



SOW & SO

WFB COMMUNITY GARDEN NEWSLETTER



Updates & Announcements

LET'S GET READY TO GARDEN!!!!!!

We have made it through the winter, and I will say, it wasn't all that bad! Coming from me, that is saying a lot. We had a wonderful get together in March to catch up with garden friends and discuss some dreams for our garden space. One thing that we all agreed upon, no potatoes this year! It was a lot of work and purchasing of soil for the

amount of potatoes we yielded. I would suggest ALDI this summer for potatoes! HAHA!

As in the past, I or Caitlin will send out a sign up genius link each week with volunteer opportunities. Depending on the weather, it may be several times! I encourage you to sign up on the sign up link - even if you think you might not make it. Sign up Genius is how I notify volunteers of time changes or cancellations.

This year, I envision us expanding our Herb garden into the many five gallon buckets that we have from last year. Herbs like dill and oregano like to reseed themselves all over the place! Planting in the containers will avoid this happening. I would like to expand our herb selections so I'm open to ideas! The month of April looks promising to start garden activities. I am looking at the near future to get in and start to clean up our beds and maybe even plant some seeds!! **Be on the lookout for the sign-up link!**

See you soon!

Miriam Gerriets

JOIN US!



Garden Fundraiser at Forage Kitchen!

Spread the word and support the WFB Community Garden by enjoying a delicious meal from [Forage Kitchen](#). Don't forget to mention the WFB garden at checkout!

TUESDAY, MAY 6TH

103 E SILVER SPRING DR, WHITEFISH BAY, WI 53217



Basic Companion Planting Chart

We'll refer to this for our beds as we get the season rolling!

Grow well together	Beneficial to garden overall	Combo helps pest control	Dont plant together
 Basil Asparagus, Beets, Marigold, Oregano, Peppers, Radish, Tomatoes, Cucumber, Fennel, Sage, Thyme	 Garlic Broccoli, Cauliflower, Lettuce, Strawberry, Tomatoes, Sage, Thyme, Beans, Peas	 Peppers Carrots, Cucumber, Oregano, Parsley, Peas, Squash, Swiss Chard Tomatoes, Sage, Thyme, Rosemary, Beans, Broccoli, Cucumber	
 Beans Broccoli, Carrots, Cauliflower, Cucumber, Peas, Strawberry, Swiss Chard, Tomatoes, Sage, Thyme, Radishes, Cilantro, Chives, Garlic, Leeks, Marigold, Onion, Peppers	 Leeks Carrots, Onion, Spinach, Sage, Thyme, Beans, Peas	 Rosemary Beans, Cauliflower, Peppers, Sage, Thyme, Broccoli, Carrots Basil, Cucumbers, Mint, Potatoes, Tomatoes	
 Broccoli Beans, Carrots, Chives, Cucumber, Lettuce, Nasturtium, Onion, Sage, Spinach, Swiss Chard, Dill, Garlic, Onion, Oregano, Rosemary, Thyme, Peppers, Squash, Strawberry, Tomatoes	 Lettuce Carrots, Cucumber, Dill, Spinach, Squash, Strawberry, Tomatoes, Sage, Thyme, Chives, Cilantro, Garlic, Onion, Broccoli, Cabbage, Cauliflower, Kale	 Sage Broccoli, Carrots, Cauliflower, Basil, Beans, Chives, Corn Dill, Lettuce, Peas, Peppers, Spinach, Squash, Strawberries, Swiss Chard, Chives, Cucumber, Garlic, Leeks,	
 Carrots Beans, Broccoli, Cauliflower, Leeks, Lettuce, Parsley, Peas, Peppers, Cilantro, Chives, Onion, Rosemary, Sage, Thyme, Tomatoes, Dill	 Marigold Beans, Broccoli, Cucumbers, Eggplant, Lettuce, Melon, Potatoes, Pumpkins, Tomatoes, Sage, Thyme, Garlic, Leeks, Squash, Beans, Cabbage, Peppers	 Spinach Broccoli, Cauliflower, Leeks, Lettuce, Peas, Strawberry, Sage, Thyme, Cilantro, Fennel, Potatoes	
 Cauliflower Beans, Carrots, Cucumber, Dill, Garlic, Lettuce, Nasturtium, Onion, Sage, Spinach, Swiss Chard, Thyme, Chives, Oregano, Rosemary, Peppers, Squash, Strawberry, Tomatoes	 Melons Beans, Peas, Onions, Marigold, Nasturtium, Sage, Thyme, Corn, Peppers, Potatoes, Sunflowers, Squash	 Squash Corn, Beans, Lettuce, Melon, Peas, Peppers, Tomatoes, Sage, Thyme, Dill, Nasturtium, Radish, Garlic, Beets, Broccoli, Cauliflower, Fenne Melons, Onions	
 Chives Beets, Cabbge Carrots, Cauliflower, Parsley, Potatoes, Strawberry, Tomatoes, Sage, Thyme, Asaprugus, Beans, Spinach, Peas	 Nasturtium Broccoli, Cauliflower, Cucumber, Strawberry, Melon, Beans, Squash, Mint, Sage, Thyme, Tomatoe	 Strawberry Beans, Garlic, Lettuce, Onion, Peas, Spinach, Thyme, Sage, Marigold, Broccoli, Cauliflower, Fennel, Kale	
 Cilantro Beans, Peas, Sage, Spinach, Lavender, Thyme, Rosemary, Fennel	 Onion Broccoli, Carrots, Cauliflower, Cucumber, Dill, Leeks, Lettuce, Parsley, Strawberry, Swiss Chard, Tomatoes, Sage, Thyme, Beans, Peas	 Sunflower Corn, Lettuce, Melon, Pumpkin, Squash, Sage, Thyme, Fennel, Swis Chard, Potatoes	
 Corn Beans, Cucumber, Melon, Parsley, Peas, Squash, Sunflower, Sage, Thyme, Dill, Mint, Radish, Broccoli, Cabbage, Tomatoes	 Oregano Asparagus, Cucumbers, Basil, Peppers, Broccoli, Cauliflower, Sage, Thyme, Basil, Chives, Mint	 Swiss Chard Beans, Broccoli, Cabbage, Carrots, Cauliflower, Onion, Peppers, Radish, Sage, Thyme, Nasturtium, Marigold, Cucumber, Melons, Mint, Pumpkin, Strawberry, Spinach	
 Cucumber Beans, Broccoli, Cauliflower, Corn, Dill, Lettuce, Onion, Peas, Peppers, Tomatoes, Thyme, Nasturtium, Radish, Potatoes, Sage, Squash	 Parsley Asparagus, Beans, Broccoli, Cauliflower, Chives, Corn, Onions, Peas, Peppers, Tomatoes, Sage, Thyme, Carrots, Lettuce, Mint	 Thyme Broccoli, Cauliflower, Strawberry, Beans, Carrots, Chives, Lettuce, Melon, Onion, Peas, Peppers, Spinach, Squash, Strawberries, Swiss Chard, Basil, Celery, Cucumber, Mint, Tomatoes	
 Dill Broccoli, Cauliflower, Corn, Cucumber, Lettuce, Onion, Sage, Thyme, Carrots, Tomatoes	 Peas Beans, Carrots, Corn, Cucumber, Parsley, Peppers, Spinach, Squash, Strawberry, Sage, Thyme, Chives, Garlic, Leeks, Onion	 Tomatoes Basil, Beans, Chives, Cucumber, Garlic, Lettuce, Marigold, Onion, Parsley, Peppers, Thyme, Nasturtium, Marigold Carrots, Borccoli, Cauliflower, Corn	



Flower of the Month:

DAFFODIL

If you've spent enough time in Whitefish Bay, you've probably noticed how many homes have daffodils in their front yard. Not only are they a beautiful flower, but daffodils are generally cold-hardy and can tolerate a good deal of freezing temperatures, especially before their blooms open. They can even sprout in mild winters; which we all know Wisconsin is not new to seeing some snow fall in April! Daffodils will grow in full sun or partial shade and are not fussy about soil. They are happy to grow almost anywhere as long as the soil is not soggy.

Yellow is the most common color for daffodils, but they also bloom in white, cream, orange and even pink. You can choose from several different flower styles, including trumpets, doubles, split-cups, large-cups and jonquillas. By planting an assortment of different types of daffodils, you can enjoy 4 to 6 weeks of these beautiful, carefree flowers every spring.

Did you know? Daffodils are said to symbolize friendship but also new beginnings. They are one of the first signs of Spring and are also strongly associated with Easter because of this reason!

Gardening *Fun Fact*

Plants "talk" to each other! Through a network of fungi, plants can communicate, sharing resources and even warning each other of pests.



Garden to Table

Recipe inspiration from what we grow in our garden!

STRAWBERRY SPINACH SALAD

Ingredients:

DRESSING

- ½ cup white sugar
- ½ cup olive oil
- ¼ cup distilled white vinegar
- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1 tablespoon minced onion
- ¼ teaspoon paprika
- ¼ teaspoon Worcestershire sauce

SALAD

- 1 quart strawberries - cleaned, hulled and sliced
- 10 ounces fresh spinach - rinsed, dried and torn into bite-sized pieces
- ¼ cup almonds, blanched and slivered



NUTRITION FACTS

491 Calories **35g** Fat

43g Carbs **6g** Protein

Bon Appetite!

Instructions:

1. To make the dressing: Whisk sugar, oil, vinegar, sesame seeds, poppy seeds, onion, paprika, and Worcestershire sauce together in a medium bowl until well combined. Cover the dressing and chill it in the refrigerator for 1 hour.
2. To make the spinach salad: Combine sliced strawberries, torn spinach leaves, and almonds in a large bowl.
3. Pour dressing over salad; toss to coat.
4. Refrigerate for 10 to 15 minutes before serving.



2025 Business Sponsors

Growing Community one Seed at a Time

SARAH & CO.

Cornucopia Sponsor

Sarah & Co. have partnered with the Whitefish Bay Community Garden for five years now!

As Realtors, Sarah & Co. began with the desire to take a client-driven, collaborative approach to real estate. “Our client-first strategy allows us to draw on our years of market experience, tenacious negotiation skills and strong eye for staging in an atmosphere that is comfortable and confident. We rely on our track record of strong client-relationships and recognition for our hard work, including membership in Shorewest Realtors’

Executive Club, to lead our path going forward.” With this approach, along with almost 20 years of combined experience and over \$65 million in sales and the support from Shorewest Realtors’ award-winning team, Sarah & Co. is ready to welcome you home!



EASTCASTLE PLACE

Harvest Sponsor

We are thrilled to welcome our new 2025 Business Sponsorship with Eastcastle Place!

For over 140 years, Eastcastle Place’s mission as a non-profit senior living community is to serve residents and their families by offering a full continuum of care and fostering active and fulfilling lifestyles of our residents. We offer senior living that includes independent living, assisted living, memory care, skilled nursing and rehabilitation all under one roof and right in the heart of Milwaukee’s East Side. Eastcastle Place provides residents with maintenance-free living, an array of amenities and services to allow more time to pursue passions and interests, and a family-like atmosphere. We are always embracing new ideas that help residents keep exploring, learning and thriving every day. Visit us to learn more and experience Eastcastle Place for yourself!





Volunteers Welcome!

If you know a friend or family member who would be interested in volunteering, let them know it's never too late to join us!

Here's what to expect as a garden volunteer:

- Miriam, the Garden Coordinator, will schedule a work time once or twice per week during the growing season, depending on the weather and what work needs to be done. Usually, the work sessions are one to two hours long.
- You will receive an email with the volunteer opportunities. The email will include a link to the SignUpGenius garden page.
- From there, you can choose which sessions you'll be able to volunteer for. If a session is cancelled due to weather, Miriam will notify you via SignUpGenius.
- Show up at the WFB Community Garden and meet Miriam and the other volunteers at your scheduled work time. The garden is located on the WFB High School lot off of Marlborough, between the Field House and Memorial Gym.
- Once you arrive, Miriam will let you know what work needs to be done.
- Please bring garden gloves and hand tools. A bottle of water is a great idea too.

If you are a volunteer, be sure to check your email regularly for work dates & times, events, monthly Sow & So's, and more!

Thank you in advance for your hard work!



Prepping! April, 2019



Highschool volunteers, 2021



We Need You

The garden is completely supported by community member donations. Donations will go towards plants, tools, maintenance, and coordination of the garden.

Donor Levels

Perennial \$35-\$99

Cultivating \$100-\$499

Heirloom \$500+



2025 Donor

Jennifer Russell

Perennial Donation

Thank you!!!

If you are interested in making a donation, please contact the WFB Recreation Department



Becoming a Sponsor

By becoming a business sponsor, your company will help the Community Garden by securing water, equipment, staff support and general garden expenses while your business grows through the publicity we can provide!

ANNUAL BUSINESS SPONSORSHIP PACKAGES

Harvest Level \$1000

Cornucopia Level \$2500

In-Kind Donations In the amount of your choosing

Donations made this way will earn sponsors a one-time public thank you for their donation.