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Keep Up the Good Work!

Dear Homegrown Gardeners,

Now that you have put in the hard work of waking up your garden for the summer, you may be thinking, "Now what? Do I sit back and wait for things to grow?" Actually, this is where things get really interesting! Now is the time for you to maintain, observe and keep records of your garden.

In organic gardening, proper maintenance is essential to growing healthy crops and preventing pests and diseases. In this issue, we will focus on a few of the most common pests to help you identify, prevent and solve any problems.

We are happy to report that we recently installed our 200th

backyard garden in Homewood! We would like to thank everyone who told neighbors or friends about Homegrown, reached out to help answer questions, and encouraged others to begin planting. The Homewood gardening community is growing and stronger than ever because of you!

As always, we love to hear from you with questions and comments, so don't be shy — we are here to help out in any way that we can. We hope to see everyone soon and we will be in touch.

Happy gardening!



inside

Boost your health with **fresh green beans**

Learn the tips and tricks **for beating pesky pests**

Try this healthy and quick **green bean pasta recipe**

Meet this issue's remarkable **Homegrown Hero**

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

For Your Health

Green beans (also called string and snap beans) are a nutritional wonder! The part we harvest and eat is actually the immature seeds of the plant enclosed in their pods. There are over 130 varieties of green beans, all of which provide amazing, health-promoting nutrients! If you want to plant them in your garden, sow the seeds directly into the ground



after the last frost in early spring to get the best results.

Immune Health — Green beans contain vitamin C, flavonoids and antioxidants that help to support a healthy immune system. A single serving of green beans (about 1 cup) contains 30 percent of the recommended daily value of vitamin C.

Muscles and Bones — Green beans are a good source of plant-based protein, vitamin K and calcium. Protein helps to build strong muscles, while your body needs vitamin K to absorb calcium, which it needs in order

to maintain healthy bones.

Eye Health — You can get around 15 percent of your daily recommended value of vitamin A in a serving of green beans. Vitamin A is an important compound for your body to maintain healthy vision, and this vitamin also boosts your immune system. It's a nutritional two for one!

Remember: the best way for your body to absorb the vitamins and minerals it needs is for you to eat a well-balanced, healthy diet. Mix it up and try to eat a wide variety of foods!

Garden Tips: Pests



Japanese Beetles

Japanese beetles are ½ inch long with metallic blue-green heads, copper backs and tan wings. They emerge from the soil as adults in June, and larvae look like small white grubs. They eat many different types of plant leaves, leaving only the veins. This is called "skeletonizing." To get rid of them, use Japanese beetle traps, Neem oil spray or row cover; pick them off, or find other home remedies here:

www.almanac.com/pest/japanese-beetles.



Aphids

Aphids are small, pear-shaped insects that come in many colors, with or without wings. They leave behind white exoskeletons when they shed their skin and hang out under leaves and along plant stems, so check your plants thoroughly. Aphids suck the juices out of plants — look for misshapen, curling, stunted or yellow leaves and a sticky substance on the leaves called honeydew. To get rid of them, dislodge them with a hard spray of water; sprinkle flour on the leaves or plant flowers to attract ladybugs and other predators. You can make a homemade spray by stirring together 1 quart of water, 1 teaspoon of liquid

dish soap and a pinch of cayenne pepper. Do not dilute it before spraying on the plants. Other home remedies can be found here: www.almanac.com/pest/aphids.



Slugs

Slugs have a slimy, soft body with two feelers on their head and no legs. They can range in size from 1 centimeter to several inches. Slugs chew large, irregular holes in between leaf veins and along the edges, and can also eat small seedlings down to a stub. They lay their eggs in moist areas underground or under logs and hatch in early spring. Young slugs look like a smaller version of adults. To get rid of them, use crushed egg shells, coffee grounds, a small dish of beer placed near the garden, or diatomaceous earth.

Upcoming Events

Homegrown Garden Club programs

Meet other gardeners and learn from guest speakers.

Second Thursday of each month | 6 – 7:30 p.m.

Homewood-Brushton YMCA

7140 Bennett Street

Aug. 10 | Harvesting Techniques

Learn how and when to harvest your favorite vegetables from your garden.

Save the date!

Homewood Good Food Fest

Sat., Sept. 9

Celebrate the harvest with food samples from local vendors, live music, cooking demos, children's activities, a farmers market and more!

Homewood YMCA Farm Stand

Second and fourth Thursday of each month | 11 a.m. – 2 p.m.

Homewood-Brushton YMCA

7140 Bennett Street

Purchase fresh, affordable, locally-grown fruits and veggies.

Recipe of the Month: Green Bean Pasta Salad

- 1 ¼ cup penne pasta
- 1 cup fresh green beans, halved crosswise
- 1 cup red or kidney beans, rinsed
- ¼ cup fresh parsley
- 2 Tablespoons parmesan cheese
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice
- Salt and pepper

1. Cook pasta according to the directions on the package. Add the green beans during the last three minutes of cooking, then drain and rinse under cold water to cool.

2. Toss together the pasta, green beans, red beans, parsley, parmesan cheese, olive oil, lemon juice, salt and pepper. Serve cold. Leftovers can be stored in the refrigerator.

Homegrown Hero: Lucinda Smith



Growing up in Pittsburgh, Lucinda remembers always having a garden. However, it wasn't until she worked as a landscaper in Long Beach, California that she realized how much she loved growing things. After moving back to Pittsburgh, Lucinda broke ground on her garden with nothing but a pick ax and a spade. She encouraged her neighbors in the adjoining lots to get involved, all while expanding her own space and helping them to maintain theirs.

She says, "Gardening is just what you do. When you start doing something and share information, it just catches on." Lucinda has a giving heart — every year she walks up and down her street with a basket of produce, giving out what she can to neighbors and friends.

Lucinda's favorite thing about gardening is the harvest. Her face lights up when she talks about it and describes it as the thrill of the hunt. Every year, she purposely throws away the plant labels, and each fall she is surprised by what she finds! This thrill is what keeps her coming back year after year, spreading her addicting enthusiasm to others. She is truly committed to her garden, the earth and her community, and says, "You do it for love, and love comes from the heart. You share, and it will come back to you tenfold. And by all means, enjoy yourself!"

contact us!

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