



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

FOR YOUR HEALTH: CARROTS

Carrots were originally grown for their aromatic seeds and greens. Over time, farmers selectively bred wild carrots to enhance their natural sweetness and reduce their woody texture.

Carrots are packed with potassium, which is a mineral and electrolyte. Potassium is important for blood pressure control, nerve function and heartbeat regulation. Carrots are also high in a form of Vitamin A called beta-carotene, which gives them a rich orange color. Vitamin A is a fat-soluble nutrient that supports skin, eye, hair and immune health. Since it's a fat-soluble vitamin, it's best absorbed while eating paired with a fat source.

Although orange is the most popular color, carrots come in a variety of antioxidant-rich hues including dark red, purple and yellow.



GARDEN TIPS: TRANSPLANTS VS. DIRECT SEEDS

We all know plants come from seeds, but how come sometimes you plant the seed directly into the ground, and other times you plant seeds into small pots before putting them outside?

Using seedlings gives a head-start to slow-growing crops. If you waited to plant a pepper seed until May, it would not be big enough to produce fruit by fall frost. Other crops are too delicate at a young stage to survive outside. Transplanted crops include **tomatoes, eggplant, cabbage, broccoli and cauliflower**. Conversely, **directly seeding into the soil actually increases the survival of other crops.** Cucumbers and summer and winter squashes have fragile roots easily damaged, so they are better off planted in their final location. **Beans, peas, carrots and beets** are the same.

For all other crops, it's your decision. Seedlings take attention to grow at home or cost money to buy, but they have increased survival and harvest sooner. Direct seeding is slower but takes less effort.

If you need to buy seedlings, here's a list:

- Homegrown seedling sale, see Events section
- Grow Pittsburgh Seedling Sale, Point Breeze, www.growpittsburgh.org/buy-our-goods/seedlingsale
- East End Food Co-Op, Point Breeze
- Soil Sisters Nursery, Beltzhoover; Black-owned Business, www.soilsistersplantnursery.com

Note: Vegetable seeds and seedlings can be purchased with an EBT card where accepted.



UPCOMING EVENTS

Homegrown Virtual Classes

Trellises and Containers: Thurs., May 13 | 7 – 8:30 p.m.

Guest: Robert Grey, Grow Pittsburgh Farm Education Coordinator

Pest and Weed I.D.: Thurs., June 10 | 7 – 8:30 p.m.

Guest: NaTisha Washington, Environmental Justice Organizer at One Pennsylvania

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

Seedling Sale

Saturdays: May 15 and 29 | 11 a.m. – 1 p.m.

New location: Junior Green Corps Garden
7351 Frankstown Ave

Garden Resource Center

147 Putnam St. | Open Wednesdays, Fridays and Saturdays.
412-362-4769, ext. 215

Borrow tools, get compost and more. Membership costs are sliding scale, no Homegrown punch card needed.

RECIPE OF THE MONTH: GARLIC PARMESAN CARROT FRIES

Ingredients

- 3 medium carrots
- ½ cup breadcrumbs
- ¼ cup parmesan cheese
- 1 Tbsp. olive oil
- 2 tsp. garlic powder
- 1 tsp. salt
- 1 tsp. pepper

Directions

1. Preheat your oven to 400°F.
2. Cut the carrots in half vertically. Then, cut each half into three strips.
3. Mix the breadcrumbs, cheese, garlic powder, salt and pepper together in dish.
4. Toss the carrots in olive oil. Then, toss them in the breadcrumbs and cheese mixture to coat. Place on greased baking sheet.
5. Bake for 15 – 20 minutes, or until desired crispiness.

