

April 2013

MONTHLY NEWSLETTER

THE BRYN MAWR GARDEN

Landscaping at its finest

WHAT'S SO SPECIAL ABOUT APRIL?

BMC Garden's Big Planting!



During BMC EARTH DAY CELEBRATION

April 20th
1 - 3pm

?s mzwering@bmc

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APRIL TIMELINE

5TH: REPOT LETTUCE

20TH: TRANSPLANT PLANTS
INTO THE GARDEN

- WATERING WEEKLY EVERY 2-3 DAYS
- ADDING FERTILIZER EVERY WEEK FOR EIGHT WEEKS

THE HISTORY EARTH DAY

HOW THE EARTHLy CELEBRATION BEGAN

Please take a seat in the time machine; we are going back in time before any care for the environment existed. Punch in the number 1965. As you float up in the air, look over the United States in the 60's. Large black fog hangs in the sky as cars pump out carbon dioxide as they zoom down the highway. You grimace at not only the sight, but from the awful smell of lead gas released from the vehicles and chemical plants. Your journey in the time machine slowly ends, and you are back sitting at your desk. In the mid 60's the majority of Americans were blind of the environmental consequences of their daily routines. The sight of chemical plants and sludge in the air, as well as the smell sludge in the air, represented America's industrial development.

It was not until Rachel Carson released her breathtaking book, *Silent Spring*, which challenged

America's development by forcing the population to confront the inherent effects of the industrial growth. Concurrently, a 1969 oil spill in Santa Barbara, California shook the population.

On April 22, 1970 the newly ignited environmental movement brought together more than 20 million Americans on California streets. Together, concerned and environmentally engaged Americans rallied in public spaces to express their desire for a healthy, sustainable environment. They campaigned for multiple environmental issues, such as protecting the environment from further physical and chemical degradation.

The 1970 Earth Day rally was a spectacular event as diverse groups merged to voice their environmental concerns. Since the event, the United States Environmental Protection Agency (EPA) was established, and multiple environmental acts were passed.

The Garden Committee would like to invite you to be a part of Bryn Mawr's Earth Day celebrations on the 19th and 20th of April. Come make history and help us continue our many successes of Earth Day! Discover energy you didn't even know you had; feel it rumble through the grassroots under your feet and the technology at your fingertips. Channel your energy into building a clean, healthy, and diverse world for generations to come.

Source: <http://www.earthday.org/earth-day-history-movement>

BET YOU DIDN'T KNOW

Myth: It is better to water the garden more during the summer. The extra watering can help protect against intense heat.

Truth: Watering plants is important; however over-watering can drown the plants. It is important to find a balance between a dry garden and a soaked one. Additionally, watering too much can leave residual water on the plant's leaves, which can burn a crop!

Myth: Organic pesticides are less toxic than synthetic ones

Truth: Misused pesticides can be harmful, regardless of whether they are considered natural or synthetic. Pyrethrum, for example, is made from chrysanthemums but is still toxic to people and pets when handled improperly. Whenever possible, it is best to select the least toxic control option available because, even if they are not lethal, many of these pesticides can cause serious health complications. Safe storage of these products can help prevent any harmful accidents. Read and follow all label directions, and remember that these products are tools, not miracle workers or silver bullets. Pesticides cannot correct mistakes made in plant selection, installation, or maintenance.

FIELD TRIP REVIEW SATURDAY MARCH 30

On March 30th several volunteers from the BMC Garden and the CEO's Saturday of Service went to Urban Tree Connection (UTC) in West Philly to help out with a series of green tasks! UTC is a nonprofit organization that focuses on engaging children and adults from some of Philadelphia's disadvantaged neighborhoods in community-based, urban-greening projects. Since its start up in the spring of 2006, growing vegetables has become a major programmatic theme of their Growing Healthy Initiative - a multi-year community garden and health education project designed to promote the benefits of healthy eating and physical activity.

Once the Bryn Mawr volunteers arrived on site, Que and Sue, two employees from UTC, provided the students with an insightful introduction on the start up of UTC and gave students a tour of the farm. The volunteers worked on several tasks, including creating an entryway, moving a tree, fixing a high tunnel, and creating new planting beds. Before our volunteer day, Que started a brick entryway to a shed, in an attempt to keep the walk into the shed from being a wet one when it rained. The crew worked on leveling and placing bricks for three hours until they had an amazing final product. While this was happening, two volunteers removed a tree that had outgrown its planting space. They reported that the work was one of the most taxing and exciting projects they had ever done on a Saturday morning. Another volunteer group were high tunnel repairwomen for the day. A high tunnel is similar to a green house, as it allows for a growing season to be extended by creating a heated space. However, unlike a green house, which uses electricity to create heat, a high tunnel traps heat from the sun with plastic. The volunteers replaced and attached plastic cover to the top of the high tunnel. The last group of volunteers split a 30-foot long bed into two beds. The workday ended with smiles, snacks, and many pictures of their proud work. Bryn Mawr and UTC look forward to more working days at the farm!



SO IT'S TIME TO REPOT YOUR PLANTS

What plants are going in the greenhouse?

Rainbow Swiss Chard

May Queen Lettuce

Sunset Lettuce

Block Moor Tomato Riesen Traube Tomato

Shanghai Green Pak Choy

Dwarf Siberian Kale

Delikatess Cucumber



The garden committee spent March getting ready for spring, which means repotting. After maintaining our green house seed trays for over a month, we are happy to report that most of our seedlings are thriving. We have tomatoes, lettuce, and bok choy on the way!

The roots of the young plants were getting too big for the small space in the seed trays. On March 27th, we repotted the lettuce into bigger pots. Repotting is an essential process that helps foster growth of the seedlings. It involves moving the seedlings from their crowded seed tray into larger, individual pots. The first step of moving the plant is to turn the seed tray onto its side. Next, gently remove the plant and soil out of the tray by pushing the soil out of the bottom of the tray with your finger. Then, carefully take the plant out, but make sure not to yank the plant out of the pot by the stem. It is important to include good potting soil in the larger pot because it will help provide the plant with support and storage of water and nutrients. Once the plants are in larger pots, add a little bit more soil. They will be able to continue to grow for another month or so.

Mark your calendars! On April 20th, Bryn Mawr's Earth Day Celebration, we will transplant the produce into the garden, where they will continue to grow through the summer.



May Queen Lettuce



Sunset Lettuce



Large Pots

FOOD JUSTICE NEWS



Like other urban settings, many areas in Philadelphia have limited access to locally grown food. Non-profit organizations, such as Weavers Way Community Programs (WWCP), have formed to combat this issue. In North-West Philadelphia, WWCP works on two farm sites. The first is located at Awbury Arboretum, and the second farm, named the Hope Garden, is located at Stenton Family Manor,

a homeless shelter for families. At both sites, WWCP farmers connect community members with local, organic food. Groups from various schools and organizations frequently visit WWCP's farms to learn about urban agriculture through hands on activities. Additionally, at Stenton Family Manor, residents collaborate with WWCP farmers to grow food that is later used in their meals. Children are also encouraged to learn about the environment at the Hope Garden during informal education activities, such as planting seeds, tasting fresh raspberries, and digging for worms. Even though there are still great food disparities in Philadelphia, organizations like WWCP are helping bring equity to all of Philly's community members.

Why is the farm called Weavers Way?

When Weaver Ways was first set up in 1963, the farm food supported the 28 weavers. They lived on the farm and grew all of their food on the farm because they could not afford to buy food.



Lemon Grain Salad with Asparagus, Almonds, and Goat Cheese

Spring is just around the corner and soon tender asparagus shoots will be popping up in our garden. Enjoy this early crop in a hearty, healthy grain salad.

Ingredients

8 oz uncooked spelt, 3 c water
8 oz uncooked pearl couscous, 1
3/4 c water (or try Trader Joe's
Harvest Grain Blend!)
1 lb asparagus
1 c sliced almonds
4 oz soft goat cheese
Juice and zest of two lemons
1/4 c olive oil
salt and pepper

Instructions

Cook the spelt in a large saucepan over medium heat, adding one cup of water at a time and stirring until absorbed before adding more. Keep cooking and stirring until the grain is al dente and dry with no water remaining to be absorbed. Cook the couscous in a separate saucepan. Then mix the grains. Prepare asparagus by snapping off woody ends and cutting each spear into 2" pieces. Lightly steam asparagus for 1-2 minutes or sauté in skillet. Do not overcook or asparagus will become soggy! Add asparagus and remaining ingredients to grain mix.

Our suggestion: mix in 1/2 c raisins and sliced pears!