



## HOMEGROWN HERO: BEVERLY HOWELL

Beverly, aka Grandma Bev, received her garden beds from Homegrown in 2016 because she wanted to provide produce to the neighborhood children who frequent her house over the summer. The kids who visit are sent home with bags of their favorite snacks from the garden, such as cherry tomatoes right off the vine.

Beverly exudes passion for encouraging children to connect with the natural world. "If you don't know about earth, you're missing a whole part of life," she said.

Grandma Bev was awarded funds to transform her side lot into Grandma's Green Zone, a peaceful place where children can go to enjoy nature. She will be throwing a party for families this summer to get them acquainted with the space. Anyone who would like to volunteer is invited to contact Homegrown for more information.

# The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

Summer is underway and hopefully your garden is starting to grow and flourish. During this time, be on the lookout for pests and weeds that are trying to take over. Be vigilant — doing a little bit every day will help prevent problems in future!

After being in Homewood for the past five years, we are now building gardens across Fifth Ave. for your neighbors in Larimer. If you know anyone living in Larimer who would be interested in getting a Homegrown garden, feel free to give them our contact information. Even though we are working outside of Homewood's borders, we are still here for you to answer any of your questions or concerns and, of course, to provide encouragement!

In other news, Homegrown has been working with our partners Grow Pittsburgh, Oasis Foods, Operation Better Block and the Black Urban Gardeners and Farmers of Pittsburgh Co-op to maintain Ms. Mary's garden next to the Homewood YMCA. If you see us working, stop by and check out what we have growing! 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 we can. We hope to see everyone soon and we will be in touch!



Phipps Conservatory and Botanical Gardens  
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## FOR YOUR HEALTH — BASIL

Basil is a common herb in many homes and gardens that is easy to grow both indoors and outdoors! Basil is often associated with its strong fragrance and is commonly used to add flavor while also providing health benefits.

### Anti-Bacterial Properties

Studies have shown that the volatile oils in basil restrict various forms of bacteria from growing.

### Anti-Inflammatory Effects

Basil oils also contain an anti-inflammatory substance called the eugenol component, which restrict enzymes that cause inflammation, similar to the way that ibuprofen works. By restricting this enzyme, basil provides symptomatic relief to various health problems, such as arthritis.

### Cardiovascular Health

Basil is an excellent source of Vitamin A and magnesium, which improve cardiovascular health. Vitamin A provides antioxidants and helps prevent the buildup of cholesterol in the blood stream. Magnesium improves blood flow and decreases the risk for irregular heartbeats.



## GARDEN TIPS: MID-SEASON PLANTING

It's mid-season and some plants are ready to be harvested! Here are a few planting ideas to keep your garden going.

**Inter-planting** is the practice of putting two types of plants in the same square, maximizing use of space AND food production. A good example is planting radishes and carrots together at the same time. Radishes grow fast, providing shade to the smaller, sprouting carrots. When the radishes are grown and harvested, the carrots then have the sunlight they need to grow to maturity.

Something to keep in mind when trying this method is **companion planting**. As gardeners, we don't want our plants to be unhappy! This is why we try to put plants together that may be beneficial to one another. Flowers like marigolds make excellent companion plants for many crops, helping to repel harmful insects.

Once plants are done producing, plant in **succession** and **rotate crops** to keep the space productive. Some plants are heavier nutrient eaters than others. Use this planting order for years or seasons to keep your soil healthy: fruiting plants (and potatoes), legumes (beans), brassicas (greens), roots.

### POTATO FAMILY:

Potato  
Tomato

### LEGUMES:

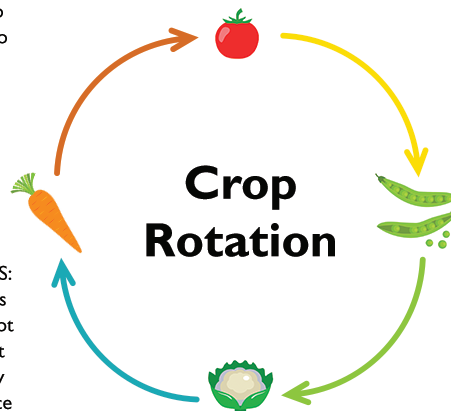
Peas  
Broad Beans  
French Beans  
Runner Beans

### ROOTS:

Alliums  
Beetroot  
Carrot  
Celery  
Florence  
Fennel  
Parsley  
Parsnip

### BRASSICAS:

Brussels Sprouts  
Cabbage  
Cauliflower  
Kale  
Kohl-rabi  
Oriental greens  
Radish  
Swede and Turnips



## UPCOMING EVENTS

<b>Homegrown Class:</b> <b>Garden Flowers, Attracting Pollinators</b> Thurs., July 12 6 – 7:30 p.m. Homewood YMCA	<b>Harambee Backyard Market</b> Sat., July 21 3 – 7 p.m. 7139 Frankstown Ave.
<b>Shiloh Farm Stand</b> Every Thursday through October 3 – 6 p.m. Corner of Homewood Ave. and Thomas Blvd.	<b>Homewood Good Food Fest</b> Fri., Aug. 3 2 – 6 p.m. Kelly St. in front of the Homewood YMCA

## RECIPE OF THE MONTH

### Basil Pesto

#### Ingredients

- 3 cups of fresh basil leaves
- 3 cloves of garlic
- ½ cup of Parmesan cheese, grated
- Splash of fresh lemon juice, more or less according to taste
- About ½ cup of olive oil (or oil of your choice)
- Salt and pepper to taste

#### Instructions

1. Mince garlic by hand or in the blender.
2. Add the basil and cheese to the blender and begin blending, slowly adding the olive oil while the machine is running. If you cannot add the oil from the top of your blender, add a little at a time. Blend until smooth.
3. Squeeze in lemon juice and add salt and pepper to taste.
4. Use immediately or freeze.