



SOW & SO

WFB COMMUNITY GARDEN NEWSLETTER



Updates & Announcements

Happy October! It is hard to believe that our garden season is still going strong! We are consistently harvesting tomatoes, green beans, kale, swiss chard, basil, and eggplant. As a crop grows old, we are doing some clean-ups and tidying up our perennial and native plants. We will leave most of the plants standing as they offer a wonderful place for insects to enjoy the winter months. Our Coneflowers, BeeBalm, Verbena, and Maltese Cross are welcome to self-seed to keep our gardens beautiful next year!

As soon as we get a cold streak consistently, we will plant our garlic crop for next year, but it may be Thanksgiving before that happens! When our Canna Lily plants finish growing and blooming, we will dig them up to replant next year. These usually multiply very well, giving us bulbs to share with our volunteers.

Our garden harvest held in September was a very nice event (photos below), which allowed us to visit with each other and share tasty treats without pulling weeds. In this final Sow & So, you will find some of the recipes to make these!

I want to thank all of our volunteers and donors for helping us make this garden season a huge success. We were able to share our harvest with the teachers of our schools, the police department, library staff, fire department, public works staff, village hall, and area food banks. Our donations to area food banks happened WEEKLY- which I am very proud of. You all made this happen!!!

Looking forward to a fun clean up with you all and planning for next year!

Miriam Gerriets
Community Garden Coordinator

Miriam Gerriets





Flower of the Month:

ASTER

The aster flower is a daisy-like perennial plant known for its star-shaped blooms, available in various colors, including white, pink, blue, and purple. Named for the Greek word "astér" meaning "star," asters are popular in gardens as late-blooming flowers, attracting bees and butterflies in late summer and fall. These low-maintenance plants thrive in full sun and well-drained soil, adding vibrant color to landscapes and serving as a food source for pollinators.

Characteristics

- **Appearance:** Asters have a central disc of tiny florets surrounded by elongated ray florets that resemble petals, creating a daisy-like appearance.
- **Colors:** Blooms come in a range of colors, including white, pink, blue, and purple.
- **Bloom Time:** They are known for their late-season blooms, flowering from late summer through fall.
- **Size:** Depending on the variety, asters can grow from 1 to 6 feet tall and 1 to 4 feet wide.

Did you know? In the past, aster leaves were used as herbal medicine. They were burned to create a scent said to repel evil spirits, and the plant was used to treat headaches and respiratory issues.

Gardening *Fun Fact*

You can leave a thin layer of mulched leaves on your lawn, or rake leaves into garden beds and around the base of trees. This adds nutrients and organic matter to the soil!



Garden to Table

Recipe inspiration from what we grow in our garden!

TOMATO MOZZARELLA TART

By: Doug & Laura Santilli

Ingredients:

- Your favorite pie crust (homemade or store bought)
- Dijon mustard
- Mozzarella cheese (shredded)
- Roma tomatoes
- Minced garlic
- Olive oil
- Basil leaves (fresh taste best)



Instructions:

1. Bake pie crust according to package until light golden brown. Let cool completely.
2. Once crust is cool, spread enough Dijon mustard to cover the entire inside bottom of the crust.
3. Layer with shredded mozzarella cheese. Enough to fill the entire pie crust (I think I shred about 4 cups, or buy the bigger bag of pre-shredded cheese).
4. Layer about 3 - 5 sliced Roma tomatoes on top of cheese. I like to blot the cut toms to get rid of extra moisture.
5. Put some minced garlic over the tomatoes (as much or as little as you like).
6. Drizzle with olive oil
7. Bake again (350 degrees) for around 25-30 minutes. Cheese should bubble. You want to make sure the middle is cooked through.
8. Let pie cool to room temperature. Garnish with chopped basil leaves.
9. Slice pie into thin wedges and serve. Best served at room temperature.

Bon Appetite!



Garden to table recipes continued...

BRUSCHETTA

By: Kristin Schiestle

Ingredients:

- 2-3 lbs of meaty tomatoes
- 1 Tbsp of coarse salt
- 3 large garlic cloves
- 20-30 basil leaves
- 1/2 cup olive oil
- Splash of balsamic vinegar

Instructions:

1. Chop tomatoes and place in a bowl.
2. Sprinkle tomatoes with the salt and toss gently.
3. Crush garlic and cut basil leaves, adding them to the bowl.
4. Pour in olive oil and splash with balsamic vinegar. Stir gently.

For the bread:

1. Heat oven to 400.
2. Slice French bread thinly and brush both sides of each piece with some olive oil and a pastry brush.
3. Set these on a baking sheet and top each piece with a pinch of Parmesan.
4. Bake for about 5 minutes or until cheese is slightly melted/browned.



Yummy!





AIR FRYER GREEN TOMATOES

By: Kim Durham (uses Samantha Erb's recipe)

Ingredients:

- Green tomatoes – Unripe tomatoes, and slice them thick so they hold up in the air fryer.
- Salt – Just a pinch helps bring out the tomatoes' natural flavor and pulls a little moisture out before breading.
- Flour – All-purpose flour gives the first layer of structure so the coating sticks.
- Eggs – Whisk them in a shallow dish to help the breading bind to each slice.
- Cornmeal – Can be swapped out for more breadcrumbs
- Breadcrumbs – Regular or panko bread crumbs
- Paprika – Adds just enough to add warmth without overpowering the green tomatoes.
- Cayenne – Optional (Kim uses chili pepper)



Delicious!

Instructions:

1. Slice the green tomatoes and generously coat them with salt. Let them sit for at least 5 minutes. This will allow any moisture to come out and bring out the flavor.
2. Place the flour in one bowl, egg in the second bowl, and the cornmeal, breadcrumbs, salt, paprika, and cayenne pepper (if using) mixed in the third bowl.
3. Pat the green tomato slices dry so they will attach the breading and stay firm.
4. Preheat the air fryer to 380 degrees F.
5. Dip one tomato slice into the flour, then egg, then cornmeal mixture, making sure to coat all sides. Set it aside and repeat with all the remaining tomato slices.
6. Place the slices in the air fryer in a single layer air frying them for 8-9 minutes. Open the air fryer halfway through cooking, spritz the top with oil, flip, then spritz the other side with oil. Close the air fryer and continue cooking until they are golden brown.

Paired with Sriracha Aioli

Kim uses the Key To My Lime recipe

Ingredients:

- 1 cup mayonnaise
- 2 Tablespoons Sriracha chili sauce
- 2 Tablespoons freshly squeezed lime juice (the juice of about 1 lime)
- 1 small garlic clove (minced, optional – depending on taste preference)

1. Mix all ingredients together in a bowl, and store in an airtight container in the refrigerator.





last but certainly not least...

KATHARINE HEPBURN'S BROWNIES

Recipe shared by Joy Mast



YIELD: 12 BROWNIES

Much like its author, this recipe is a no-fuss classic. It calls for just $\frac{1}{4}$ cup of flour, which yields an incredibly rich and gooey brownie, and it's super easy to make. So easy, in fact, that baking a batch of these might just become part of your weekend routine.

Ingredients:

- $\frac{1}{2}$ cup cocoa
- $\frac{1}{2}$ cup butter (1 stick)
- 2 eggs
- 1 cup sugar
- $\frac{1}{4}$ cup flour
- 1 cup chopped or broken-up walnuts or pecans
- 1 teaspoon vanilla
- Pinch of salt

Instructions:

1. Heat oven to 325 degrees.
2. Melt butter in saucepan with cocoa and stir until smooth. Remove from heat and allow to cool for a few minutes, then transfer to a large bowl. Whisk in eggs, one at a time. Stir in vanilla.
3. In a separate bowl, combine sugar, flour, nuts and salt. Add to the cocoa-butter mixture. Stir until just combined.
4. Pour into a greased 8 x 8-inch-square pan. Bake 30 to 35 minutes. Do not overbake; the brownies should be gooey. Let cool, then cut into bars.

Thank you so much!!!!



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!**



*We love our little
garden helpers!*





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

Paula Braam

Cultivating Donation

Jeanne Fleagle

Perennial Donation

Mary Mueller

Cultivating Donation

Allison Duncan

Perennial Donation

WFB Garden Club

Cultivating Donation

Becoming a Sponsor

Thank you!!!

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.