



An American Goldfinch on a sunflower, East Snyder Community Garden, by Michael Dreese

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"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves."

— Ann Drake



<https://cliparting.com>

About the Cover Photo

Michael Dreese is an award-winning freelance photographer based in McAlisterville, Pennsylvania and Nalcrest, Florida. Although he photographs a variety of subject matter, his favorites are birds and butterflies. To see more of his work or to purchase prints, please visit his website: www.michaeldreesephotography.com

Meet the 2023 Board



Photo by Arden Miller

Board members from left to right: Dan Ressler, Noemi Beachy, Jennie Ressler, Crystal Erskine, Roy Swazey

Thank you to everyone who voted in the ESCG board election. Twenty-two electronic votes and four paper ballots were cast.

Thanks also to board members past and present for volunteering to keep ESCG operating and growing! Many thanks to outgoing board members, Kathy Boushie and Jackie Lambert for their time and talents. Each board member brings strengths to the meetings. Kathy recorded the meeting minutes and organized flower donations. Jackie organized and led board meetings. We hope they will both continue their involvement in projects at ESCG!

The next board meeting is Thursday, October 12 at 6:30 at the Gelnett Library in the Keystone room. A Zoom link is also available. All gardeners are welcome to attend. At this meeting the board will select officers and begin planning for the year ahead. Gardener feedback lets the board know what works and what could be improved. Thanks to those who wrote comments and suggestions on their ballots. The board will consider all of the ideas and concerns during our upcoming meetings.

[Garden Manager Notes](#)
[CLICK HERE](#)

2023 Produce Donation Report

by Arden Miller

Gardeners at ESCG have been growing "gifts" all season. As of the end of September they gifted 760 pounds of fresh produce to non-profit organizations in the area. The refrigerator in the shed has been full of produce ready for donation most of the summer. The most recent donation to Loaves and Fishes and Meals4Seals included cabbage, peppers, green tomatoes, sweet potatoes, radishes, butternut squash and tomatoes. Over the course of the growing season, gardeners have also donated spinach, lettuce and beets, green beans, squash, broccoli, and carrots and potatoes of various colors. We look forward being able to donate winter squash and fall crops. ESCG gardeners know that the joy of giving lasts longer than the joy of getting!



Photos by Arden Miller

Cover Crop Survey

Cover crops help to control erosion, suppress weeds, reduce soil compaction, and increase moisture and nutrients in the soil. In addition, cover crops attract pollinators and provide habitats for beneficial insects.

Because planting cover crops is one of the best things gardeners can do to improve the health of their gardens, ESCG would like to share information and offer support to those who want to give cover crops a try. We'd like to hear from you—those who have experience with cover crops and those who want to learn more about it. Please help us by taking a few minutes to [complete this cover crop survey](#).

Books and Worms

The Gelnett Library was crawling with bookworms and earthworms when Lynn Bressler, an ESCG gardener visited Miss Sue's Curiosity Club during nature week in July. As she explained the importance of worms in our ecosystem, children were given the opportunity to see the worms up close and even touch the wiggly creatures if they dared. As a bonus, Lynn also brought a carnivorous pitcher plant that wowed her young audience. Rumor has it that watching the bugs on the pitcher plant was a showstopper.

Kids who attend Miss Sue's Curiosity Club learn about science as part of the summer reading program at the library. The club meets weekly in June and July on Thursdays at 10AM. All ages are welcome.



"It may be doubted if there are any other animals which have played such an important part in the history of the world as these lowly organized creatures." ~Charles Darwin



Photo by Jordan A. Rosenberg

Mother Goose in the Garden



The weather could not have been better for the final program for Mother Goose. After Miss Lubow from Snyder County Libraries led the children in singing and rhyming games, the children toured the garden. They smelled fennel, mountain mint and lavender. Gardener Terry shared fresh picked green beans. The children fed the goldfish. We are looking forward to seeing Miss Lubow and Mother Goose again next year.



Photos by Arden Miller

Mini Golf Fundraiser

Thanks to a generous donation by John & Gail Fischer and an invitation from our friend Mitch at Rudy Gelnett Library, ESCG participated in the annual mini-golf fundraiser at the library on June 21st and 22nd. Rose Ann, Jennie, Kathy, Roy, Arden, and a friend, Jayne designed and setup a fun and eye-catching Par 5 hole alongside other local organizations and businesses.

Golfers putted their way around sunflowers, hoses, insect nets, and other other garden items. Six people (only 1 was an adult!) were able to get the ball from the start to the green with one stroke and even fewer got the ball in the hole in two putts. When they reached the hole, (Rose Ann's bunny), participants received free seeds and a chance to talk with one of our gardeners. Our crew gave away zinnia and coneflower seeds saved in 2022, and Paris Island Romaine lettuce and Sun Angel spinach seeds donated by BrightFarms.

This year, for the first time, the library let golfers vote for their favorite hole with the understanding that the decorators of the hole that received the most votes would be able to decorate next year for free. This year, ESCG got the most votes! How about that?! Looks like we'll be back next year! Hope to see you there!



Photos by Arden Miller

Science and Art of Fermentation with Taste Testing

by Arden Miller

One of the educational programs planned by the garden board this summer was the Science and Art of Fermentation with a Taste Testing by Jennifer Duperon. Jennifer talked about the history of food fermentation and her experiences fermenting foods. Most traditional vegetable fermentation techniques rely on naturally occurring bacteria on the vegetables and in the environment to do the work. Most fermented vegetables are created through lactic acid fermentation, an anaerobic process in which lactic acid bacteria help to convert the natural sugars of vegetables into cellular energy, producing lactic acid in the process.

She brought samples of her fermented vegetables including Kimchi, sauerkraut, sour dill pickles, golden beets, green tomato salsa, and ginger carrots. She also brought Kefir, a fermented milk drink similar to a thin yogurt, which she had fermented. Jennifer worked with attendees to prepare a jar of ginger carrots to take home to ferment. (*Recipe on page 5*)



Thank you, All Saints Episcopal Church, for use of their kitchen and dining area for the program.



Photos by Arden Miller

(Continued from page 4)

Fermented Ginger Carrots

Ingredients:

3-5 medium carrots, peeled
2-3 teaspoons salt
1 tablespoon fresh ginger, grated
(chopped coarsely)
Filtered water, enough to cover the
carrots



Directions:

Cut carrots into sticks. Place ginger at the bottom of the jar. Place the carrot sticks into the jar. Wedge them in tightly enough so that none float when the water is added.

Add salt and enough water to cover the carrots. Leave about a half inch of space at the top of the jar. Put the lid on and shake well.

Keep it at room temperature for about three-five days. If it is cold, you may need to leave it out longer. You may burp it briefly if you ferment it longer. You can taste to tell if they are done. If they aren't as sour as you would like them, leave them out a little longer. The fermented carrots will last in your fridge for several months and will get better with age.

From Our Friends at The Manor at Penn Village

by Lindsey Starner

"Flowers always make people better, happier, and more helpful; they are sunshine, food, and medicine for the soul." - Luther Burbank

Residents, staff, and visitors of The Manor at Penn Village love receiving the beautiful flower buckets weekly from volunteers at East Snyder Community Garden. As soon as residents see the vases of flowers, they get big smiles on their faces and compliment "how pretty the flowers are." The flowers brighten everyone's day and bring joy to everyone.

We all at The Manor of Penn Village (MPV) are grateful and appreciative of the flower delivery.

The Activity Department at MPV is always looking for great volunteers, whether it is weekly or just even once a month. We are looking for assistance with large and small functions and holiday parties/decorating/donations. As well as others to share their talents, visit with resident room visits, and pastoral room visits. We love having local volunteers that can come and hang out with the department and residents.

Please contact Lindsey, Activity Director, at (570) 374-2352 or lindsey.b.starner@consulatehc.com if interested in becoming a volunteer.



Photo by Lindsey Starner

Lindsey Starner is the Community Life Director at The Manor at Penn Village. She is a houseplant enthusiast and loves fresh cut flower bouquets during summer and fall. Her favorite flowers are dahlias, lisianthus, zinnias, peonies, and sunflowers.

The Garden Inspires

The beauty of East Snyder Community Garden attracts more than bees and butterflies. Both professional and amateur photographers alike find inspiration in the garden. We are delighted when photographers share their pictures with us! This issue features photos by Michael Dreese and Michelle Davies. Readers can expect to see more beautiful photos in upcoming issues.

The garden attracts teachers too. On September 18th Mrs. Fry's Floriculture class from Selinsgrove High School visited ESCG to learn about the garden and to cut flowers for a pressed flower project later in the year. Floriculture is an international, multi-billion dollar industry that includes the production of bedding and garden plants, foliage plants, potted flowering plants, cut flowers, cut cultivated greens, and floriculture materials. Look look for photographs of the student projects in the winter edition of this newsletter.



Valerie Fry guides her students at the garden.



Plenty of flowers and smiles to go around!

Photos by Arden Miller

("Inspire" continues page 7)

("Inspire" continued)

One of our gardeners, Ann Piper, Associate Professor of Studio Art at Susquehanna University took some garden sunflowers to her Drawing class. Enjoy this sampling of her students' work!



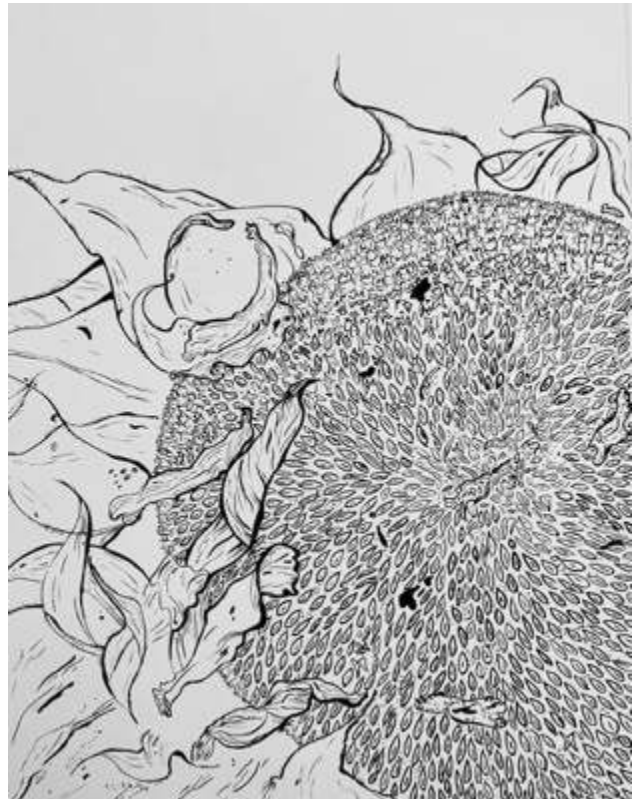
Molly McGuire



Morgan Ernst



Zachary Stark



Paige Cuscino



Thanksgiving at the Garden

By Quinn Stanford

Everyone loves the story of the first Thanksgiving. It was even parodied by *Peanuts*. Fall brings changing leaves and ultimately Thanksgiving. Many of the foods people eat at Thanksgiving connect back to their garden.

Rebecca Cox is about to finish her first season with East Snyder Community Garden. Even though she only has a raised bed this year, she can still use her produce for Thanksgiving. When Cox hears “Thanksgiving,” the produce that comes to mind includes pumpkins, white and sweet potatoes, beans, beets, squash, carrots, and so many others! Everyone loves a tasty pumpkin pie after their turkey. However, if you need to balance your desserts with veggies, Rebecca’s way of cooking vegetables “brings out their flavors and natural sweetness.”

Preheat oven to 400° F

Chop vegetables to the desired size and toss with oil (olive, sunflower, avocado, walnut, sesame, etc.)

Salt and season vegetables as desired

Roast for 20 minutes or more, until vegetables reach desired tenderness.

Michaeline Shuman has been a gardener for the past four years. She often has good squash and pumpkin production in the late fall. Shuman thinks of a sweet potato pie and her Grandma Rose’s corn casserole recipe. Shuman will use her surplus of kale and garlic this year to furnish her Thanksgiving table. She even gets SU’s Shakespeare’s Garden to give her some rosemary and thyme - both of which she uses in her turkey. Here is Michaeline’s kale salad.

Chop 4-6 cups of kale

Dice one large honeycrisp apple

For dressing mix 1Tbsp lemon juice, 1 Tbsp apple cider vinegar, 1 Tbsp olive oil, 2 Tbsp honey

Season with salt and pepper

Add chopped walnuts or pecans too for an extra crunch.

I have been gardening with my mom and dad for the last five years. We haven’t planted pumpkin and squash yet, but we hope to next year. When I think of Thanksgiving, I think of my uncle’s mother’s sauerkraut. Emily’s family comes from Germany and eastern Europe, hence the tradition of sauerkraut. Fun fact: Sauerkraut in German Kraut can mean an herb, cabbage, or sauerkraut - you can thank me for paying attention in German class for that! I found this recipe for sauerkraut:

Slice thin green cabbage and add 1½ tsp of salt per pound of cabbage.

Let the salt pull the water out of the cabbage and push down on it to remove the juice.

Add cabbage to a container ⅔ of the way filled up.

Then add some of the juice and wait 14 days in the fridge for it to ferment, repeating the pushing out liquid process daily, or since the process is so time consuming, just buy a bag at the store.

While every gardener may have a different view of their perfect Thanksgiving, please try our favorite recipes and let us know how they turn out. Have a happy Thanksgiving!



Quinn Stanford is a 11th grader at Selinsgrove High School, an actor, comedian, and bathrobe enthusiast. He's in Forensics, FBLA, and the school newspaper, The Grove Gazette. In addition, 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.

Snyder County Night Out

by Natalie Imhoof

Over the summer I had the opportunity to attend the Selinsgrove night out and represent East Snyder Community Garden. I was able to spend some time with some wonderful people like Arden. Not only was it a treat to get to know some of the members better, but it was also a pleasure to be interacting with the rest of the community. Our goal of the evening was to teach children and adults the differences in fruits and vegetables that are not only unique looking but are also native to Pennsylvania. Most of these items were grown in the garden such as: purple carrots, purple peppers, and broccoli. Everyone was given opportunities to guess the different fruits and vegetables on the table and were given a prize for participating. It was such a delight to see so many people get excited to name off vegetables and be excited to learn about the benefits of gardening.



Photos by Arden Miller

Don't forget kids ...



We want to hear from you!

In the Kids' Box in the shed, 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.**



Photo by Arden Miller

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



Subscribe to our newsletter!

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Photo by Michelle Davies



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