



SOW & SO

WFB COMMUNITY GARDEN NEWSLETTER



Updates & Announcements

It has been a slooow and frustrating start to the garden season! No fear everyone, this is the consensus throughout our wonderful state of Wisconsin. Normally we welcome the rain, but with the cooler temps, it hasn't had the greatest impact on our plants. The warmer temps arriving this weekend will do a ton of good! We have lots of tomato plants thanks to volunteer, Ellen Hing. Ellen started many different varieties in her kitchen this winter!

On a good note, many of our perennials that were planted last year made it through the winter. The Verbena we purchased from MMSD is starting to take off. Ballroom flowers, blanket flowers, and cone flowers are all looking good! I have given up on cardinal flowers as much as I love them. Every year I have purchased from MMSD and they never thrive. Ugh!

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!**

Thanks for all that you do for the garden,

Miriam Gerriets

FORAGE KITCHEN GARDEN FUNDRAISER

On Tuesday, May 6th we raised:

\$160.75

Small victories can make a difference!

Thank you to those who participated in the fundraiser.

Hurray!!!





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!!

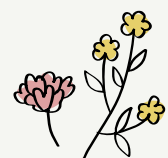
Plus, volunteers would be able to use the greenhouse for any seeds they want to plant for their homes.

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





Flower of the Month:

PEONY

If you have peonies in your garden, you've probably noticed they have begun to bloom! In Wisconsin, they typically bloom from late May through early June. They're beautiful, tough, and durable, and are known to represent honor, prosperity, and good fortune. Peonies can live past 100 years, come in every color except blue, and can grow as large as 10 inches!

If you want to plant peony roots, dig a hole about two feet in diameter and mix in some compost. Plant the roots with the eyes covered only one to two inches deep. If you plant roots too deep, the plant will come up, but will not bloom well, if at all. Try to plant peonies in a spot where they can live for years because they resent being transplanted or moved!

When caring for your peonies, feed peonies with a lower-nitrogen fertilizer when the foliage begins to unfurl in the spring. Feed again, lightly, in late summer.

Did you know? The peony is named after Paeon, a student of Asclepius, the Greek god of healing. Legend says that when Asclepius became jealous of his gifted student, Zeus saved Paeon from his jealous master by turning him into a beautiful flower.

Gardening *Fun Fact*

Vanilla flavoring comes from the pod of an orchid, *Vanilla planifolia*. Though the pods are called vanilla beans, they're not actually in the legume family like green beans.



Garden to Table

Recipe inspiration from what we grow in our garden!

SOUR CREAM RHUBARB COFFEE CAKE

Ingredients:

CAKE

- 2 eggs
- 1 ¼ cup sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups all purpose flour
- 1 cup sour cream
- 2 ½ cup fresh rhubarb

CRUMBLE TOPPING

- 1 cup white granulated sugar
- ¼ cup all-purpose flour
- ¼ cup butter (unsalted)
- 1 tablespoon cinnamon



NUTRITION FACTS

Serving: 1 slice

Calories: 295kcal (15%)

Carbohydrates: 60g (20%)

Protein: 4g (8%)

Fat: 5g (8%)

Instructions:

1. Preheat oven to 350 degrees and spray a 9x13 baking pan with non-stick cooking spray.
2. In a large bowl, mix egg, flour, baking soda, salt, sour cream and sugar together.
3. Beat with an electric hand mixer until smooth (about 1 minute).
4. Fold in rhubarb with spoon.
5. Pour into a prepared pan.

Bon Appetite!

CRUMBLE TOPPING

1. In a medium bowl, combine sugar, flour and cinnamon. Cut in butter.
2. Mix until crumbly and sprinkle over top of batter.
3. Bake for 45-50 minutes or until cake tester comes out clean.



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+



2025 Donor

Jennifer Russell

Perennial Donation

Mary Mueller

Cultivating Donation

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

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.