



SOW & SO

WFB COMMUNITY GARDEN NEWSLETTER



Updates & Announcements

The month of July has been a HOT one! The common theme seems to be hot, rain, hot, rain, etc. Thank you to all the volunteers who made their way to the garden despite the soaring temps! Despite doing everything we have done in the past with success, our raspberry crop is pitiful! How can this be? Gardening is not for the faint of heart!!

Fortunately, our veggies are doing well. We have tons of cucumbers coming in, beans, peppers, zucchini, and slowly our tomatoes are making an

appearance. Our volunteers have enjoyed the harvest along with our North Shore Fire Department and the Whitefish Bay Police Department. Weeds and more weeds are loving the heat! Our focus throughout the next week is to tidy up our flower beds and get those weeds under control.

Thanks to all!

Miriam Gerriets
Community Garden Coordinator

Miriam Gerriets

VOLUNTEER SHOUTOUT

We'd like to give a big shoutout to Jerry and Lynn Meisner for fixing the lock on our garden shed!



Thank you!



SUNFLOWERS GALORE!

We did not plant a single sunflower seed this year! All of these beauties are from self seeding from the previous year. An awesome array of different colors! Our Mexican sunflowers are also starting to bloom!



This guy is almost ready to eclose!

We love seeing the benefits of having a pesticide-free garden!!

We have some very special guests enjoying our dill! We lucked out and have two swallowtail chrysalis!



Flower of the Month:

SUNFLOWER

Sunflowers (scientific name: *Helianthus annuus*) are large annual plants belonging to the daisy family. Their name originates from the Greek words "helios" (sun) and "anthos" (flower). They are often associated with joy, positivity, strength, resilience, loyalty, and good luck. In Greek mythology, the sunflower symbolizes unrequited love, devotion, and loyalty, based on the story of Clytie and Apollo.

They are well-known for their bright yellow petals and for their characteristic of turning their faces towards the sun throughout the day, a phenomenon known as heliotropism. However, this sun-tracking behavior applies mainly to younger sunflowers, and as they mature, their heads typically remain facing east.

Sunflowers are relatively easy to grow and thrive in full sun and well-drained soil. They typically take 70 to 100 days to mature and bloom, depending on the variety. Some varieties can reach impressive heights, with the tallest recorded being over 30 feet tall. They are versatile plants that offer a variety of benefits, from food and oil production to their role in environmental sustainability and cultural symbolism.

Did you know? Sunflowers were first cultivated by Native Americans as far back as 1000 BCE, for their food, medicine, dye, and oil.

Gardening *Fun Fact*

Plants have superpowers! Some can purify the air, heal injuries, and even catch insects.



Garden to Table

Recipe inspiration from what we grow in our garden!

FRESH SPRING ROLLS

Ingredients:

- 4 ounces vermicelli noodles or other rice noodles
- 8 large rice paper wrappers
- 1 carrot, julienned
- ½ English cucumber, julienned
- 3 ounces extra-firm tofu, cut into strips
- 1 jalapeño pepper, stemmed, seeded, and cut into strips
- 1 mango, peeled and cut into strips
- 1 avocado, cut into strips
- Fresh basil, mint, and cilantro leaves
- Peanut sauce, for dipping



{ **VEGAN AND GLUTEN FREE!** }

Instructions:

1. Prepare the noodles according to the package instructions. Drain and rinse under cold water.
2. Fill a large bowl with warm water and dampen a clean kitchen towel. Spread the kitchen towel over a flat work surface.
3. Soak a spring roll wrapper in the warm water for 15 seconds, or until pliable. Lay the wrapper flat on the kitchen towel and place some of the noodles, carrot, cucumber, tofu, jalapeño, mango, avocado, basil, mint, and cilantro in the center. Fold the sides of the wrapper over the fillings and roll tightly to close. Repeat with the remaining spring roll wrappers and fillings.
4. Serve with peanut sauce for dipping.

Bon Appetite!



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!

Look at our awesome community garden volunteers battling the summer heat to keep our garden beautiful!!





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+



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

2025 Donors

Jennifer Russell

Perennial Donation

Mary Mueller

Cultivating Donation

Allison Duncan

Perennial Donation

Thank you!!!



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.