



HOMEGROWN HERO: DONNA GRAY

Donna Gray was one of the first participants in Homegrown, having raised beds installed at her Homewood home in 2014, and has adapted and shifted her growing through the years. Donna's grandmother and mother were both avid gardeners, growing greens, tomatoes, and okra in their home state of Alabama. Her mother moved to Pennsylvania and kept the growing spirit alive and passed on the tradition to Donna.

These days, Donna has used gardening as therapy, especially through these pandemic times. It becomes a place to escape the world and provide relaxation. She particularly loves growing perennial flowers and plants offering sensory experiences such as sage and rosemary. Due to the growing shade in the backyard, Donna has turned to experimenting in her smaller front area, using techniques such as grow bags to keep her garden going strong. She especially loves to show and teach interested kids in the neighborhood about gardening and food. Whenever her family is at her place, they usually are expecting Donna's deliciously grown greens and okra, just like her mother and grandmother used to grow.

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Hi everyone!

My name is Jasmine (Jazz) Pope and I am the new Community Outreach Coordinator for Homegrown! I was born and raised in southern Virginia, but moved to Pittsburgh to receive my Master's in Food Studies. One of the very first memories I have of gardening/farming is when I helped my great-grandfather harvest vegetables from his farm as a child. Since then, I've built upon those memories whether it's been through growing with other family members, or working at Sankofa Village Community Farm in Homewood to connect with the community through food. For me, gardens are a magical place in which there's so much to learn and brings people together!

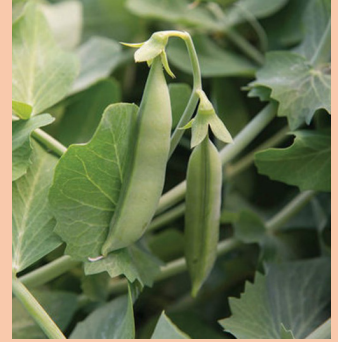
As always, if you have any questions about anything, feel free to reach out! You can chat on the phone with Jazz at **412-441-4442 x6627**, send us a text at **412-385-7282** or email homegrown@phipps.conservatory.org.



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

FOR YOUR HEALTH: PEAS

Peas, members of a group called pulses, are the edible seeds from a legume plant. It shares this category with other pulses such as beans and lentils. If you were prepared enough to get your peas in the garden on time, (in Pittsburgh this is around St. Patrick's Day, March 17th) you will be able to harvest their health benefits. Peas, along with other pulses, are a great source of protein and dietary fiber, as well as iron, phosphorus, and zinc. Researchers have found that regular consumption of pulses may reduce the risk of heart disease, diabetes, and certain types of cancer. Also, due to the high fiber content, it may help reduce blood cholesterol levels and prevent constipation. The pea is a wonderful and versatile vegetable that can be enjoyed by itself, on salads, or mixed into a variety of entrees (such as the ramen recipe below).



GARDEN TIPS: TRELLISING

A few of our most common garden vegetables benefit greatly from trellising, but as you may have noticed, there are lots of different techniques and materials used to accomplish this task. There are a variety of benefits from trellising certain vegetables, including increasing airflow, saving space on the ground, and making harvesting easier. You'll also be able to more easily identify diseases and pests using trellises.

- **Cages:** These are very common and can either be purchased at a store or made DIY. These are best to be placed over tomatoes, and you can help it weave its way up. They are less useful for green beans and peas because they will want to outgrow the height of smaller cages.
- **Stakes:** Most commonly seen are metal t-posts or wooden stakes, but you can also use other straight objects that will stay in the ground. A 6-foot height will provide adequate room for your plants to grow up. Be careful to put these in early, to avoid damaging the roots of your plants. If using stakes with tomatoes, tie the central stem to the posts with soft strips of cloth. Other vegetables, such as green beans and peas will vine their way up.
- **Fencing/Trellis Netting:** Another common method of trellising is using small sections of fencing within beds, netting attached between two stakes, or planting next to existing fencing. Variations of the fencing techniques are often used for cucumbers and squashes, offering more support for heavier varieties and accommodating for multiple main vines.



UPCOMING EVENTS

Homegrown Composting Class

Home Composting: Thurs., July 14 | 6 – 7:30 p.m.

(Contact us to register)

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

Homewood Farmers Market

Saturdays June 11 and Oct. 29 | 10 a.m. – 2 p.m.

Sankofa Village Farm

Cash, credit, EBT, Food Bucks and FMNP accepted

RECIPE OF THE MONTH: GARDEN RAMEN BY CITY BLOSSOMS

Ingredients

- 1 chives, minced
 - 2 sprigs thyme
 - 1-2 carrots, shredded
 - 2 ramen packages
 - 4 cups chicken or vegetable broth
 - 1/2 tsp. sesame oil
 - 1 tsp. soy sauce
 - 1 cup baby greens
- Other ideas for vegetables: peas, radishes, mushrooms, sweet peppers, hot peppers and cabbage

Directions

Prep any vegetables you want in your soup by cutting them into bit-sized pieces. Heat broth, sesame oil, and soy sauce and bring to a boil. Add carrots, baby greens, and ramen noodles without the seasoning packet, and cook for 1 minute. Remove from heat. Set out your thyme, chives, and other veggies and add to your taste.

