



HOMEGROWN HERO: KENNETH PIPKINS

Kenneth Pipkins is a dedicated garden advocate for East Hills. He began gardening 20 years ago with ornamental plants, then added vegetables for the past 10 years. He plants what he eats most frequently and what grows for the most months of the year, so there are lots of collards, kales and mustards. He lets kids in the neighborhood help plant seeds and pick harvests as needed.

Kenneth has lived in the East Hills since 1986 and is committed to improving his neighborhood. He organizes community clean ups, garden tool sharing and assistance for seniors in the area. At his job as a social services professional, Kenneth and his coworkers use their work garden to connect with people who need produce and to host cooking demonstrations for youth. Kenneth also volunteers time and produce for his church. Loving both the outcome and the beauty of a garden, Kenneth plans to continue for a long time!

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Hello gardeners!

Summer heat is here, at least periodically (you never know in Pittsburgh!). Harvesting may be the most rewarding part of gardening, but anticipation is close behind, especially in the early season when the plants are small enough to look photogenic. Hopefully you have noticed beneficial insects buzzing around the flowers and shrubs in your yard, helping keep insect populations balanced and flowers pollinated.

June is a prime month to stay watchful of your tomato plants. Maintaining them now pays dividends later in terms of yield and plant health, so check out the Garden Tips on tomatoes in this issue. As always, if you have questions about anything, feel free to reach out! Email aglick@phipps.conservatory.org or contact us at **412-385-7282** via call or text.

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**.

FOR YOUR HEALTH: PARSLEY

Parsley is an herb in the *Apiaceae* family with immense health benefits.

Parsley is packed with antioxidants, particularly flavonoids, which prevent cellular damage and help to decrease risk of heart disease, type 2 diabetes, and colon cancer. Parsley also contains three carotenoid antioxidants, which help to improve eyesight and eye health.

Parsley is rich in vitamin K, which is essential for bone health. One tablespoon of parsley has more than 70% of the daily recommended dose of Vitamin K.

Parsley is an easy herb to add into your diet through sauces, salads, or as a simple garnish. It has powerful vitamins and nutrients that work to strengthen your heart, bones and immune system, making it an excellent addition to your garden.



GARDEN TIPS: TOMATO PLANT HEALTH

Homegrown tomatoes are the gateway to gardening for many. Keeping them healthy and productive can be tricky, though. It's best to prune your tomatoes to minimize problems. You can watch an instructional video on how to do so at phipps.conservatory.org/HomegrownHowTo.

Common problems:

Blossom end rot (top right photo): The plant isn't getting enough water to carry the soil calcium to the fruit (common for the first tomato). Water the soil deeply when the soil one inch down gets dry.



Tomato hornworm (left photo): These fat caterpillars blend in with the plant. If you see one with tiny white egg sacs attached, leave it alone, as it has already been attacked by a beneficial predator insect. If it doesn't have any egg sacs, pick it off and drown it in soapy water. Grow plants in the daisy family such as marigolds, black-eyed Susans or cosmos to attract the beneficial predators.

Blight or septoria leaf spot (bottom right photo): These fungal diseases come from the soil or wind. Keep your tomato leaves off the ground by trellising the plant and cutting off the lowest leaves with a clean knife or scissors. Always clean the blade with 70% alcohol before moving to another plant. Avoid splashing when watering.

For more tomato advice, see your Homegrown Handbook binder.



UPCOMING EVENTS

Homegrown Virtual Classes

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

Harvest Techniques: Thurs., July 8 | 7 – 8:30 p.m.

Home Composting: Tues., July 13 | 7 – 8:30 p.m.
(contact Allison to register)

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

Homewood Farmers Market

Saturdays starting June 5 | 10 a.m. – 2 p.m.

House of Manna

7240 Frankstown Ave.

Cash, credit, EBT, Food Bucks and FMNP accepted

RECIPE OF THE MONTH: QUINOA TABBOULEH

Ingredients

1 C dry quinoa or other grain
Handful raw kale, chopped
1 Tbsp. olive oil
1 C cherry tomatoes, halved
1 cucumber, chopped
2 scallions, chopped
½ C parsley, chopped
1 – 2 cloves garlic, minced
Lime juice or red wine vinegar
Salt and pepper to taste



Directions

1. Cook quinoa or grain of choice according to package directions. Let cool.
2. In a bowl, lightly sprinkle kale with salt and olive oil and use your hands to massage.
3. Add tomatoes, cucumber, scallions, parsley and garlic. Mix and add olive oil, lime juice or red wine vinegar, and salt and pepper to taste.
4. To add protein for a meal, add chickpeas, white beans or a hard-boiled egg.