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A Community of Gardeners

Welcome to the first issue of the Homegrown Herald, a seasonal garden newsletter written by the staff of Phipps Conservatory's edible garden outreach program, Homegrown. Since 2013, Homegrown has built over 100 backyard, raised-bed vegetable gardens for Homewood residents. We hope to double that number in the next two years as we look to improve access to fresh vegetables and create a community of gardeners who grow, cook and share good food!

In addition to our garden installations, we host a free monthly garden club on the second Thursday of every month where we bring in speakers to discuss

different gardening topics. You can see upcoming garden club topics on the calendar inside. By attending class, you can become a Homegrown Member, which gets you discounts on garden supplies and tickets to visit Phipps Conservatory!

This newsletter will be a supplement to those garden club meetings, bringing you best practices for your garden, healthy recipes, local food and garden events, and garden success stories.

We are here to help, so please reach out with any garden questions. Happy gardening!



inside

Discover the healing **powers of beets**

Make your own **nutrient-rich compost**

Try out a new way to **cook your veggies**

Peruse a guide of **local farmers' markets**

The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program



For Your Health

With roots dating back to 3100 B.C., people have munched on beets for centuries. Ancient Romans used beets for stomach pain. In the Middle Ages, beet juice was a remedy for blood disorders. Traditional Chinese doctors prescribed beets for detoxification. While eating this red root is not the first thing that comes to mind



for curing a stomachache, these historical healers had the right idea. Beets are high in powerhouse nutrients, and including them in your diet may enhance your wellbeing in the following ways:

Lowering Blood Pressure

Multiple studies have shown that drinking beet juice decreases your blood pressure. The naturally occurring nitrates in beets are converted into nitric oxide in your body, which helps to relax your blood vessels, promoting good blood flow.

Detoxification Support

Beets have betalain pigments, which help to purify your blood and improve your digestive health.



Betalain helps to break down toxins that are bound to other molecules in your body so that your body can get rid of them.

Anti-Cancer Properties

Researchers are learning that eating beets may help to reduce your risk of getting multiple types of cancer. This is because beets have both anti-inflammatory and anti-oxidant properties.

Garden Tips

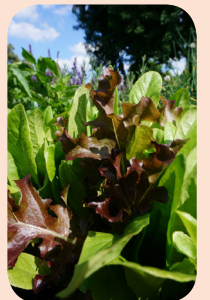


Make Your Own Compost

Free and eco-friendly, composting is an easy way to make your own nutrient-rich garden soil. To create a healthy compost pile, it's important to maintain an equal balance of browns and greens. Carbon-rich browns are dry, burnable materials like cardboard, straw and autumn leaves. Wet and fresh waste like fruit peels, grass clippings and coffee grounds fall under the nitrogen-rich greens category. To prevent disease and rodents, steer clear of animal products, diseased plants, pet waste and pernicious weeds. Homegrown gardeners receive a free compost bin in the second year.

Keep Your Greens Fresh

Salad greens and cooking greens produce well in the home garden, and can be harvested throughout the season. It's best to harvest in the cool of the morning to keep them from wilting. If you have to harvest mid-day, submerge your greens in water immediately after harvest and let them soak for several minutes. Drain, dry with paper towels or a salad spinner, and store them in the refrigerator. For more information on the best way to store your harvest, visit our blog at: <https://porchsidegardening.wordpress.com/2013/10/07/keeping-vegetables-fresh/>



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 CCAC Center
701 N. Homewood Ave.

July 14 | Plant Close Ups: Tomatoes and Greens

Aug. 11 | Seed Saving and Planting for Fall

NEW! Cooking Classes

Mondays, July 25 and Aug. 8 | 6 – 8 p.m.
Silverlake Commons | 6935 Frankstown Ave.

Learn how to cook your bounty! Space is limited, so RSVP by calling Maris Altieri at 412/441-4442, ext. 3215.

Summer Farmers' Markets

June – October

Three great options for you to buy local, fresh produce!

Homewood Community Farmers Market: Second and fourth Saturdays, 10 a.m. – 2 p.m.

Homewood-Brushton YMCA Market: Thursdays, 12 – 3 p.m.

Shiloh Farm: Thursdays, 3 – 6 p.m. (corner of Thomas Blvd. and Homewood Ave. in N. Point Breeze)

Oven-Roasted Root Veggies

- 3 medium beets, red or golden
- 2 medium potatoes
- 1 large sweet potato
- 1 large onion
- 5 large carrots
- ¼ cup olive oil
- 2 – 4 garlic cloves, diced
- 1 tsp. rosemary
- Salt and pepper to taste

1. Preheat oven to 425° F.
2. Peel vegetables and cut into 1 – 1½-inch cubes. Lightly grease a large baking sheet with olive oil.
3. Add all vegetables to the baking sheet and top with the spices, minced garlic and remaining olive oil. Toss well to combine.
4. Roast for 45 minutes to one hour until veggies are tender and golden brown, flipping vegetables every 15 minutes to ensure equal browning.

Homegrown Hero: Jacqueline Bey



Active neighborhood volunteer, co-director of the Sankofa Garden Camp and mother of two, Jacqueline is as busy as the bees that pollinate her expansive garden. Despite having a full plate, Jackie always makes time in her day to tend to her plants, and she has armfuls of greens to thank her for that. While having buckets of fresh produce is a huge perk, especially for her family and neighbors, it isn't her sole reason for getting her hands dirty. She says that tending to her garden rekindles her cultural roots with Mother Earth, not to mention that "digging in the dirt is a form of therapy," she says. From starting seeds to making her own greenhouse, Jackie is always looking for ways to improve her green thumb. Her future goals are to become a local farmer one day, and to share as much knowledge and organic, hand-picked produce as she can with the families of Homewood.

contact us!

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