



HOMEGROWN HERO: JACQUELYN OMOTALADE

Jacquelyn Omotalade, her daughter Ruth (pictured here) and her mother, N. Jones, are inspiring examples of black excellence and intergenerational female strength. They all find peace in their expansive garden in Homewood, where large bountiful sunflowers and vegetable gardens surround their home. Jacquelyn is always looking to learn and test new things, whether it's beekeeping, installing greenhouses or growing new crops.

Jacquelyn is a world traveler with a multitude of talents. Since she attended college in San Francisco, she has been promoting environmental stewardship, and has brought new energy into her mother's garden over the years. Jacquelyn's mother has lived in Homewood for 70 years and raised Jacquelyn with the spirit that was passed onto her by her own mother, who was an active gardener. Their advice to new gardeners is simple: if it doesn't work the first time, try again, ask questions, and just enjoy the process.

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Hello gardeners!

What a season! We've probably shared our harvest with family and friends — but what if there are leftovers? With all the hard work of planting, watering, and pruning, it's great to think of ways we can effectively store food for winter. In this issue, we'll walk through some creative ways to keep your veggies so you can enjoy their goodness into winter.

Join our fall harvest celebration at the Homewood-Brushton YMCA Garden Party on Thurs., Sep. 16 from 5 – 8 p.m. It's sure to be a fun time, with free food, teen DJs and activities for all ages. R.S.V.P. is encouraged but not required. We hope you can stop by!

Thank you for staying invested and involved throughout these uncertain times. Please continue to stay in touch through our virtual classes, newsletters and events.

Questions? Contact us at **412-441-4442, ext. 6627**, text **412-385-7282** or email jwithers@phipps.conservatory.org.



FOR YOUR HEALTH: MUSTARD GREENS

Mustard greens are the flavorful and spicy leaves of the same plant that mustard seeds come from. While mustard seeds can be ground to make the popular condiment, you can get the same taste just by eating the leaves! Mustard greens are cold tolerant and are in the same family as collards, kale, broccoli, cauliflower and radishes (the *Brassicaceae* family).

With more vitamin A than a serving of spinach and more vitamin C than a serving of oranges, mustard greens are a nutrient-rich green. Vitamin C helps to boost immune system defenses while vitamin A supports heart, lung and kidney health. You certainly wouldn't want to *leaf* this plant out of your diet!



GARDEN TIPS: STORING YOUR HARVEST

If you're anything like me, my heart and wallet suffer when I waste food. One of the most satisfying parts of the season can be prepping your excess veggies for winter. By storing our harvest, we can bottle up some of that nutritious sunshine from the summer to keep us well fed during the cold winter:

Most veggies and fruit can be stored in airtight freezer bags and placed into the freezer. Many benefit from being blanched briefly in boiling water before freezing. Penn State Extension has a helpful guide to freezing produce that can be found at <https://extension.psu.edu/lets-preserve-freezing-vegetables>. Here are some additional ideas:

Ice cube greens

Blend your leafy greens with a bit of water and pour them into an ice cube tray. Once frozen solid, transfer them into an airtight freezer bag and plop them into smoothies, soups or a stir-fry base.

Herb cubes

Cut up herbs, combine with a little broth or water and freeze in ice cube trays. Transfer to a freezer bag so you have the flavors of fresh herbs ready to be added to any dish.



UPCOMING EVENTS

Homegrown Virtual Classes

The Plant Forward Kitchen (entire series or individual classes; contact us for details and to register):

Thursdays: Oct. 14 – Nov. 4 | 6 – 8 p.m.

Reducing Waste: Utilizing Kitchen Scraps:

Wed., Nov. 3 | Noon – 12:30 p.m.

Email jwithers@phipps.conservatory.org or call us at 412-441-4442 to receive the Zoom meeting link.

Homewood Farmers Market

Saturdays through Oct. 30 | 10 a.m. – 2 p.m.

717 N Homewood Ave. (Bible Center parking lot)

Cash, credit, EBT, Food Bucks and FMNP accepted

RECIPE OF THE MONTH: GARLICKY MUSTARD GREENS

Ingredients

2 bunches (or 1 ½ pounds) mustard greens
6 cloves garlic, finely minced
3 Tbsp. olive oil
1 lemon, juiced
Salt and pepper



Directions

1. Remove stem from mustard greens and tear the leaves into bite-sized pieces.
2. Boil greens in salty water until bright green, about two minutes.
3. Drain in colander and carefully press out remaining water.
4. In a large bowl, toss greens with garlic, olive oil, lemon juice, salt and pepper.
5. Enjoy either warm or cold.



HOMEWOOD-BRUSHTON YMCA GARDEN PARTY

THURSDAY, SEPTEMBER 16th, 5-8pm

Miss Mary's Garden at the Homewood-Brushton YMCA

Homewood Brushton YMCA | 7140 Bennett Street | Pittsburgh PA, 15208

Weather permitting - light rain or shine.

- The YMCA Garden program brings together community members of all ages in hands-on learning about gardening and cooking and helps increase access to affordable, organically grown fruits, vegetables and herbs.

**Appetizers and refreshments by Cheffe Ty Catering
and Chef Carlos A. Thomas of Confluence Catering**

All ages garden & art activities

Music by the Lighthouse teen DJ's

Face painting by Beanie Paints

FREE AND OPEN TO THE PUBLIC

For more information:

jbrown@ymcpagh.org | 412 436-0535

