



## Homegrown Hero: William Miller

William Miller, also known as Deacon Miller, has been an active member of the Homegrown community since 2017. Aside from being a deacon, a volunteer and a doo-wop singer, Deacon Miller is also an avid gardener. Deacon Miller believes he has a calling and mission to serve the Homewood community and his garden at the Homewood House plays a large role in this. He has six raised vegetable beds as well as two green houses that he takes care of. His favorite vegetables to grow are greens but he also loves to grow anything that people want to eat. Gardening in his eyes is a great way to bring people together while allowing them to tap into their resources. He would like to continue to expand his garden because, as he said, "People need food. I just hope to make things better for some people and try to make someone's day"

# The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

As summer begins to fade, our gardens generously reward us for all of the hard work we put in throughout the growing season. This time of the year is especially enriching as we can share the products of our garden with our neighbors, friends and family. But this doesn't mean that it is time to put away your gardening gloves! Plants such as greens, lettuces and herbs can extend your gardening season as they continue to flourish into the fall.

For those of you that want to extend your growing season, make sure to attend October's class on the fall garden. Plus, learn to make your own herbal chapstick at the November Homegrown Garden Club class.

Lastly, we would like to thank everyone who participated in the Good Food Festival — it was a huge success! A special thanks to all of the food vendors and volunteers who made this event possible. The day was filled with amazing food, friends and music, and we hope you all enjoyed it as much as we did. We look forward to another memorable festival next year!



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## FOR YOUR HEALTH — ZUCCHINI

Zucchini is a popular summer squash in home gardens. The plant can grow very large and often yields a plentiful harvest throughout the season. Read on to learn about the health benefits of zucchinis and why they make a great addition to any diet!

### Low in Calories and Carbs

Zucchini is one of the lowest carb-containing vegetables. Because it contains high amounts of water, you can eat a lot of it and feel full without consuming too many carbs or calories.

### Properties for Heart Health

Zucchinis are filled with potassium, which is a heart-healthy mineral. They also contain a specific fiber called pectin that is great for cardiovascular health.

Source: <https://draxe.com/zucchini-nutrition/>

### High in Antioxidants and Vitamins

A great deal of the vitamins and antioxidants are found in the skin of a zucchini (so think twice before you peel it!). The antioxidants can help to decrease inflammation while other vitamins such as B and C can help improve eye sight and energy levels.



## GARDEN TIPS: TOMATO MAINTENANCE

As your tomato plant grows, it helps to do a bit of pruning around the bottom to increase air flow through the rest of the plant. Using a very sharp knife or set of clippers, carefully remove the smaller branches coming off the main stems of the plant up to the lowest hanging tomatoes. **Make sure you leave enough leaves to shade the developing tomatoes!**

**Suckers** are smaller branches that shoot out from the meeting point of the main stem and a branch. On **indeterminate** tomato plants, these can also be pinched off to help control excessive growth or crowding of the branches.

You may have tomatoes that fall off the plant while they are still green or only just turning. No worries! As all fruits ripen, they give off a gas called **ethylene**, which helps continue the process. Stick your tomatoes in a brown paper bag or cardboard box with a ripening fruit (such as a banana) and keep them at room temperature. They will start showing red in no time.

Sources:

[www.thespruce.com](http://www.thespruce.com)

[bonnieplants.com](http://bonnieplants.com)

[www.growveg.com](http://www.growveg.com)



Prune suckers with a sharp knife or clippers.



Keep green tomatoes in a brown paper bag to ripen them.

## UPCOMING EVENTS

### Homegrown Cooking Classes

Tuesdays: Sept. 18, 25 and Oct. 2

Call for details and to register.

### Three Rivers Urban Soil Symposium (TRUSS)

Oct. 4 – 5

\$5 off registration for Homegrown participants!

Call for details and to register.

### Homegrown Class:

#### The Fall Garden

Thurs., Oct. 11

6 – 7:30 p.m.

Homewood YMCA

### Homegrown Class:

#### Make Your Own Chapstick

Thurs., Nov. 8

6 – 7:30 p.m.

Homewood YMCA

Call Lauren Delorenze at 412/441-4442, ext. 6627.

## RECIPE OF THE MONTH

### Baked Zucchini Planks

#### Ingredients

- 4 medium zucchini
- ½ cup grated parmesan (or other cheese of choice)
- 1 teaspoon dried herbs of choice (thyme, oregano, etc.)
- Pinch of garlic powder
- Salt and pepper to taste
- 2 tablespoons olive oil

#### Instructions

1. Preheat oven to 350°F, spread parchment paper or foil on a baking sheet and spray with cooking spray.
2. Cut each zucchini into quarters lengthwise, so that you have 16 long planks. Place them on the baking sheet.
3. Mix cheese, herbs, salt, pepper and garlic powder.
4. Drizzle the zucchini with olive oil and sprinkle with cheese mixture.
5. Place in the oven for 15 minutes or until golden brown.