



HOMEGROWN HERO: DONNA WYLIE

Donna Wylie was born and raised in Pittsburgh and has lived in the Lincoln-Lemington Belmar neighborhood for the past 10 years.

Donna started gardening by planting flowers and her love of nature grew from there.

She then began container gardening and growing some vegetables, until she applied for the Homegrown Program. After a successful growing season last year she is planning on expanding her garden to grow more collard greens, sweet potatoes and salad mix. Her gardening advice: be patient and enjoy the journey!

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Hi everyone!

The 2023 growing season is well underway with the last frost date behind us and we are so excited to see what this summer holds! With plenty of classes coming up and our installation crew getting started for the season, we have a busy few months ahead! As the weather gets warmer and we make plans with family and friends, make sure to take a moment for yourself as well. In this issue, we'll be covering all things spinach and going over the best pest prevention tips as we head into June.

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.

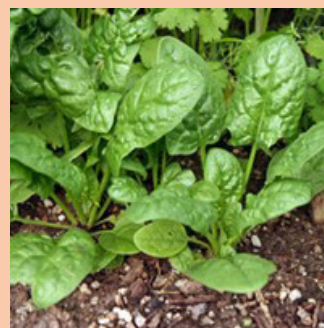


PHIPPS

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

FOR YOUR HEALTH: SPINACH

Can you deny that Spinach is a fan favorite green? Spinach can be used for so many different recipes whether it's used in your favorite pasta or in your morning smoothies. Spinach is packed with important nutrients like folate, calcium, vitamin A and vitamin C. Another great quality of spinach is that it is high in antioxidants and fiber, and can also help prevent chronic health conditions such as diabetes. All in all, spinach is a super vegetable and provides so many health benefits! Check out a simple and easy spinach recipe below.



FIND THOSE PESTS!

As we head into June and the summer months, pests will be more active and on the prowl for your veggies! Here are a couple of Homegrown tips to keep in mind as you monitor your garden.

- 1. Flip it Over:** Garden pests love to hide on the underside of leaves because they don't want to get caught. If you notice holes in your leaves or yellowing/browning leaves, be sure to flip over the leaves and check for the insect or its eggs.
- 2. ID it:** Make sure you know what pests you're dealing with and the type of damage they made on your plant.
- 3. Remove it:** If you do find an insect or eggs make sure to remove/smash them. If you can't smash the eggs, you can also put them in soapy water.
- 4. Wait to Spray:** Before you spray, evaluate how extensive the damage is on your plant. Beneficial insects can be affected by pesticides so be mindful and be sure to read labels.

UPCOMING EVENT:

Pest and Weed ID Class | June 8 | 6 – 7:30 p.m. | Zoom

Ever wonder what was eating your kale or the name of the weed that won't stop growing in your garden? Join us for this Pest and Weed ID class to learn more about organically combating pests and unwanted plants in your garden. Register through QR code:



RECIPE OF THE MONTH: SUMMER STRAWBERRY SPINACH SALAD WITH AVOCADO

Salad Ingredients

- 1 package (5 ounces) organic spinach
- 8 ounces strawberries, halved (about 2 cups halved strawberries)
- 1 large avocado, sliced
- 1/2 small red onion, thinly sliced
- 1/2 cup feta crumbles
- 1/3 cup raw sliced almonds
- 1/4 cup chopped shelled roasted pistachios

Balsamic Strawberry Vinaigrette Ingredients

- 3 tablespoons balsamic vinegar
- 1/4 cup olive oil
- 1 garlic clove, grated or finely minced
- 1/2 teaspoon dijon mustard
- 1/2 tablespoon strawberry jam (or jam of choice)
- Freshly ground salt and pepper, to taste



Directions

1. In a mason jar or small bowl, add all of the dressing ingredients. Shake or mix well to combine. Taste and add additional salt/pepper, if necessary.
2. Toast the almonds on the stove top: add the almonds to a pan and place over medium heat, stirring occasionally for 2-5 minutes until almonds are slightly golden brown. Remove from heat and allow to cool.
3. Add spinach to a large bowl, layer on the strawberries, avocado slices, red onion, feta, toasted almonds and chopped pistachios. Feel free to add dressing now or set it out for individual servings. Top salad bowls with extra toasted almonds and drizzle each bowl with 1/4 of the dressing. Serves 4.