



Snowy garden by Arden Miller

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2025 Seed Exchange



Saturday, February 15, 2024

10 AM to noon

Community Room, (basement)
Selinsgrove Borough Building

(Details on page 2)

Note to 2024 Gardeners:

If you want to reserve the same plot(s) for 2025, please return your [plot application](#) and check by March 1st.

“Let the seeds of hope sprout in the dead of winter”

~Debasish Mridha.

Garden News

SEED EXCHANGE



February 15 from 10 AM to noon
Borough Building Selinsgrove

This FREE event will be in the COMMUNITY ROOM. There are plenty of seeds to go around, so even if you don't have extra seeds to give away, you will go home with plenty of seeds.

If you do have seeds to share, please bring them early or contact us at escgpa@gmail.com to arrange pick up.

We welcome new gardeners, find out more on 2/15.

Snow Date: February 22
 10 AM to noon.



2024 Produce Donation Report

By Arden Miller

The deer and rabbits were healthy this summer munching on green tops and other tasty produce. Despite a cold, wet spring and hungry animals, ESCG gardeners were able to donate 777 pounds of produce this season. This brings the total since 2013 to 14,889 pounds. Fresh produce is taken mainly to Loaves and Fishes Food Pantry at St. Paul's UCC, Martha's Table meal program at All Saint's Episcopal Church, Meals4Seals, Shepherd's Pie meal program at St. Pius X Catholic Church.

Notes from the Garden Manager,

Roy Swazey

Spring is on the way(really). I have been storing up newspapers for weed barriers. Mulching over newspaper layers in unplanted areas will help with weed suppression.

Mulch and leaf stockpiles are located around the garden for your use.

Some areas can be covered with cardboard and mulch to suppress weed growth. There are some cardboard stockpiles extant at the garden. If you add cardboard to our stock, please remove the plastic tape from the cardboard. There is currently a pile of cardboard that still has tape on it. I would appreciate some help in removing the tape.

If you bring cardboard in or use cardboard from piles you must weigh down the cardboard so that the wind does not blow it about.

Drum Roll, Please!

The winner of People's Choice for Tree Fest at the Rudy Gelnett Library was East Snyder Community Garden with their wreath for the book, *Too Many Carrots*. Thanks to Arden Miller and Val Grahn for creating this prize-winning wreath.



Photo by Arden Miller

Edible Carrot Tops

By Arden Miller

It had never occurred to me that the leafy green tops of carrots were edible. I was surprised when one of our gardeners mentioned that she dries them to put in soup.

I went searching for information about the use of carrot greens and found an interesting article by Amanda Fiegl in the *Smithsonian Magazine* entitled [“Eat Your Carrot Greens.”](#) Carrot green recipes were not the norm. After some digging, she found a 1917 recommendation in a Washington Post article to use carrot greens as a garnish, rabbit or chicken feed. This was a one-paragraph entry titled “Do Not Waste” and readers were encouraged to cook carrot tops as greens and “Use your own ingenuity to convert every bit of food into a healthful, tasty dish.” In 1924 another Washington Post author was advising readers wishing to lose weight that “turnip tops, carrot tops, tender leaves of lettuce, radish leaves, the leaves of Swiss chard and even watercress may be prepared like boiled spinach” which is good and will help fill you when dieting.

Many sites tout the nutritional value of carrot greens. I could not specifically find carrot greens in the USDA Food DataBase but “Generative AI” shared this information about the nutritional value of carrot greens: Vitamin C: Contain about six times more vitamin C than the carrot root; Calcium: Contain a lot of calcium; Potassium: Contain a lot of potassium; Phytonutrients: Contain lots of phytonutrients; Beta carotene: A rich source of beta carotene; Iron: Contain iron; Folic acid: Contain folic acid; Essential fatty acids: A good source of essential fatty acids; Carrot greens also contain carbohydrates, protein, dietary fiber, lipids, and bioactive components like flavonoids, phenolic acids, carotenoid, betalains, and chlorophyll.

Carrot greens can be used to replace herbs in all kinds of dishes. They do have a slightly bitter flavor. It is often recommended that you use a squeeze of lemon or vinegar to counterbalance the bitter. You can also pair them with other sweeter ingredients.

They are delicious in sauces like pesto and chimichurri, salads, pastas, in broths and soups, and even on their own as a side dish. You can also use these greens as a pureed topping on carrot soup, or you can mix these greens into couscous, hummus, pesto or chickpea salads. These greens are great in stir-frys and curries and are also a popular garnish in certain cultures. Blanching the carrot greens, by soaking them in boiling water for a few minutes, can help to reduce the bitter flavor and make them more palatable in meals. Carrot greens have also been used in vegetable shakes and juices because of their nutritional qualities.

You can store the carrot greens in a bag in the freezer. When making soup add the greens as you would parsley. It will enhance the flavor. In general, carrot greens make an excellent and tasty substitute for parsley.



Designed by Freepik

[Try These Carrot Top Recipes](#)

[Carrot Top Pesto](#) by Yup, It's Vegan

[Roasted Carrots with Carrot Top Pesto](#) by Bon Appétit

[Carrot Greens Soup](#) by a Fork in the Road

Winter Tips from The Greensmith Flower Farm

By Deb Smith

The Greensmith is a small flower farm and floral studio located right here in Selinsgrove, PA. We specialize in growing and curating floral designs in our signature gardenesque style for gifts, weddings, corporate events and ‘just because’ everyone deserves to enjoy beautiful, locally grown flowers.

I, Deb Smith, chief weeder and grower, started The Greensmith in 1995 as a retail greenhouse operation that specialized in custom container gardens, but sold everything from bedding plants, ornamentals, veggies and herbs. Back then, we conducted hundreds of adult classes and our very popular children’s garden camps (aka Blossoms and Bugs). We also had a small cutting garden where we sold cut flowers by the ounce! A bit too cutting edge for that time, before the age of social media. In 2007, I transitioned to a job as a clinical research nurse, but never lost my love for flowers.

Fast forward to 2019 when my overflowing gardens needed an outlet. In addition to my full-time job, I embarked on a side hustle to share some of my bouquets at the Selinsgrove Farmer’s Market. Of course, we all know what happened in 2020 as I was ramping up for my first season at the market. The pandemic changed so many lives. I was working remotely, allowing me extra time in the gardens (windshield time evaporated!), so I plowed ahead with the ever-expanding gardens.

At this point, let me introduce Bri Smith, daughter and floral designer extraordinaire. Bri grew up loving flowers, playing and working in the vast gardens here on the farm. After attending floral design school in Boston and starting her career in wedding & event floral design, she worked for many large-scale design studios all over the country...until Covid shut down the wedding and event industry, and she returned to the farm to grow and design beside her mother.



As a team, our focus is flowers, but our mission is to share the beauty with as much of our local community as possible. We do this by selling bouquets at the Selinsgrove Farmer’s Market each Saturday, conducting classes and workshops on the farm and off-site, and offering U-Picks throughout the growing season. Part of this mission includes doing as much community outreach through volunteering and donation as possible. We help to plant the Selinsgrove Commons urns seasonally, we bring our flowers to local retirement homes, teach children’s garden camps...you get the idea. The running themes are FLOWERS-COMMUNITY-EDUCATION.

To further that EDUCATION mission, I thought it might be fun to add some quick tips that I live by as the cold dreariness of winter is upon us.

1. Winter Tasks - Procrastination is no longer an option

Garden tools love a winter polish, and seed trays dream of being cleaned and organized. Winter is the perfect time to oil those squeaky pruners, sharpen shovels, and scrub seed trays for a fresh start. Not only does this prep save time in the spring frenzy, but it also makes planting feel less of a marathon. Bonus: it’s an excellent excuse to avoid the icy outdoors for a cozy hour in the shed.

2. **Birds Love a Messy Garden!**

Left those seed heads untrimmed? Good—you just turned your garden into the avian version of a winter buffet. Goldfinches, sparrows, and juncos feast on seeds from coneflowers, rudbeckia, and grasses, turning your ‘untidy’ garden into a lifeline for wildlife. Bare branches also offer perfect perches for birdwatching. So, leave a little mess behind—the birds will appreciate your hospitality. This is where procrastination pays off!

3. **Enjoy the Romance of Hellebores.**

Hellebores are the undercover heroes of winter gardens—quietly blooming while the rest of us are wrapped in blankets. Also known as the Christmas or Lenten rose, these elegant flowers brave the chill with winter blooms in soft creams, dusky purples, and speckled pinks. Depending on the variety, these hardy plants will start to pump out blooms in late January/early February, about the same time as the pussy willows start. Not only are they resilient garden plants, but they make stunning additions to a winter floral design.



I can obviously talk about gardens and plants for far too long. Come visit us at the Selinsgrove Farmer’s Market on Saturdays, or at one of our many events at the Flower Barn. We can chat about anything garden related!
#SupportLocal

The Greensmith Flower Farm, 662 Sand Hill Road, Selinsgrove, PA

Visit our website: www.thegreensmith.net

Email: flowers@thegreensmith.net

Sunflower Inspired Art

The garden continues to be a source of inspiration for artists. In the fall of 2024, Lori Hayes-Kershner, adjunct art instructor at Susquehanna University, and her daughter picked the sunflowers at the garden. She then set them out in the classroom for their first project online. We hope you enjoy these samples of her students’ art.



By Kaiya Reisinger



By Taryn Guthrie



By Jaylin Pride

2025 East Snyder Community Garden Board



2025 Board members from left to right:
Vice President: Dan Ressler, Treasurer: Jennie Ressler, Garden Manager: Roy Swazey,
Secretary: Bill French, President: Tim Nicholas

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



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Photo by Arden Miller

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