

March 2013

THE BRYN MAWR GARDEN

Landscaping at its finest

PLANTING THE SEEDLINGS



7 DAYS AFTER PLANTING



THE GREENHOUSE

For the past three years, the BMC garden has used the greenhouse, located next to Park Science, to start the planting season early. On the 20th of February, we were at it again! We planted a variety of heirloom seeds, including three varieties of lettuce and tomato, rainbow swiss chard, and bok choy into eight 12x6 seed trays for the upcoming spring.

Why Greenhouse?

Greenhouses create a sheltered environment for plants by using solar radiation to trap heat. The heating and circulation of air creates a livable environment for plants when it is cold outside.

Glass panels usually make up the structure of greenhouses. Heat enters the greenhouse through the panels, and warms the soil and plants inside. The warmed air near the soil begins to rise and is immediately replaced with cooler air that, in turn, heats up. This cycle raises the temperature inside the greenhouse creating a sheltered, heated microclimate.

Fun Fact

The first greenhouse was built around 30 AD for the Roman Emperor Tiberius. It was created by piecing together thin bits of translucent mica to grow cucumbers out of season.

Source: <http://home.howstuffworks.com/www.ehow.com>

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FEBRUARY GREENHOUSE TIMELINE

13TH: BUILD RAISED BEDS

20TH: PLANTED SEEDS IN TRAYS

- WATERING WEEKLY EVERY 2-3 DAYS

- ADDING FERTILIZER EVERY WEEK FOR EIGHT WEEKS

COVERED RAISED BEDS

WHAT IS A RAISED BED? A raised bed garden is a garden built on top of your native soil.



After picking a flat surface, lay out rot resistant lumber.



Attach the wood together by making a corner, drilling a hole, and then screwing the corners together.



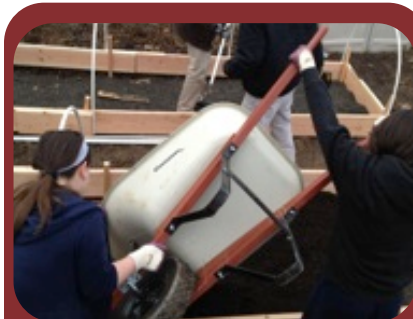
Line cardboard in the floor of the raised beds. The cardboard will suppress the weeds and will eventually break down into the soil.



Saw the pipe to a length that can arch over the raised beds.



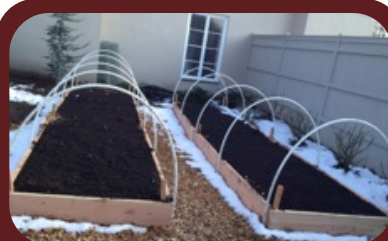
Line the pipe and wood together, drill through both, and then screw together.



Pour and spread an even layer of gravel, approximately one inch thick.



Fill the remaining space with compost.



At the beginning of the planting season, add a plastic cover on top of the piping.

When gardening, it is difficult to avoid stepping on the soil bed, but necessary. This pressure compacts the soil, making it difficult for the roots to grow. One main advantage of raised beds is the reduction of compact soil. A properly designed raised bed allows you to do all your gardening from the garden path.

FIELD TRIP SATURDAY MARCH 30



The Philadelphia Urban Creators (PUC) is an organization that transforms vacant land into sustainable models of community based development. PUC collaborates with youth and ex-offenders to incorporate them in their communities. These initiatives are funded by the earned income generated from the distribution of PUC's produce, products, and services, through educational programming contracts, and through grass roots fundraising campaigns, grants, and donations.

The organization is currently working on their *Life Do Grow* project in North Central Philadelphia. PUC is working with neighbors, local schools, community organizations, ex-offenders, houses of worship, foundations, and other youth groups. They aim to transform three acres of under-utilized space into an active model of holistic and localized urban sustainability. If you would like to sign up, please contact Maiya (mzwerling@bmc). For more information please visit their [website](#).

"LIFE DO GROW" PROJECT



BET YOU DIDN'T KNOW

MYTH

When it comes to fertilizer, pesticide, and herbicides, more is better.

FACT

Definitely not! Excessive fertilizer or herbicides will wash away with rain fall, and end up in our waterways. In addition, excessive pesticides can linger after the target insect population is controlled, killing other insects unnecessarily.

MYTH

In order for plants to bloom or fruit, you must have a male plant and a female plant.

FACT

Most plants are hermaphrodites which produce both male and female parts in the same flower.

MYTH

Watering plants on a hot, sunny day will scorch their leaves.

FACT

There are many causes of leaf scorching, but watering is not one of them. After drought, the most common source of scorching is salt, in particular salts containing sodium and/or chlorine that are in the soil.

FOOD JUSTICE NEWS



The new BMC chapter of the Real Food Challenge is hard at work this semester as the new budget cuts for dining services come into effect. In case you have not already heard, the mission of the Real Food Challenge is to harness the power of youth and universities to build a healthy, fair, and green food economy.

Co-heads Anne Claire G., Piper M., and Hannah W. met with the BMC and HC director of dining services, Coordinator Bernie Chung-Templeton, to reevaluate

this semester's focus. Since purchasing decisions are in flux, the chapter recognizes they can no longer analyze invoices to determine if the food is real. As a result, the group has focused on alternative projects. Co-head Anne Claire explains that 'this semester our club is going to be more focused on accessing and fixing student's behavior on food'. For instance, they believe it is important to bring attention to the recent environmental victories as a result of the budget cuts. Prior to budget cuts, over 300 students would use take-out each day. Now, daily takeout steadily remains in the double digits. In an effort to further reduce take-out, the co-heads

stress that students need to reevaluate the economic and environmental impact of this choice on a day to day basis. Keep a look out for upcoming events hosted by the Real Food Challenge! Their voice and numbers are quickly growing and you wont want to miss it.



If you would like to receive more information please contact pmartz@bmc

Winter Squash and Molasses Muffins

Adapted from Martha Rose Shulman, New York Times

Ingredients

- 2 lbs kabocha squash
- 1 c all purpose or whole wheat flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp allspice
- 1/8 tsp cloves
- 1/2 tsp salt
- 2 eggs
- 1/3 c brown sugar
- 1/3 c molasses
- 1/4 c applesauce
- 1/2 c buttermilk (or 1/2 c milk + 1/2 tbs vinegar/lemon juice)
- 1 tsp vanilla



Instructions

1. Chop the squash into large chunks, brush lightly with oil, and bake at 425 until soft (40-60 min).
2. Puree squash. Should yield about one cup.
3. Beat together eggs and sugar; stir in rest of moist ingredients. Sift in dry ingredients and mix. Spoon into muffin tins and bake at 375 F for 20 minutes, or until tester comes out clean. Let cool and enjoy!