



Photo by Arden Miller

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### We ♥ Volunteers

We welcome help from individuals and groups alike. Can't do physical labor? No problem. There are many ways to help. Please consider using your talents to help East Snyder Community Garden serve our community. If you or your organization would like to learn more about volunteering, [click here](#).



"If the bee disappeared off the surface of the globe, then man would have only four years of life left. No more bees, no more pollination, no more plants, no more animals, no more man."



Albert Einstein

## Garden News

### Notes from the Garden Manager, Roy Swazey

🐝 I got two or three chiggers last month. In June, I found a wood tick crawling up my leg. This is just FYI as a reminder that we are in Pennsylvania.

🐝 Hoses and mowing sometimes conflict with each other.

🐝 I look for, dig up, and remove poison ivy when I see it. I am interested in knowing if you find it, where it was found. Birds will plant it for us when flying over because the berries are tasty.

🐝 Bind weed and morning glories are almost as undesirable as poison ivy.

🐝 If you find hardware (such as nuts, bolts, washers) on the ground in the garden, please turn them in to me.

### Furry Friends at the Garden



Image by wirestock on Freepik

ESCG gardeners are welcome to bring their dogs to the garden. Please feel free to bring your "best friend" to enjoy the garden, but keep in mind that your dog should always be on leash while in the garden, as not all gardeners are comfortable around dogs. Also, please clean up after your dog and properly dispose of all waste. Happy gardening!



### Help Deliver Smiles to Others

*by Kathy Boushie*

East Snyder Community Garden volunteers deliver flowers weekly to Grayson View Assisted Living and Penn Manor Nursing Home. We are very much in need of extra hands to help with cutting and delivery. Can you offer one or two mornings this summer to brighten the day of our neighbors at area nursing homes? If so, whether you are an ESCG member or not, please consider volunteering to cut and deliver flowers.

Several ESCG gardeners grow flowers in their garden plots specifically for donations to bring a smile to others. The seniors at Grayson View and Penn Manor greatly enjoy arranging donations of zinnias, snap dragons, ageratum, salvia, dahlias, orlaya, black-eyed susans, coneflowers, and sunflowers into small bouquets to be distributed throughout their facilities.

If you grow flowers in your garden plot that you would be willing to offer for occasional cutting, please see Garden Manager Roy Swazey. Roy will mark your plot, so volunteers know who is generously willing to donate.

If you can sign up to cut and deliver for one or two mornings this summer, please call or text Kathy Boushie at 732-778-9404 or [sign up to volunteer](#).

Cutting and delivering a beautiful bucket of flowers is a wonderful way to spend a happy morning in the garden.



photo by Kathy Boushie



## Produce Donations

Vegetables are finally growing at the garden! It has been a totally crazy spring. Gardeners did donate spinach and lettuce earlier this season (and some garlic!), but most plants are just starting to bloom. We hope they will be producing in abundance.



Photo by Arden Miller

## Flower Buckets Needed

The garden board is looking for donations of gallon buckets, which we use to deliver fresh flower donations to area nursing homes. Plastic ice cream tubs work very well. If you eat ice cream by the gallon, please consider saving the buckets for us. If you have buckets to donate, please email [escgpa@gmail.com](mailto:escgpa@gmail.com) or call 570-374-5369. Thanks!



## Mother Goose on the Move



Photo by Arden Miller

The weather has kept Mother Goose "grounded." In May the program had to be rescheduled. In June as storm blew up and blew our young attendees out of the garden. Stay tuned for more dates and activities.

## Potluck Picnic June 24

Gardeners gathered on Saturday, June 24<sup>th</sup> for a tasty potluck picnic. It was wonderful to get together for a meal. Fortunately, we had eaten by the time our gathering was scattered by a thunderstorm.



Rain washed the tables after our spring potluck.

Photo by Arden Miller

## Help Us Build Community: Run for the Board

by Jackie Lambert

ESCG is the place to be! We rent our plots with hope in our hearts, and we adjust expectations when drought, squash vine borers, allium leaf miners, or cucumber beetles damage our lovingly planted crops. We do what we must do to keep our plants and hope alive!

Likewise, as community gardeners, we do what we can to maintain and grow our community even as we face both expected and unexpected challenges. To keep things fresh and to prevent burnout, we need everyone! It is true that we need people to mow and maintain common areas and to pick and deliver donations. We also need people to run for the board. There are some tasks and responsibilities that do not change like accounting for money and updating our annual membership. Other things can and should change like the summer educational programs and the individual board members. I assure you that none of the current board members will whine if we are not reelected! What is your vision for ESCG? The garden board needs fresh ideas and creative solutions to issues that arise. We need people who can inspire, support, and empower others. The board needs *you*.

People run to be a board member, not for a specific position. At the October 2023 meeting, the newly-elected board members, as a group, will decide who will serve in each of the five positions – president, vice-president, garden manager, secretary, and treasurer. Please consider serving a one-year term beginning in October. Elections will take place in mid-September. If you are interested in running for the board this year, please let us know by [clicking here](#) to review board responsibilities and complete a brief questionnaire. If you have questions, don't hesitate to [reach out to current board members](#).

I hope to see new names and faces on the ballot in September!



### Mark Your Calendars: Upcoming Workshops & Events

#### Firefly Walk

**Friday, July 14, 8:00PM**

Join us at the East Snyder Community Garden for this fun and educational experience. [Registration required.](#)

#### Art at the Garden

**Tuesday, August 8, 6:30PM**

*Art in the Garden returns to East Snyder Community Garden! This family event will hopefully be the first of many events where families and people of all ages can gather to embrace plants, vegetables, and flowers... and maybe a worm or insect too with an artistic twist. Supplies are provided, but guests can absolutely bring their own favorite drawing, coloring, sketching supplies. A short story will be read before releasing artists into the garden. We encourage you to attend, no matter your skill level. This is a no judgement space where you can relax and sit within the garden to unwind and let your creativity flow. Please bring a blanket or chair to relax on. \$15 per family. Space is limited. Use the QR Code or [this link to register](#) Raindate: August 15.*

Art in the Garden!



#### Science and Art of Fermentation with Taste Testing with Jennifer Duperon **Tuesday, August 15, 6:00-7:30 PM**

**All Saints Episcopal Church**

*Learn the science and history of fermentation. Find out how to get started fermenting at home. Taste some of Jennifer's homegrown ferments and create your own ferment to take home and enjoy later.*

*Registration required. [Click here to register.](#)*

#### Gardener's Annual Meeting & Potluck

**Sunday, September 17, 5:00PM**



## The Buzz

by Arden Miller



### First Day at the Market

East Snyder Community Garden was asked to provide activities for children on May 13<sup>th</sup>, the opening day of the Selinsgrove Farmer's Market. Gardener's Colleen and Arden talked to attendees about the importance of pollinators and offered a game of Pin the Pollinator on the garden. Origami bees, butterflies and bats were available to be "pinned" onto the flower garden painted by Joyce Carnall.

### Susquehanna University 'Serve' volunteers lend a hand at the garden.

Each year, students, faculty, staff, alumni, and parents prove their commitment to bettering our world through service by participating in Susquehanna Engaging in Regional Volunteer Experiences (SU SERVE). On April 21st ESCG had 8 volunteers help at the garden. The volunteers help at the garden in general and in individual plots.



Garden volunteer, Alayna, helping Roy weed at the garden.





## Community and Gardens- a Growing Adventure

*by Arden Miller*

Our gardening community was started in 2009 as the Pennsylvania Department of Agriculture/Selinsgrove Community Gardens. It was a partnership between Penn State Cooperative Extension Master Gardeners, the Susquehanna River Coalition, and Susquehanna and Bucknell Universities with grant monies from the PA Department of Agriculture.

In 2010 Secretary Russell C. Redding, PA Department of Agriculture, reported that "Residents in the area of Selinsgrove, Snyder County, will gain a better understanding of agriculture's important role – and save money – by growing their own food. By producing food locally, we increase its accessibility and reduce the distance it must travel to reach our tables. This is a clear example of how we can all help keep Pennsylvania growing. This opportunity will not only yield fresh, nutritious food for local residents to feed their families and help reduce grocery bills, but also gives them the chance to come together as a community and connect with the land."

In 2012 grant monies from the PA Department of Agriculture were no longer available to operate the garden. Many at the garden wanted the mission to continue so formed the non-profit, East Snyder Community Garden (ESCG), which continues today.

Since 2012 East Snyder Community Garden has been an all-volunteer operation with the mission of maintaining a community garden opportunity. Many who garden at ESCG contribute in some fashion to this mission—growing extra produce for donation, cutting flowers for donation at local nursing homes, offering or assisting at educational opportunities for the public, helping other gardeners, providing maintenance to the garden in general or by serving a term on the garden board. Be a part of this COMMUNITY GROWING ADVENTURE. Share your time and skills with the garden.

## What's for Dinner?

*Brought to you by Snyder County Libraries*

Having trouble deciding what to have for dinner tonight? Say no more! Snyder County Libraries has recently purchased subscriptions to two food databases.

**AtoZ Food America™** provides 7,000 recipes, 650 ingredient articles, vintage food labels and ads, historical what did they eat articles, how to make food videos, and more, AtoZ Food America is the world's largest database of American food, culture, and recipes. It features content and information found nowhere else combined with beautiful graphics and illustrations.



Image by brafex on Freepik

**AtoZ World Food™** is the world's largest and most comprehensive database of food and food culture for 174 countries. This proprietary database includes 884 food culture articles, 6,500 traditional recipes, 650 ingredient articles, historical timelines, glossaries, and 2,000 food quotes. Lavishly illustrated with 14,000 photos.

Any patron of Snyder County Libraries can access these databases by visiting [snydercountylibraries.org/food-databases](http://snydercountylibraries.org/food-databases) or scanning the QR Code

Once you're on the webpage, just choose which database you'd like to access by clicking on the appropriate button and entering "PL3231" followed by your library card number.

Feel free to contact us at Snyder County Libraries by calling 570-374-7163 if you have any questions.



## HOBY Returns to Lend a Hand

by Crystal Erskine



On June 10<sup>th</sup>, ESCG was blessed with a second visit from wonderful HOBY volunteers! A whole busload of 10th graders and only slightly older counselors cheerfully ripped tape off an enormous pile of boxes, dug out wheelbarrow after wheelbarrow of thistles, removed trees, mulched, weeded, planted and so much more. We were very lucky that the predicted wildfire smoke did not cancel their visit and that it rained the day before, but not the day of.

Even after all that work in the hot sun, many kids spoke about being inspired by their experience at ESCG to try to grow their own food back home. Arden, the garden's seed exchange coordinator, offered them seeds left over from the Seed Exchange in February and a donation from Bright Farms. This triggered an especially beautiful moment of synergy with Lane, a young member of FFA from York County. Lane is working with a senior citizens organization to establish a new community garden. Lane took all the seeds that no one else wanted and planted them immediately. This is precisely the kind of beautiful, ephemeral connection that is meant by "COMMUNITY!"

HOBY, [Hugh O'Brian Youth Leadership](#), is a highly structured and selective organization. For example, the kids who attended last year that wanted to return this year had to qualify for it by doing at least one hundred hours of community service separate from any school-sponsored activities.

We are very grateful to HOBY and Susquehanna University for bringing these lovely young people to us! And we are grateful to Weis, Bimbo Bakeries, and the many gardeners who donated food for lunch and snacks for the kids to take home.

*Continued on page 8*

"You give but little when you give of your possessions. It is when you give of yourself that you truly give."  
- Kahlil Gibran



Two of the crew who may receive homemade salsa from a very grateful gardener.




Proud tree removal HOBY volunteers!



**A Note from Dean Schreiber, President of East Snyder Park**

On Saturday, June 10, 2023, twelve HOBY volunteers & three supervisors performed a variety of tasks at East Snyder Park. Tasks completed included weeding throughout the park, cleaning up the area in and around Everyone's Playground, trimming trees, cleaning sheds, litter pickup, and renewing the bocce ball courts. Lunch was provided as a collaborative effort between the East Snyder Regional Recreation Association (ESRRA) and the East Snyder Community Garden at the pavilion next to Everyone's Playground in East Snyder Park.

ESRRA and the Penn Township Supervisors would like to recognize the HOBY volunteers and their supervisors for a job well done! The Park needs volunteers to help with maintenance & enhancement of the facilities at East Snyder Park on a continual basis, and we welcome volunteers at any time. If you feel the urge to volunteer at East Snyder Park, please contact the Penn Township office at 570-374-4778.




## HOME MOSQUITO PREVENTION CHECKLIST

*Mosquitoes breed in stagnant and standing water!*

- ✓ Remove objects that collect standing water
- ✓ Drill holes in the bottom of recycling containers
- ✓ Have roof gutters cleaned every year
- ✓ Turn over plastic wading pools and wheelbarrows
- ✓ Do not let water stagnate in birdbaths
- ✓ Aerate ornamental pools or stock them with fish
- ✓ Treat standing water with Bti products

More tips → [dep.pa.gov/westnile](https://dep.pa.gov/westnile)





## Vertical Gardening for Senior Living Centers

By Natalie Imhoof



The Vertical Gardening project is a cross generational project which was made to help improve social isolation and loneliness. The vertical gardens are attached to a wall near a window and are watered directly and get sunlight more efficiently than standing plants. Many senior residents do not have a lot of space in their living accommodations. Vertical gardening is a way to maximize space on walls to grow plants. These gardens promote inclusivity and allow residents with physical accommodations to garden at a height that works best for them. This was an interactive project which allowed residents to learn more about the benefits of gardening and overall, this project had very positive feedback from the senior participants.

There are many benefits to vertical gardening. For instance, these gardens act to clean many of the impurities in the air. They can also absorb extra gas from heating, and they naturally can cool the space (agritech, 2021). People living or surrounded by plants have higher intakes of vitamin D (Thompson, 2018). Not only does vertical gardening have physical benefits, but emotional as well. Studies show that even observing nature has positive effects on people's mental health. The observation of nature can lower a person's EEG and pulse, reduced stress, blood pressure, decreases sadness, and muscle tension. Similar studies have shown pain reduction for those that are near plants while healing (Thompson, 2018).

*Natalie Imhoof is a rising senior at Susquehanna University. She is a biology major and loves to garden as well as being passionate about the environment. She loves to combine her passion for plants with her interest in personal care.*

## Lots to Dig at the Garden!



Left: Young gardeners dig for worms.



Right: Kathy gets a bed ready to plant more flowers.

Photos by Arden Miller



# Kids' Page

## Pollinators

During the summer months you can find lots of pollinators at the garden. Pollinators are things that help carry pollen from one flower to another. Bees, beetles, butterflies, hummingbirds, flies, moths, and even wind all help to pollinate plants. Without pollinators, people, land animals, and plants would not survive. 🐝



Photo by Lori Lupolt

When a bee lands on a flower, pollen sticks to its hairy little body. A little bit of the pollen drops off onto each flower the bee visits. 🐝



Photo by Lori Lupolt

While feeding on nectar, monarchs and other butterflies pollinate many types of flowers. They choose flowers that are brightly colored, grow in clusters, stay open during the day, and have flat surfaces that serve as landing pads. 🐝



Photo by Arden Miller

**Next time you're at the garden, photograph or draw a pollinator/ You'll find supplies in the Kids' box in the small shed.**

In the box you'll find colored pencils, clipboards, garden activities, paper, coloring pages, and fun surprises. We've also included instructions for sharing your garden art and writing in the newsletter. **Send drawings, photos, or creative writing to [escgpanews@gmail.com](mailto:escgpanews@gmail.com).**





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We invite you to share your wisdom,  
photos, stories, or creative writing.  
Please email newsletter submissions  
to Lori: [escgpanews@gmail.com](mailto:escgpanews@gmail.com)



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community garden

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