



## HOMEGROWN HERO: EVA CREAR-MCELLIGOTT

Eva has been a resident of East Hills since 2019 and gardening with us since 2021! She grew up with cherry trees as well as a pear tree, apple tree and peach tree in her yard. Eva recalls how, as a child, she and her brother would climb into the apple trees, shake the fruit down, then take it to her neighbor for them to make applesauce. Along with the applesauce, her neighbor would can fruits that had been harvested earlier in the year, providing fresh food for everyone to enjoy year round. Eva herself loves sharing her cherry tomatoes, eggplants and bell peppers with her neighbors. She even planted broccoli so she could make her broccoli casserole with the homegrown vegetable. "Grandma grew this," she said to her granddaughter and great-grandson as she walks them through her garden. Eva's advice is, "Grow, grow, grow and share with your neighbors and friends. What you grow, share what you grow."

# The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Hi everyone!

We're excited to talk all things radishes and compost in this issue! Most warm weather plants should already be in the ground, but if not, there is still time to plant those crops. With hot weather and unpredictable rain, it is important to keep plants watered as they need it. When watering, make sure to water the base of your plants, as water droplets work as a magnifying glass in the hot sun and can scorch your precious crops!

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 [jpope@phipps.conservatory.org](mailto:jpope@phipps.conservatory.org).



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## FOR YOUR HEALTH: RADISH

Radishes are a versatile vegetable, great for any garden! Most radish varieties are originally from Southeast Asia; however, our variety, Early Scarlet Globe, was first cultivated in central China. It made its journey from China to Europe to, later, the Americas. Radishes have a high water content and half a cup of radishes has 15% of your daily recommended value of Vitamin C. Good companion plants for radishes are marigold, borage and eggplant, which are often utilized as a cover crop. Radishes are best grown in cooler seasons, so harvest any you have in the ground and plant more from seed in August.



## FIND THE BEST COMPOST METHOD FOR YOU AND YOUR SPACE!

Compost is an important part of any healthy garden by providing nutrients to the soil all while returning organic materials back to the earth, such as food, garden and yard scraps. There are many ways to compost that require varying levels of space, maintenance, input volume and time. *Below is a chart that summarizes different ways to compost.*

METHOD	SPACE	INPUT VOL.	MAINTENANCE	RATE OF DECOMP.	PRICE OF SUPPLIES
PIT	Large	Large	Low	Slow	\$
HOT COMPOST	Large	Large	High	Fast	\$
BOKASHI	Small	Small	Medium	Fast	\$\$
VERMICULTURE	Small	Sm. - Med.	Medium	Fast	\$\$
TUMBLER	Med. - Lg.	Med. - Lg.	Medium	Medium	\$\$\$
OPEN AIR	Large	Large	Low	Slow	\$
3 BIN	Large	Large	Medium	Medium	\$\$
1 BIN	Sm. - Med.	Sm. - Med.	Low	Slow	\$ - \$\$

REMINDER: Regardless of your method of compost, if your compost smells unpleasant, it is an indication that the greens/browns balance is off. Adding more dry browns (leaves, shredded newspaper, etc.) can help to reduce the excess nitrogen creating the foul smell.

### UPCOMING EVENTS:

#### Harvesting Techniques and Seed Saving Class: Homewood-Brushton YMCA

Aug. 10 | 6 – 7:30 p.m. | In-person

#### Harvesting Techniques and Seed Saving Class: Hazelwood Library

Aug. 17 | 6 – 7 p.m. | In-person



## RECIPE OF THE MONTH: RADISH, CREAM CHEESE AND CHIVE SPREAD

By: Stephanie Lind, Adult Education Staff

### Ingredients

- 8 oz. cream cheese
- 1 tbsp. butter
- 5 radishes (chopped)
- Handful of chives (finely chopped)
- Seasonings: kosher salt, white pepper, paprika
- Crackers or cocktail rye bread

### Directions

1. Soften cream cheese and butter in a microwave.
2. Add chopped radish and chive to cream cheese and butter. Mix well.
3. Add salt and white pepper to taste. Garnish with paprika.
4. Cover with saran wrap and chill until ready to serve.
5. Spread onto crackers or cocktail rye bread and enjoy!



Image from: *The View from Great Island*