



HOMEGROWN HERO: YVONNE

Yvonne has been living in the East Liberty/Larimer area for 10 years and grew up in Pittsburgh with her father growing tomatoes, beans, greens and various flowers along with neighbors who gardened as well. Yvonne started some home improvements in her front yard, where she began growing tulips and other flowers, leading her to start her raised bed garden with Homegrown.

Yvonne enjoys growing banana peppers, tomatoes and herbs to share with neighbors and family, and uses them in making fresh tomato sauce and homemade pizzas. Her garden has been a space of relaxation, a way to stay active and a place to spend time with her grandson who gardens alongside her. Yvonne's advice to fellow gardeners is to remember to water in the early morning or evening to avoid burning your plants in the afternoon sun. She says remember to always try something new like placements and plant varieties, and keep trying until it's right for you!

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Howdy, gardeners!

Where do ghosts buy their food? At the ghost-ery store (or their gardens!) There's nothing spooky in this month's edition of the Homegrown Herald, except for the fact that the growing season is slowly coming to an end. That being said, plenty of greens can still flourish in your gardens with the help of row cover or other similar material. Using row cover can not only protect your crops from pests but can extend the growing season by providing 2- 8° F. of frost protection. You can use hoops to prop your row cover up or if your crop is small enough, it can just be draped over and held in place by heavy objects like bricks or rocks. Be sure not to pull the fabric too tightly to avoid damaging delicate leaves! This month's Herald features mushrooms and more!

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.



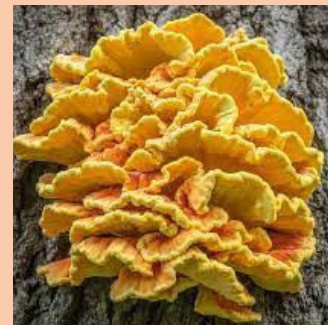
Phipps Conservatory and Botanical Gardens
One Schenley Park, Pittsburgh, PA 15213-3830

FOR YOUR HEALTH: MUSHROOMS

Mushrooms are a readily available item to add flavor and nutrients to a wide array of dishes!

Mushrooms range in their vitamin and mineral content, but overall contain a moderate amount of fiber, including soluble fiber, which helps to lower cholesterol. Many mushrooms are rich in potassium, which helps to lower blood pressure and can lessen the impact of sodium consumption on blood pressure. This makes mushrooms a great ingredient to use in savory dishes such as pastas, curries and soups.

Mushrooms contain several compounds such as beta-glutens and antioxidants that support brain health and cognitive function. Many compounds in mushrooms are being studied in Alzheimer's research for their possible benefits in improving memory and mental clarity. Mushrooms have a wide range of culinary uses and carry a plethora of health benefits!



FINDING MUSHROOMS AND GENERAL FALL FORAGING!

Foraging is a great way to explore nature and connect to your local environment. We are lucky to live in a temperate zone with productive forests and many edible plants. Some common items to forage in Western Pennsylvania include berries, nuts, wild leeks and a plethora of mushrooms. Below are general guiding principles for foraging and resources to learn more!

Guiding Foraging Principles:

- Take only what you or your household can eat and always leave more for other foragers, wildlife, and to continue producing for the following year.
- Harvest only what you are one hundred percent certain is identifying as safe and edible. Region or state specific foraging guides are a great tool to use!
- Forage in "clean" areas that are away from busy roads or manufacturing sites that create pollution.
- Check the regulations of the area you plan to forage in- mushroom foraging has certain restrictions in Pittsburgh and Pennsylvania.
- Consult guidebooks along with mushroom enthusiast/foraging communities such as the Western Pennsylvania Mushroom Club!
- **Never eat something you're not sure of!**

More Resources:

- The Learn Your Land YouTube channel, hosted by Adam Heritan, is a great resource specifically for foraging in Pennsylvania
- Alexis Nelson is a forager in Ohio providing upbeat educational videos about how to forage consciously and how foraging's history connects to the black experience in the US. She shares her knowledge through her Black Forager YouTube Channel and Instagram @blackforager

SAUTÉED CHICKEN OF THE WOODS

Ingredients

- 1 lb of chicken of the woods mushrooms, cleaned and sliced into ½" strips
- 2 shallots
- 3 cloves of garlic
- 2 tablespoons of extra virgin olive oil
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 2 tablespoons parsley

Directions

1. Heat the olive oil in a large skillet over medium-high heat.
2. Spread mushrooms out in an even layer in the skillet. Cook until the mushrooms start to slightly brown, about 5 minutes.
3. Stir in the shallots and garlic and season with salt and pepper. Cook until the shallot is tender, about 4-5 minutes.
4. Stir in the lemon juice and parsley.



Homegrown classes are available in both in-person and virtual formats. Scan the QR code to explore the current offerings!