



# SOW & SO

WFB COMMUNITY GARDEN NEWSLETTER



## Updates & Announcements

It's hard to believe that next week is the Fourth of July holiday! I always think that when we get to that date, in my head, summer is half way over. Well, with the slow start we have had, it looks like our summer will go well into September! The warm days and rain have definitely helped us along. The tomatoes are looking fabulous and a few plants are displaying flowers. We have been diligent this year with cutting the weak and lower branches to aid in healthy strong plants. We have invested in some new tomato cages and trellises to help keep our plants standing when the summer winds come through the garden!

With the frustrating start to the season, we planted quite a few veggies by seed and I am happy to report that it has been an amazing turnout. We have beans (pole and bush), cucumbers, lettuce, zucchini, and cantaloupe plants sprouting very nicely! Take a look at our first radish harvest of the season in the picture above!

Strawberry plants were a huge disappointment this year BUT we have had some very happy Robins and Squirrels that were very satisfied with our tiny berries. We are looking at shaking some things up around the garden with the addition of different varieties of raspberries and blackberries. Stay tuned on that note!

**In August we will be hosting one of our sponsors - Eastcastle Place. Residents will be joining us for a picnic and tour of the garden. We are very excited to share our space with them!**

As always, I am so thankful to have such dedicated volunteers and community support. The garden is a fun, calming environment which I hope is evident when people pass by. I love how many families take advantage of the garden beauty as they stroll through the garden with their children. Thank you!!!

Miriam Gerriets  
Community Garden Coordinator

*Miriam Gerriets*

### VOLUNTEER SHOUTOUT

We'd like to give a grand shoutout to  
John Laundrie for the mulch he donated  
for our strawberry beds!

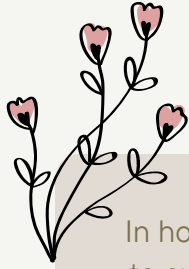
Thank you! 😊



Our Purple Corner is thriving with Iris, Salvia, Penstemon, Baptisia, and Wisteria!



Now that's a Rhubarb leaf!!!



## EXPANDING OUR GARDEN!



In hopes of keeping the garden growing, the WFB Community Garden wants to expand even more beyond our current beds where we can better control and protect plant growth. *How can we do that you ask?*

### BY GETTING A GREENHOUSE!!

Plus, volunteers would be able to use the greenhouse for any seeds they want to plant for their homes.

**To make buying a greenhouse possible, we need your help!** We are asking for donations from our volunteers or anybody you might know who would be interested to help!

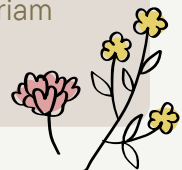
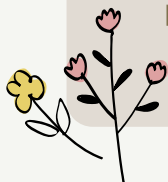


## WANT TO DONATE TOWARDS A GREENHOUSE?

EMAIL CAITLIN AT  
[CAITLIN.CARANI@WFBSCHOOLS.COM](mailto:CAITLIN.CARANI@WFBSCHOOLS.COM)

## SENDIK'S GRILL FUNDRAISER IDEA

In hopes of raising more money for the garden, we are throwing out the idea of having a fundraiser with the Sendik's Grill Program! If we get enough volunteers to help, our group will staff the grills outside of Sendik's, and all proceeds from the sales will go to the garden! Please let Caitlin or Miriam know if this is something you would be interested in!





## Flower of the Month:

### BLANKET FLOWER

Also known as gaillardia, is an easy-to-grow, short-lived wildflower with richly colored, daisy-like blooms. These fast-growing plants mature to 24 inches tall with a 20-inch spread, with large showy blossoms in the shades of orange, red, yellow, white, purple, and peach.

Blanket flowers are usually planted from nursery starts, but grow easily from seeds planted directly in the garden after the last frost date (or started indoors about four to six weeks early). If grown from seed, they bloom in their second year, but plants purchased from nurseries are typically ready to bloom.

Gaillardias are such long-blooming perennials that they work equally well in borders and containers. Perfect for the Wisconsin summer heat, blanket flowers do well with other heat-loving plants that thrive in full sun!

**Did you know?** The blanket flower is slightly toxic to humans. Well...in the sense that they can cause skin irritation due to the presence of sesquiterpene lactones. If this worries you, simply wear gloves when working with blanket flowers.

## Gardening *Fun Fact*

**A sunflower is not just one flower. The sunflower is a huge flower, but the head or fuzzy brown center actually contains 1,000–2,000 individual flowers. Each of those individual flowers will produce a sunflower seed.**





# Garden to Table

*Recipe inspiration from what we grow in our garden!*

## ROASTED RADISHES

### Ingredients:

- 1 lb. fresh globe radishes, stems removed, ends trimmed, and halved
- 1 tablespoon melted ghee or butter\*
- ½ teaspoon fine salt
- ⅛ teaspoon black pepper
- ¼ teaspoon dried parsley, dried chives, or dried dill (or mix of all)
- 2 garlic cloves, finely minced\*\*
- Optional for serving: [Ranch dressing](#) for drizzling or garnish of fresh parsley, dill, or chives



**THESE ROASTED RADISHES MAKE FOR A SWEET, FLAVORFUL SIDE THAT PAIRS WONDERFULLY WITH CHICKEN, BEEF, OR PORK DISHES.**

### Instructions:

1. Preheat oven to 425°F.
2. Combine the radishes, cooking fat (ghee, butter, or oil), dried herbs, salt, and pepper in a bowl. Toss until the radishes are evenly coated (Note: Don't add the minced garlic until step 5).
3. Spread the radishes into a single layer in a large 9×13-inch baking dish.
4. Bake for 20-25 minutes, tossing every 10 minutes.
5. After the first 10 minutes of baking, add the minced garlic and toss well.
6. Return the dish to the oven to bake for an additional 10-15 minutes or until the radishes are golden brown and easily pierced with a fork.
7. If desired, serve with ranch dressing for dipping or drizzling on top. Garnish with fresh parsley, dill, or chives.

*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!**

**Thank you in advance for  
your hard work!**



*Volunteer, 2022*



*Highschool volunteers, 2022*



# 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.*