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## Welcome Harvest Season

Dear Homegrown Gardeners,

Summer has come to an end, harvests have started to wane and cool weather is upon us. We saw many of your gardens this year and were blown away by how beautiful and productive they were!

While the season is winding down, we are still accepting applications. Applications that come in late this year will be the first on our list for installations next spring. If you know anyone who wants to join our community of gardeners, you can pick up an application at the YMCA or contact us directly for an application. We also hope that you continue coming to our

classes, which run throughout the winter. The class calendar is inside of this newsletter.

Thank you to all of you who made it to our Homegrown Harvest Celebration. The food was wonderful and it was great to connect with all of you and celebrate a successful season.

This newsletter is seasonal, so you won't see a new issue until early next spring. As the ground starts to thaw and daffodils begin pushing up through the ground, we will be by your side, ready for another season!



### inside

Reap the nutritional **benefits of kale**

Learn the best way to **store ripe tomatoes**

Cook a delicious **hearty fall soup**

Keep your leafy greens **fresh and wilt-free**

# The Homegrown Herald

The Official Newsletter of Homegrown, Phipps' Edible Garden Program

# For Your Health

If you have not tried kale, now is the time! This super green is packed to the max with nutrition that makes it one of the world's healthiest foods. It supports healthy skin, hair, bones and digestion, and reduces the risk of heart disease. It can lower the risk of cancer, prevent asthma, lower blood pressure and help people with diabetes control their blood sugar.



## Diabetes

Studies have shown that people with type 1 and type 2 diabetes benefit from eating kale as part of a high-fiber diet. People with high-fiber diets generally have lower blood glucose, and improved blood sugar, lipids and insulin levels.

## Heart disease

The fiber, vitamin C, vitamin B6 and potassium found in kale all support heart health. Increasing your potassium intake helps to reduce the risk of stroke, protect against muscle loss, preserve bone density and reduce the risk of kidney stones.

## Cancer

Chlorophyll is the name of the pigments that make kale and other vegetables green. Carcinogens are substances inside of human tissue that are capable of causing cancer. They are generated when you grill animal-derived foods. When you eat kale, the carcinogens bind onto the chlorophyll. Since human intestinal tracts do not absorb chlorophyll in any great amount, eating kale can prevent your intestine from absorbing carcinogens, thereby limiting your risk of getting cancer.

# Garden Tips



## Prevent Bottom Rot

After waiting months for ripe juicy tomatoes, the last thing you want to see is a sunken, spoiled spot on the base of your fruit. This is called bottom rot, and is a physiological plant disorder caused by a calcium imbalance. When tomatoes can't get enough calcium from the soil, the tissues on the blossom end break down. To avoid bottom rot from happening to your tomatoes, add crushed eggshells to your soil and keep the soil evenly moist.

## Preserve Your Tomatoes

While it seems like it makes sense to put tomatoes in the refrigerator, it is actually one of the biggest kitchen mistakes. Refrigerating tomatoes will hinder the development of their delicious flavor. Additionally, cold environments can cause the flesh of the tomato to become dry and mealy. If you are concerned about your tomatoes rotting before you are able to eat them, you can store the whole tomatoes in the freezer to use later for soups and stews.



## Keep Greens from Wilting

Leafy crops like kale, collards and lettuces wilt quickly after harvesting, especially in hot weather. To minimize wilting, fill a large bucket with cold water and place the greens in it right after harvesting. Before storing your bounty in the refrigerator, pat them dry and place the leaves in a sealed bag with moist paper towels. Most greens last around a week in a cold, moist environment.

# 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

### Oct. 13 | Preparing for Winter

Extend your growing season and clean up your garden.

### Nov. 10 | Herbs for the Holidays

Make the holidays special with homegrown herbs.

### December | No class — Happy Holidays!

### Jan. 12 | Healthy Shopping

Make the most of your next grocery store trip.

### Feb. 9 | Garden Planning

Learn to plan your spring garden from Phipps' own vegetable gardener.

### March 9 | Indoor Seed Starting

Learn how to start your own seeds inside.

## Hearty Kale Soup

2 Tbsp. olive oil  
1 lb. ground turkey, beef or chorizo  
4 Yukon gold potatoes, cubed  
1 medium onion, finely chopped  
4 cloves garlic, minced  
8 cups chicken broth  
½ cup grated parmesan  
Kosher salt and black pepper  
1 lb. kale, stemmed and torn into one-inch pieces

1. Heat olive oil in a large stockpot over medium heat. Brown meat in the oil, five to seven minutes. Add the potatoes, onions, garlic and chicken broth.
2. Simmer until the potatoes are fork tender, 20 to 25 minutes. Reduce heat to low, add kale, and cover. Cook until kale wilts, about seven to 10 minutes.
3. Uncover, add parmesan and heat for about five more minutes. Season to taste with salt and pepper.

# Homegrown Hero: Zinna



When walking through Zinna's backyard, you'll find yourself standing in an eco-friendly oasis: Homegrown beds brimming with vegetables, a storm water barrel used to water her plants and a rain garden to reduce runoff pollution. However, what makes this space truly beautiful is that she shares the area. Her neighbor Chevette Martin has two Homegrown beds on her lot as well. While many would say that her actions are charitable, she views it as a civic duty. "We should share," Zinna affirms. "We should all get more involved and more open to the community and what we can do for each other." When she isn't sharing her land and harvest with her friends and family (and, unfortunately, groundhogs), she is sharing her knowledge with the neighborhood children. She reflects that teaching others about gardening is a "win-win" because she enjoys it and it gives them the opportunity to learn the importance of growing organically. In the future, Zinna hopes to be able to watch

her gardens grow from the porch of her eco-friendly dream house.

## contact us!

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