

East Snyder community garden

October 2021
Vol. 4, Issue 4



Photo by Edie Cox

Sharing Community

Cover photo: How well is this scarecrow doing its job?? This moment was captured by Edie Cox, a retired dialysis RN who presently spends a few hours of each day as an amateur wildlife photographer. She enjoys history and traveling to historical homes, seasonal decorating, and playing cards and socializing with her friends.

A FEW HIGHLIGHTS:

- Firefly Walk 4
- Foraged Fruits of Late Summer and Fall 6
- Kids' Page 8
- Delicious Fall Fun 9

STAY TUNED

MOD Pizza fundraiser Nov. 4

Little did we know

By Arden Miller

In 2009 a chance encounter with *The Daily Item* led us to the community garden. It was a good year to start raising vegetables and flowers again. When we first moved to Selinsgrove, our rental had a lovely yard for gardening. The house we purchased has a nice backyard but lots of trees, so gardening is limited. That was okay with us at the time. We were busy with work and our children. By 2009, however, our youngest had graduated from college, and we were ready to get our hands dirty raising vegetables.

The garden in 2009 was run by Penn State Cooperative Extension. The entire area had been part of the great soybean, corn rotation that surrounds the current garden. The extension agent would have the farmer plow the area, and then he would mark off the plots. The first year the extension agent assigned us what is currently Plot 5 in the garden. It was fine until it rained. The plot was a quagmire of mud. We could see the flow pattern of the rain heading down the "slopes" of the garden. We still raised bumper crops and were hooked.

Little did we know twelve years ago how the garden would make a community for folks in the area to thrive. A quote attributed to Augusta Carter has been used by many in reference to community gardens. "You don't have a garden just for yourself. You have it to share." East Snyder Community Garden certainly knows how to share produce, flowers, gardening knowledge, and friendship. We are headed to the end of this season knowing that the garden will be here next year thanks to the efforts of this great community of sharers.

Garden News

Notes from the Garden Manager, Roy Swazey

- We are far better off than we were with respect to rocks. As I mowed a newish plot area, I was thinking that very thing when I mowed a rock hidden in the tall grass. That is thankfully a rare occurrence these days. We are still collecting and removing rocks. After all, turning the soil will always bring more rocks up and we even get them delivered in mulch. I try to put out collection buckets (most will have holes drilled in the bottoms) where I can see there is some rock producing action. I have a spot out at The Red Farm in Kratzerville where the rocks can live out the rest of their little rocky lives. Anyone so inclined is welcome to bring their collected rocks in to the central shed so that I may load them up for transport.
- I have the impression that we had only a small amount of blossom end rot in squash and tomatoes this year. I can think of only two gardeners who asked about that and a one-time treatment of calcium cleared those up.
- It's roll up the hoses time again. If you roll up a hose or two, this is the time to drain the hoses and to look for bubbles and weak spots in hoses. If you find such, flag it in some way (maybe let me know). Most hoses are going into the plastic boxes, and they need to be formed into an oval so that they don't push the boxes apart.

There is a pattern jig to help form the ovals. There is a bucket of twine to control the coils and hold the waists of the ovals in.



Roy is quite pleased with the new refrigerator.

Refrigeration Update

By Lori Lupolt

I was anxious to learn more about the refrigeration project at the garden, and during a recent visit Roy was happy to give me a quick tour. In addition to showing me the refrigerator and all the equipment that will keep it running, he also pointed out where the solar panels will be placed on the shed. Roy is hopeful that with the help of Derek Straub, Dan Ressler and maybe a few other volunteers, the installation will be completed by November 15th.



"The panels will be installed here."

Produce Donation Report

By Arden Miller

Since the first produce donation of lettuce on May 31st to Loaves and Fishes to the donation sweet potatoes, beans, peppers and zucchini to Martha’s Table on September 29th, gardeners have donated a whopping 1,442.33 pounds of produce. Martha’s Table at All Saints Episcopal Church receives donations on the first, third and 5th Wednesday of each month. Sometimes the produce becomes part of the meal or is frozen for future meals. What is not used in a meal is distributed to attendees. Produce is donated monthly to Loaves and Fishes food bank at St. Paul’s UCC. Gardeners also donated weekly to GraceWorks food bank at Grace Covenant Community Church in Middleburg. The volunteer cooks at Shepherd’s Pie at St. Pius X Catholic Church have enjoyed receiving cabbage, peppers, onions and garlic, and hope for butternut squash, all of which they utilize for the frozen meals for those in need in the community. The Kidsgrove Community Produce and Pantry was a regular drop off site for tomatoes, potatoes, beets, summer squash and more. Meals4Seals benefited also but, due to scheduling, not as often as we would have liked. All in all, it has been a great growing season. We look forward to donating more this fall and, of course, next year.

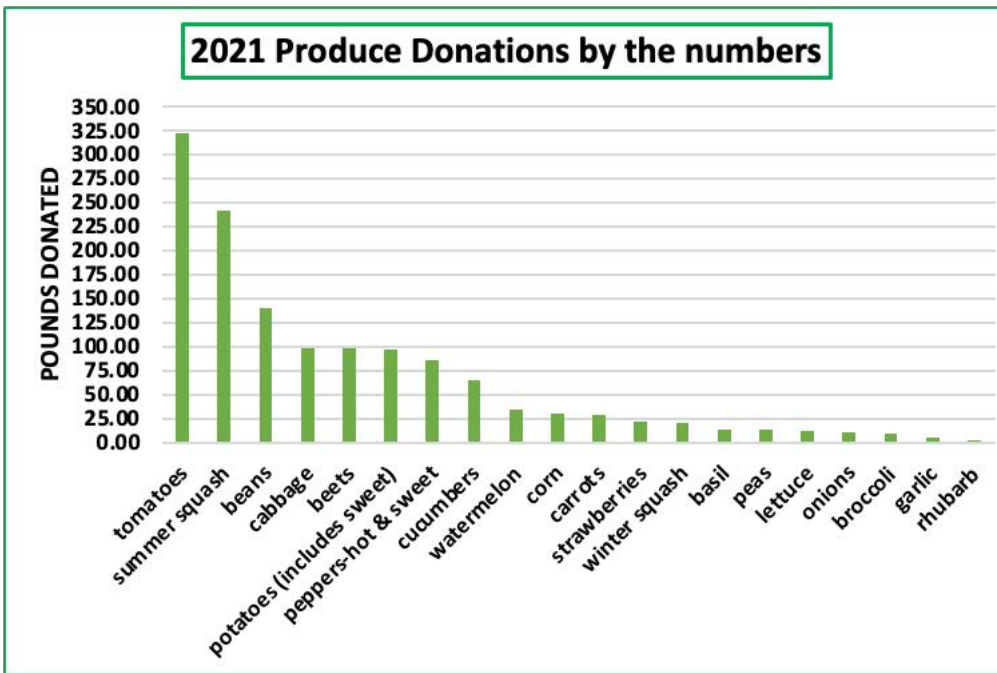


Photo by Arden Miller



I want to thank all the great people who have graciously contributed from their gardens! The volunteers at the Loaves and Fishes food bank so appreciate the quantity and variety of fresh vegetables you provide for us to offer our clients. A wholehearted Thank You for sharing your good fortune with others in need!

*God bless,
Randy Tanner, Volunteer Coordinator,
Loaves and Fishes food bank*

Firefly Walk

By Arden Miller



On a beautiful August evening, Dr. Sarah Lower, Assistant Professor of Biology at Bucknell University and two students, Deeshani and Maddy, shared their enthusiasm for fireflies with a lively group of all ages. The talk generated lots of questions from the audience:

- ✿ “If adult fireflies don’t eat, how do they survive?”
- ✿ “Are there fireflies with no mouth parts?”
- ✿ “What is your favorite firefly?”
- ✿ “Is the firefly population decreasing?”

Attendees learned how to tell male and female fireflies apart by looking at their light organs. They also learned that females tend to fly low and hang around in the grass, so if

you catch one in the grass, it is most likely female. Males fly around flashing hoping to get a female to respond.

After learning the difference between males and females, attendees went on the hunt for fireflies in the garden. Some of the captured fireflies were taken to Bucknell University to help further their current research on firefly infection. The remainder were freed in the garden to breed our next generation.

Answers:

- ✿ Adult fireflies only live long enough to mate and lay eggs. They can survive on the energy stored in the larval stage when they eat snails and worms.
- ✿ Yes, there is a firefly with no mouth parts and no digestive tract.
- ✿ The Blue Ghost firefly, *Phausis reticulata* is Dr. Lower’s favorite. The males display a steady glow that appears bluish-white.
- ✿ Yes, it appears that the firefly population is decreasing due to increasing habitat loss, pesticide use, climate change, and light pollution that disrupts mating.

Read more:

[11 Cool Things You Never Knew about Fireflies](#)

[Bucknell researchers to use \\$642K grant to study fireflies](#)

[The Lower Lab](#)

If you missed the firefly walk this year, Dr. Lower will be back next year.



Photos by Arden Miller and Roy Swazey



Thank You, Roy

By Maelee Thomason

As I take a moment to shine the spotlight on Roy Swazey, a founding father of ESCG, I realize that this recognition is overdue. Roy has left his mark on every square inch of the garden! He's the go-to man, fix-anything guy, answer-any-question-you-may-have-about-anything wiz, He's the use-seven-layers-of-cardboard king, on-the-move master, and a most generous human who has done something for every gardener who has ever been at ESCG.

I was trying to think of an analogy that would represent Roy and all he does for the garden and community. The first thing that came to mind was the million-mile award. As much as Roy has mowed over the years, I am pretty sure he reached that milestone. This comparison, however, doesn't say enough. Roy does much more than put miles on the mower. Because of Roy's time, effort, and dedication, he is the *mycelium* that holds our garden together! He is the support system that supplies the garden with what it needs to grow and bear fruit. Roy is everywhere, busy making everything work!

Our garden has rested on Roy's shoulders from the beginning. He has tirelessly worked to grow our garden to its fullest potential. For all you do Roy, we are grateful. Thank you.



Photo by Edie Cox

Snyder County Night Out

By Elda Hricko

Our all-things-community-garden table at this year's Snyder County Night out was a success! This year, Elda Hricko organized the event, and many garden members helped. Even though it drizzled, we had many interested kids and families. We offered several games to play, coloring pages, garden-themed jokes, garden plot rental applications, and free garden-themed gifts. The most popular game was "name your veggies," a basket of fresh vegetables from Arden and Elda that kids could pick up and name. We were impressed that most kids knew every veggie. They also told us which ones they liked and which ones they didn't like! Our butterfly matching

game and fresh herb matching game were also popular. As a thank you for stopping by, we handed out cups of cherry tomatoes, butterfly seed mixes, and some sun visors, generously donated by garden members Lynn, Holly, and Jackie. We are looking forward to future years of community engagement with the garden during Snyder County Night Out. Thank you to all who made the event fun!



Photos by Arden Miller

Foraged Fruits of Late Summer and Fall

By Debbie Naha-Koretzky

As summer winds down, it may seem that our fruit foraging days are limited. But there are still plenty of wild fruits out there! While blueberries, raspberries, and mulberries may be only a sweet memory, some of the finest free fruits are now available for the picking. Late summer and fall months are perfect for finding grapes, wild persimmons, spicebush berries, autumn olive berries, and more.



Wild grapes are usually smaller and tarter than their commercial counterparts, but some are large and luscious. Grape vines are commonly found along woodland edges. Recognize the vine by its tendrils, shreddy bark, and lobed leaves with serrated edges. Sweeter grapes can be eaten out of hand, while tart wild grapes make really excellent jelly. Younger tender grape leaves can also be eaten - think stuffed grape leaves!

Our native wild persimmon is a deliciously sweet fruit when fully ripe. If eaten too early, persimmons are notoriously astringent. Harvested when very soft - wrinkly even - a ripe persimmon is a sugar bomb. Look for the characteristic alligator bark of persimmon trees, and fruits not even the size of a golf ball. Use the pulp to make a nice persimmon cake or quick bread.



Spicebush berries are starting to ripen now. In spring, the spicebush shrub sports pretty little yellow flowers. The leaves are smooth edged, three to five inches long, and alternate on the stem. Spicebush berries are usually under ½ inch long, and glossy bright red when ripe. They contain a single seed which is edible. A pleasant spicy-citrusy fragrance is released when the leaves or twigs are crushed. Spicebush berries can be used as an allspice substitute in cooking and baking. The leaves and twigs, when steeped in boiled

water, make a delicious tea, hot or chilled.

Autumn olive is not an olive at all. Also known as autumn berries, the small fruits grow on a shrub which has become an invasive species in our area. The leaves have silvery undersides, the leaf edges are untoothed, and the red berries have silvery speckles. Some branches develop thorns. Like persimmons, autumn olive berries are highly astringent when under-ripe. Wait until the fruits are dark red and soft. The seeds are edible. The berries are tasty raw or cooked, and the pulp makes a rich sauce or jam. Autumn olive berries are super rich in lycopene, a powerful antioxidant.



See *Fruits*, page 7

Fruits, from page 6

Autumn Olive White Chocolate Scones

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/3 cup sugar
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 1 stick of cold butter, cubed
- ½ cup plain yogurt or buttermilk
- 1 large egg
- ¾ cup autumn olive berries
- ½ cup chocolate chips (white chips preferred)

Preheat oven to 400 degrees.

Line a baking sheet with parchment paper.

Put both flours, sugar, baking powder, baking soda, and salt in the food processor. Pulse to mix.

Add the cubed butter and pulse until the mixture resembles coarse meal.

Add the yogurt and egg. Pulse just until the mixture forms a ball.

Transfer the dough into a large mixing bowl. Fold in the autumn olive berries and chocolate chips.

Divide the mixture into two balls. On a floured surface with floured hands, pat each ball into a circle about ¾ inch thick. Place the dough on the lined baking sheet.

Cut each circle into six or eight wedges. (A pizza wheel works well. No need to separate the wedges.)

Bake for 15 minutes, or until edges start to brown.

Let cool. Separate wedges and serve.

Yield: 12 or 16 scones



My book, *Foraging Pennsylvania and New Jersey*, covers these wild foods and many more. Visit my website for book info and more: www.wildediblesnjpa.com

Debbie Naha-Koretzky (aka The Wild Edibles Lady) is a licensed nutritionist, foraging instructor, and author. Her focus is wild edible plants. She conducts walks and programs in New Jersey and Pennsylvania.



The glory of gardening:
hands in the dirt, head in
the sun, heart with nature.
To nurture a garden is to
feed not just the body, but
the soul. ~Alfred Austin

See the garden through our eyes!

ESCG Kids Page



Garden Treasures for Kids

Narrated by Scarlett, age 7

I've been gardening with my mom for three years now. Over these years, I have found three things I really like to grow, cucamelons, spoon tomatoes and purple basil. Today I will share a little bit about them and a recipe my mom and I make with them.

Cucamelons are small cucumbers that look like a tiny watermelon. I like the crunch. Spoon tomatoes are tiny red tomatoes the size of a pea. Purple basil is my favorite because its purple, but Mom says that it's sweeter than green basil too. The variety we grow is called Rosie basil.

To make a yummy summer caprese salad with a twist my mom and I take cucamelons, spoon tomatoes, purple basil and pearl mozzarella and cover it with olive oil. We season it with salt and cracked black pepper. I like to crack the pepper with the grinder! All the ingredients are stirred up in a big bowl and then we put it in the fridge for a while. When we get hungry, we have a bowl of this salad for snacks. It's really yummy and easy to make. You don't even have to cut anything up!



photo by Holly Chubb



photo by Lynn Bressler



photo by Lynn Bressler



photo by Arden Miller

"Why try to explain miracles to your children when you can have them plant a garden." —Janet Kilburn Phillips

Delicious Fall Fun

By Quinn Stanford

The fresh brisk air, the crunch of the leaves beneath your feet, the pumpkin spiced flavors, the holidays when you eat so much food you're as stuffed as a turkey. . .

It's autumn, my favorite season and with all the delicious delicacies around this time, it should be yours. A dinner with homegrown food makes the holidays better. It's better yet when it's your produce from East Snyder Community Garden. The fall harvest is, in my opinion, the most rewarding having waited all year for pumpkins, butternut and acorn squash, apples and more, The best thing is that there are infinite ways to use fall crops.

ESCG has a diverse set of taste buds, and some people were willing to share their favorite recipes! Lynn Bressler and Maelee Thomason like to make baked acorn squash. The recipe couldn't be simpler. First, wash and cut the acorn squash in half. Then, scoop out the seeds. Next, add two tablespoons of butter and brown sugar. Bake it at 350° until soft. Who doesn't want a warm seasoned squash? Customize it with other fall spices or make it the main Thanksgiving course if you are vegetarian.

Butternut squash is a versatile and plentiful fall vegetable. Why go to Panera for to-die-for butternut squash soup when you can make your own? Local gardeners Michaeline Shuman and Maryrose Molina-Shuman' say it's their favorite dish. There are too many recipes to choose just one, so relax for a little while and surf the internet for a butternut squash soup recipe that piques your interest. If you have enough squash, make different recipes and see which one suits your palate.

My mother, Bethany Stanford, and I found a healthy dinner recipe on *SkinnyTaste*. If you enjoy the rich taste of mac n' cheese, but don't want all that dairy, there is [a healthier alternative](#) using butternut squash puree. Cheese and puree make for a creamy, mouth-watering texture. With whole grain pasta, it's healthier than boxed white mac n' cheese.

Some people like to customize their recipes. If you need to satisfy your sweet tooth, try Lori Lupolt's pumpkin chocolate chip muffins. I know I will. Lori customizes her muffins by using butternut squash instead of pumpkin. She also uses applesauce to cut down on fats (The original recipe calls for lots of butter!). (*See Recipe, page 10*).

Customization and creation aren't foreign to David and Stacey Wharton, who own David's Delicious Delights, a local bakery, While they don't have a plot at the community garden, they do know how to be creative with fall produce. A new fall favorite they offer is spiced cake inside a baked pumpkin with caramel drizzle. David thought outside of the box, and it paid off, literally. You can see David and Stacey weekly at the Selinsgrove farmer's market.

I encourage you to look at recipes online and create your own. Whether you use your produce for mac n' cheese, muffins, soup, or baked squash, always remember the main ingredient came from your hard work, which is why it tastes so good. If you find yourself with an excess supply of fall produce, make one of these gardeners' favorites and let them know what you think.

Quinn Stanford is a 9th grader at Selinsgrove High School, an actor, comedian, and bathrobe enthusiast. He loves history and writing and enjoys biking around the neighborhood, cooking delicious dishes, and making artwork — not all at once though. He's a regular contributor to the ESCG newsletter.

Recipe, from page 9

~~Pumpkin~~ Butternut Squash Chocolate Chip Muffins

3 ⅓ c all-purpose flour
 2 c granulated sugar
 ½ tsp baking powder
 2 Tbsp pumpkin pie spice
 2 tsp baking soda
 4 eggs
 2 c butternut squash, cooked & pureed
 ¼ vegetable oil
 ¼ cup butter, melted
 ½ cup unsweetened applesauce
 12 oz chocolate chips

Heat oven to 350°. Grease muffin cups or use cupcake liners. Thoroughly mix flour, sugar, pie spice, baking soda and baking powder in a large bowl.

Break eggs into another bowl. Add pumpkin, butter, oil and applesauce, and whisk until well blended. Stir in chocolate chips. Pour over dry ingredients and fold in with a rubber spatula just until dry ingredients are moistened. Scoop batter evenly into muffin cups. Bake 20-25 minutes, or until puffed and springing to the touch in the center. Turn out onto a rack to cool.

Eat within a few days or freeze for later use.

Plein Air Comes to the Garden

By Maelee Thomason



On September 18, 2021, the Selinsgrove Area Chamber of Commerce and Allen A. Shaffer co-sponsored Canvas the Grove, Selinsgrove's first Annual Plein Air Competition. Plein Air, "in the open air" essentially is to try to capture the subject outdoors in natural light. With the subject in full view, the artist's objective is to capture color and movement in their works. Artists local and far away participated in the event. The garden's very own Kathy Boushie and her friend from New Jersey submitted entries. The artists had two hours to create in the medium of their choice art that represented a view of Selinsgrove. The ESCG was the subject of two contestants. Jessica Heath painted a composition of canna lilies with Roy working in the background. (How apropos!) Gail Fox used a view of the fence and the blue shed as her subjects.

I found it interesting that in addition to Kathy, the ESCG community has many artists.

Donna studies art and has won awards at art shows. Terry studied under Florence Putterman. Ann teaches art at SU. Karl is a self-taught artist. How many more artists garden at ESCG?

[Read more about the Plein Air Competition](#)



Photos by Roy Swazey



The community garden donates buckets of flowers to Grayson View and to Penn Manor weekly.

photo by Kathy Boushie

*We invite you to share your wisdom, photos, stories, or creative writing.
Please email newsletter submissions to escgpanews@gmail.com*

**east
snyder**
community garden

PO Box 310

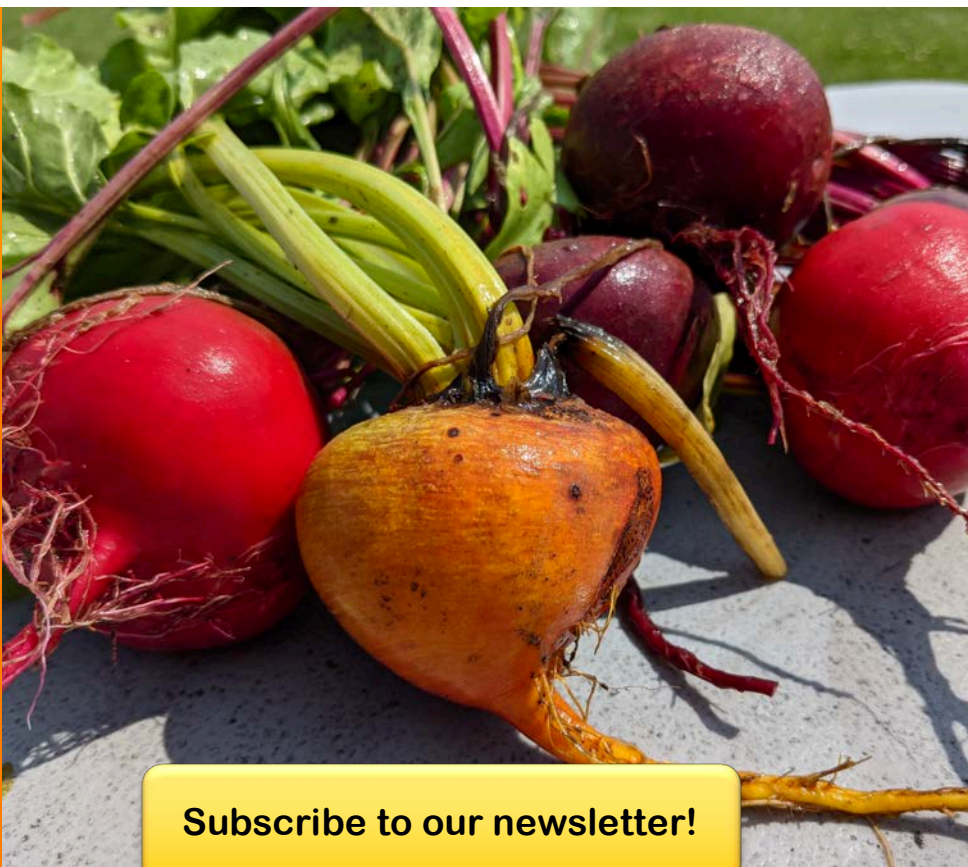
Selinsgrove, PA 17870

www.escgpa.org

escgpa@gmail.com



Follow us on Facebook & Instagram!



Subscribe to our newsletter!

Photo by Lynn Bressler