



HOMEGROWN HERO: BERNADETTE REYNOLDS

Bernadette Reynolds just can't get enough of gardening. She grew up with both parents gardening in the backyard and in an additional plot in East Liberty. She's been growing vegetables and flowers at her house for at least seven years, taking advantage of pots and the Homegrown beds. "I love to plant and see things grow," Bernadette says. She describes how relaxing it is to be in the dirt and how she felt particularly appreciative of her plants during the pandemic.

Last year, her five cucumber plants yielded so much fruit she was able to share plenty with her neighbors. This year, the cucumber beetles have attacked, but Bernadette isn't daunted and is trying some new techniques and insect repellent recipes she's learned from YouTube. "I'm having fun and learning. I plant so many things, there's hardly enough room for everything I want!"

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Hello gardeners!

We are excited to welcome our new Community Outreach Coordinator, Jeneni Withers! Jeneni is a Wilkesburg native with a passion for gardening and a commitment to food justice. Jeneni's passion for growing was nurtured through a farm internship in Hawaii where she watched her first seeds sprout up and grow. She studied both creative and professional writing at Carnegie Mellon University and used those talents to help 412 Food Rescue write grant proposals to fund their food access programming. Jeneni is inspired by watching what nature and gardening teach her about herself, her relationships and her dreams. She shares her love of nature with her son, who helps her in their garden and kitchen at home. The daughter of an immigrant mother, she enjoys learning about how people express their culture through food and sees the garden as a space where we all can teach and be taught.



As always, if you have questions about anything, feel free to reach out! You can chat on the phone with Jeneni at **412-441-4442**, send us a text at **412-385-7282** or email homegrown@phipps.conservatory.org.



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

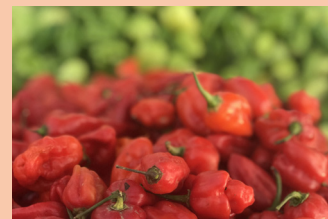
FOR YOUR HEALTH: HOT PEPPERS

Hot peppers were historically used to prevent food from spoiling in warm climates before the invention of the refrigerator. Today, they are a delicious way to spice up any dish while keeping you healthy too!

Preliminary results from a recent worldwide study shows that people who consistently eat hot peppers may reduce their risk of dying from both heart disease and cancer by 25% compared to people who don't regularly eat chili peppers.¹ Capsaicin, which is the chemical in hot peppers that make them spicy, is the powerful agent responsible for most of these benefits. It can help boost metabolism, reduce gut inflammation to help with digestion, lower cholesterol to improve heart health and help relieve migraine and joint pain.

Check out a recipe for Scotch bonnet hot sauce below — this recipe was created by Homegrown gardener Trina Goggins in Homewood!

¹ Kaur, M. (2020). Impact of Chilli-pepper Intake on All-cause and Cardiovascular Mortality - A Systematic Review and Meta-analysis. American Heart Association Scientific Sessions Report, Presentation P1036



GARDEN TIPS: LATE PLANTING

Not all successful gardens have to be planted in May. Maybe you had a delay in the spring or some of your crops died or didn't sprout, or maybe you just still have extra room. Regardless of the reason, there are plenty of crops that can be planted in July and still yield a harvest.

- **Tomatoes:** Tomatoes must be transplanted at this time of year; it's too late to start from seed. Choose varieties that are determinate or have 70 or fewer days to maturity. Cherry tomatoes and hybrid varieties are good options.
- **Cucumbers, green beans:** You can plant these seeds directly. These will come in as any earlier plantings finish.
- **Cilantro, lettuce, dill:** You can plant these seeds directly. Try planting a little every month.
- **Carrots, beets:** You can plant these seeds directly. These will be ready before frost.
- **Kale, collards, chard, parsley:** These must be transplanted. Any time between frosts is a good time to plant.
- **Flower seedlings:** These must be transplanted. Alyssum, pansies, marigolds and asters do well.



UPCOMING EVENTS

Homegrown Virtual Classes

Backyard Composting: Tues., July 13 | 7 – 8:30 p.m.

(Contact us to register)

Cold Weather Gardening: Thurs., Aug. 12 | 7 – 8:30 p.m.

Email homegrown@phippis.conservatory.org or call or text us at 412-385-7282 to receive the Zoom meeting link.

Homewood Farmers Market

Saturdays | 10 a.m. – 2 p.m.

House of Manna

7240 Frankstown Ave.

Cash, credit, EBT, Food Bucks and FMNP accepted

RECIPE OF THE MONTH: SCOTCH BONNET HOT SAUCE

Ingredients

1 tsp. vegetable oil
18 fresh Scotch Bonnet peppers, sliced and seeded
6 fresh jalapeno peppers, sliced
6 cloves garlic, crushed
½ cup minced onion
¾ tsp. salt
2 cups water
¼ cup distilled white vinegar
2 Tbsp. white sugar

Directions

Combine all ingredients in a blender and puree until smooth. Stir frequently for 10 – 15 minutes, bottle and process according to canning guidelines. Keep refrigerated upon opening or if not canned.

