



HOMEGROWN HERO: MISSY TERRELL

Missy Terrell is not only an outstanding gardener but a community leader as well. Missy learned how to take care of plants from her father and aunt who grew up on a farm in Butler, PA. When she needed to do physical therapy, her aunt brought her a spade and soil to use as her recovery, and Missy's love of gardening took off. What started as physical therapy ended as mental therapy.

When she first joined Homegrown, Missy would feed people from her church from the garden. Every year, she kept sharing with more people, and BTCC (Building the Community Center) asked her to be the Garden Leader at their space, Planted in Homewood. Now, Missy oversees the garden. Most importantly, they have made the garden autism-friendly and host autism play dates for kids who don't have access to a garden or a farm.

Missy loves teaching garden and farm ways and "the more I help people, the more I want to teach them to do it on their own."

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Hello Gardeners!

We are excited to bring back in-person classes! Our April class will still be on Zoom, but starting in May, we will hold our monthly garden classes at the Homewood-Brushton YMCA at 7140 Bennett St. on the second Thursday of the month 6 - 7:30 p.m. Please wear a mask, and we look forward to seeing you and being able to converse in person!

It's finally warm enough to plant leafy greens, or you can wait and plant everything in May and just keep weeds pulled for now. Either way, plan out your garden and get supplies ready; read inside about how row cover fabric can help you prevent the skeletonized damage caused by cabbage caterpillars.

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

FOR YOUR HEALTH: CABBAGE

Cabbage may not be the flashiest of vegetables, but it is affordable year-round due to its superior storage qualities and can be planted in early spring. Moreover, all varieties of cabbage are excellent for your health. They contain high levels of Vitamin C, an antioxidant that serves many functions, and Vitamin K. The soluble fiber in cabbage can help with digestion. There is also evidence that people eating diets higher in cabbage, collards, and other brassica family crops have lower levels of chronic inflammation than people who don't eat many of these crops. Turns out that unique smell of cabbage is good for you! Try it shredded raw and mixed with vinegar on a taco or a rice bowl, or cook in a stew.



GARDEN TIPS: CABBAGE WORMS

Is it just me or were the cabbage worms worse last year? Regardless, they are not going away, so we need to be proactive in our gardens. In my yard, I've found covering my brassicas (collards and kale) with row cover fabric right after planting to be the most effective. Row cover fabric is sold at garden centers and through the big box stores online for in-store pickup for \$10-20; choose the lightweight or 0.55oz option. White moths lay yellow eggs, typically on the underside of leaves, so carefully look over the leaves and in the stem to remove and crush any egg sacs and tiny green caterpillars that blend in with the leaf. After planting, cover with row cover and secure with bricks or rocks; there should be no loose areas for the moths to fly in. You can bend 9-gauge wire or a flexible plastic or PVC tube and stick in the soil over the plants to support the fabric and be able to pull the fabric tight without damaging your plant. Remove the cover to harvest and re-cover right away.



UPCOMING EVENTS

Homegrown Class: Spring Crops

Thurs., April 14 | 7 – 8:30 p.m.

Virtual (text 412-385-7282 for Zoom link)

Homegrown Class: Organic Gardening Basics

Thurs., May 12 | 6 – 7:30 p.m.

Homewood YMCA

Homegrown Class: Pest and Weed Identification

Thurs., June 9 | 6 – 7:30 p.m.

Homewood YMCA

Seedling Sale

Sat., May 14 and 28 | 11 a.m. – 1 p.m.

OBB Jr. Green Corps Garden

735 I Frankstown Ave.

Pittsburgh, PA 15208

RECIPE OF THE MONTH: ETHIOPIAN CABBAGE STEW

Ingredients

1 tbsp. olive oil
1 medium onion, diced
5 garlic cloves, diced
1 inch of ginger, diced
1 carrot, chopped
1 potato, cubed
1 head cabbage, chopped
1 tsp. turmeric (or yellow mustard, which contains turmeric)
1 cup water; more if necessary
Salt to taste

Directions

Heat olive oil. Add onions, garlic, and ginger. Sauté for a few minutes. Add remaining ingredients. Cover and simmer 20 minutes or until potato is done.



Thanks to gardener Michelle Jackson for sharing her recipe!