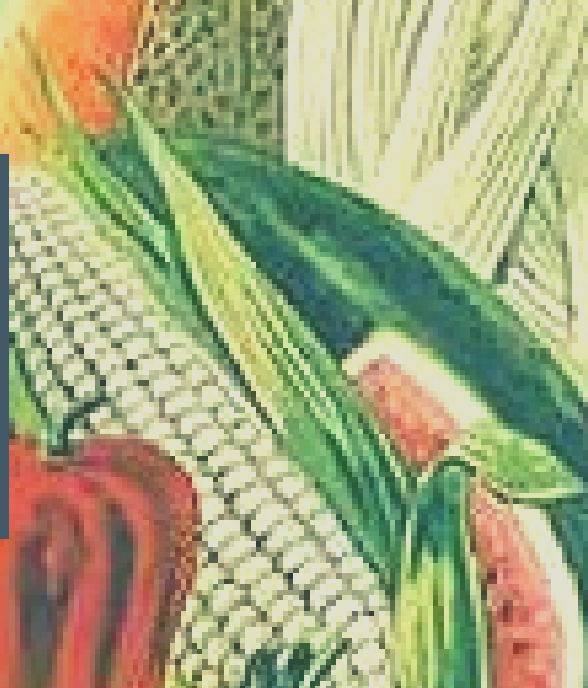


VOL. 1 · MAY 2019

SOW AND SO

Official Newsletter of the WFB Community Garden



Announcements, Events and Updates

After the endless cold and rainy days, we are looking forward to the warmer weather this growing season. Miriam Gerriets, the Community Garden Coordinator, has been getting down and dirty with her group of Work Volunteers. They have been busy edging and mulching the large perennial garden that surrounds the space, building the raised beds and weeding with a vengeance. We've got quite a few perennials popping up too. The raspberry bushes and rhubarb are already monstrous! Miriam met with the Whitefish Bay High School's Environmental Science class earlier in the month, and they have started seedlings in the greenhouse. Once they're big enough, the seedlings will be transplanted to the Community Garden. They planted tomatoes, cucumbers, peppers and beans. The cucumbers were the first to sprout. Check them out below!



This issue:

Announcements, Events
and Updates

PAGE 01

Volunteer Corner

PAGE 02

A Call for Donations
& Thank You's

PAGE 03

Strawberry Rhubarb
Crumble

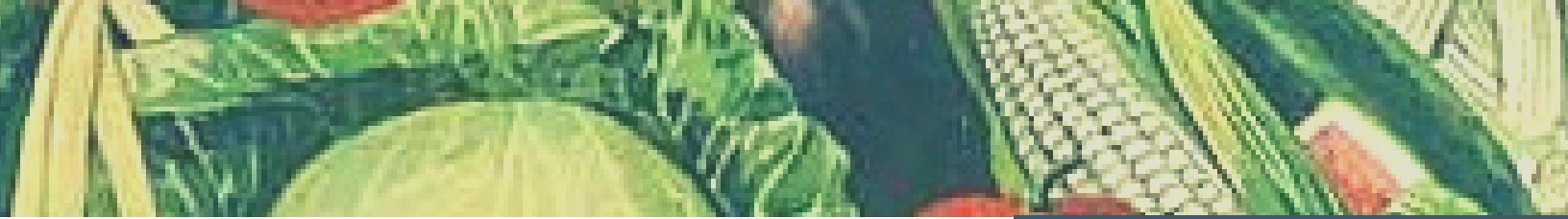
PAGE 04

Rhubarb Bars with Ginger
Crumble

PAGE 05

How to Start your own
Compost Pile

PAGE 06



Volunteer Corner

Our Work Volunteers make the magic happen here at the garden. Not only do they create a strong sense of community, but they also get to take home our nutritious organic vegetables and herbs as they ripen. What more could you ask for?

We are currently harvesting rhubarb. Rhubarb is high in fiber, calcium and Vitamin K. See Page 4 for our rhubarb recipe ideas!



If you are signed up to be a volunteer, make sure to check your email regularly for notifications of new work dates and times. Megan Kuehn will also send emails when new work days are posted onto SignUp Genius.

With our unpredictable weather here in Wisconsin, you never know when we'll have a surprise rain-out! If there is a cancellation, Miriam Gerrietts will email you via SignUp Genius.

Thanks for all your hard work and effort! We couldn't do it without you.

"Gardening
adds years to
your life and
life to your
years."

UNKNOWN



Whitefish Bay High School's
Environmental Science Class
tending to the seedlings



A Call for Donations

We are always accepting donations here at the garden. Items we are currently looking for:

- hand tools
- gardening gloves
- vegetable seedlings
- weed mat
- herb seedlings
- marigolds
- wheel barrow

Thank you in advance!



Thank You's

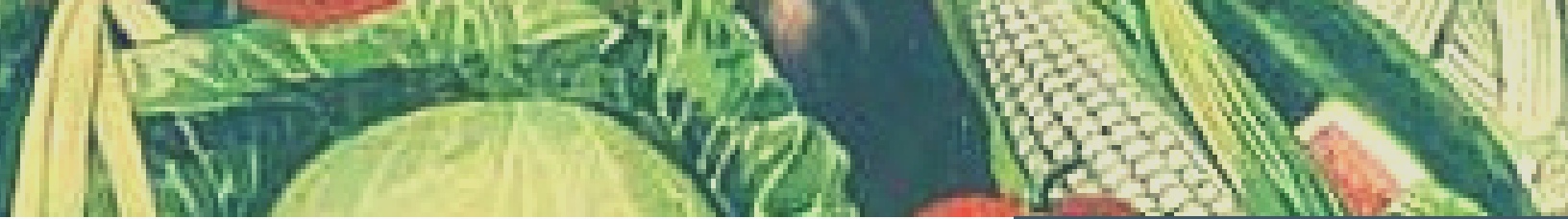
-Ted Fleagle for donating a bunch of tall bamboo stakes. With his help, we plan on building a bean tower. Thank you!

-Miriam and Darren Gerrietts for donating cedar boards for the first two garden beds. Thank you!



Big shout out to Bliffert Lumber for donating the cedar wood for the rest of our garden beds. Cedar is naturally resistant to rot and insects, and lasts for years even when in contact with soil. Thank you, Bliffert!





Strawberry Rhubarb Crisp

Ingredients:

- 1/3 cup strawberry preserves
- 1/8 tsp ground cinnamon or nutmeg
- 2 cups sliced fresh strawberries
- 2 cups sliced fresh rhubarb
- 3 Tbsp all-purpose flour
- 1/2 cup quick-cooking rolled oats
- 2 Tbsp cornmeal
- 2 Tbsp honey
- 1 tsp vanilla

1. Preheat the oven to 375 degrees.
2. In a large bowl, stir together preserves and cinnamon. Add strawberries and rhubarb; stir gently to coat. Add flour, stir gently until combined.
3. Spoon into a 9-inch pie plate. Bake uncovered for 20 minutes.
4. Meanwhile, in a small bowl, stir together rolls oats and cornmeal. Stir in honey and vanilla until combined.
5. Sprinkle oat mix over strawberry mixture. Bake uncovered for 20 minutes or until topping is golden brown and fruit is tender and bubbly.
6. Cool about 20 minutes before serving. Serve warm.



"A sweet treat with a hint of tartness. The strawberries and rhubarb in this dish complement each other perfectly. Add a scoop of vanilla ice cream for extra deliciousness!"

ANNE O'CONNOR



Rhubarb Jam Bars with Ginger Crumble

Ingredients:

Crumb Topping:

- 1/2 cup granulated sugar
- 1/2 cup all-purpose flour
- 1/2 cup finely chopped candied ginger
- 1/2 stick unsalted butter, melted

Crust:

- 2 sticks unsalted butter at room temp.
- 1/2 cup granulated sugar
- 2 cups flour
- pinch of salt

Rhubarb Jam:

- 5 cups sliced rhubarb
- 1/2 cup water
- zest of one orange
- 5 Tbsp powdered pectin
- 2 1/2 cups granulated sugar



1. Preheat the oven to 350 degrees
2. Begin by making the crumb topping. In a small bowl, combine the sugar, flour and candied ginger.
3. Pour the melted butter over the other ingredients and stir together with a fork to create small clumps. Chill until needed.
4. Make the crust by creaming together the butter and sugar with a mixer for 3-5 minutes until fluffy.
5. Gradually add the flour and salt. Combine until crumbly dough forms.
6. Turn the dough out onto an un-greased 9x13 baking pan and press it into the pan with your fingertips until the dough covers the bottom of the pan evenly and you have a slightly raised crust around the edges.
7. Bake the crust for 20 minutes.
8. While the crust is baking, make the rhubarb jam. Combine the rhubarb, water and orange zest in a large saucepan.
9. Sprinkle the pectin over the rhubarb, stirring to combine, and bring the mixture to a boil over high heat, stirring constantly to prevent scorching.
10. When the rhubarb mixture is boiling, add the sugar all at once and stir to combine.
11. Continue to cook the rhubarb jam until it returns to a boil, stirring constantly, and boil it hard for two minutes. The fruit should be broken down by this point.
12. Set jam aside until the crust is ready to come out of the oven. It will continue to gel as it cools.
13. To assemble the bars, spread the jam in an even layer on top of the pre-baked shortbread crust. Refrigerate any leftover jam and use at your leisure.
14. Remove the crumb topping from the freezer and sprinkle it evenly over the jam.
15. Bake the bars at 350 degrees for 25-30 minutes until the jam is bubbling and the crumb topping is golden brown.
16. Cool on a wire rack before cutting.

"I was a firm believer that veggies do not belong in desserts...until now! The rhubarb bars are to die for!"

MIRIAM GERRIETTS





How to Start your own Compost Pile

1. Start your compost pile on bare earth. This allows worms and other beneficial organisms into the compost.
2. Lay twigs or straw first, a few inches deep. This aids drainage and helps aerate the pile.
3. Add compost materials in layers, alternating between moist and dry.
4. Add manure, grass clippings, or another nitrogen source. This activates the pile and speeds the process along.
5. Keep compost moist. Water occasionally, or let the rain do the job.



6. Cover with anything you have - wood, plastic sheeting, carpet scraps, tarps. Covering helps retain the moisture and heat, which are two essentials for compost. Covering also prevents the compost from being over-watered by rain. The compost should be moist, but not soaked.
7. Turn. Every few weeks, give the pile a quick turn with a pitchfork or shovel. This aerates the pile. Oxygen is required for the process to work and turning "adds" oxygen.
8. Keep turning, covering, and keeping moist.
9. Enjoy your newly created compost!

What Can I Compost?

- fruit/veggie scraps
- tea bags
- coffee grounds
- coffee filters
- egg shells
- newspaper
- shredded paper
(avoid colored/glossy paper)
- leaves
- straw/hay
- grass clippings
- cardboard
- plants, flowers, cuttings

