

THE GARDEN GAZETTE

The Lewisburg Community Garden



FROM THE COORDINATOR

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What a garden season! A few months ago, Sarah, Rachel and I were starting seedlings with Bucknell students, and we had no idea how much our world would change. Coronavirus has spread around the world, sending people into their homes much more. At least there are some silver linings. There's been a huge increase in gardening. (Seed companies have even sold out of many varieties!)

Here at the Lewisburg Community Garden, many returning and new gardeners are tending their garden plots, and have begun planning and planting their fall crops. We are grateful that both Bucknell University and the Lewisburg Borough support the garden staying open during the pandemic, as gardening and food production are essential during this time. Beyond growing fresh produce, we're able to spend some much-needed time outdoors, which is known to reduce stress.

We held our plant sale online this year, and coordinated no-contact plant deliveries. The sale was not without its challenges, but overall, it was a success, due largely to the dedication of Rachel and Sarah, our 2019-2020 AmeriCorps members. Their year-long terms ended the first week of August. I know I'm not the only one who will miss their presence.

In this inaugural newsletter, we'll share news and updates about our garden, introduce a few of our garden members, share a recipe with a story about family, and more. We invite you to contribute to future newsletters, share feedback and suggestions. Thank you to all those who contributed, and to Sarah Wochele for assembling the newsletter in this beautiful form.



COVID-19 RULES UPDATE

We opened the garden in April under strict COVID-19 safety rules, including wearing a mask, maintaining at least 6 ft distance from those outside your household, limit to 10 people at the garden at one time, wearing garden gloves and disinfecting commonly touched surfaces.

We recently updated the garden rules, with approval from Bucknell and the Lewisburg Borough, **to allow for 15 people in the garden at one time. Also if you are at least 20' away from anyone outside your household, staying in one spot, and not talking, you are now allowed to lower your mask.** You need to keep your mask on your person, so that if anyone approaches you or if you need to move about the garden, you can easily pull up your mask. This is not blanket permission to skip the mask entirely. Garden members are expected to wear a mask, unless you meet the requirements of 20' away from others, staying in one spot, and not talking.

WHAT'S NEW AT THE GARDEN?

Compost Bin Refresh: Becca Haupt recently painted the compost bins to show where to put weeds and where to take finished compost. They are beautiful! (And useful!)

Jim Pearson has adopted one compost bin and turns the bin on a regular basis. Let us know if you are interested in adopting one of the 2 other bins, and we can teach you the art of making compost.

Volunteer to help us grow food for donation! To join our volunteer list please go to tinyurl.com/volunteerLCG

[TINYURL.COM/VOLUNTEERLCG](https://tinyurl.com/volunteerLCG)



FRESH PRODUCE DONATIONS

In 2019, the garden donated 1,200 lbs of fresh produce to nearby food banks, hot meal programs and other organizations that distribute food for free. In 2020, during the pandemic, we have donated produce to Haven Ministries, Getting Ahead in the Valley, Milton YMCA, the Takerly, and Eastern Union County Food Bank.

GARDEN TIPS!

Mulching with straw/hay: We have bales of mulching hay available for garden members to use. We highly encourage garden members to heavily mulch between the plants in their garden. This prevents the soil from drying out so quickly, which saves on watering. Mulch also helps block weeds from growing between your crops, and eventually it breaks down, adding more nutrients to the soil.

Watering while away: If you are traveling and can't make it out to your garden plot to water, weed and harvest, contact your garden plot neighbors or friends in the garden, to tend your plot while you are away. For this reason, it's a good idea to get to know your garden neighbors! It's also a great opportunity to build community connections.



BECOME A FRIEND OF THE GARDEN

Monetary gifts support our produce donation efforts & garden education programs. The Lewisburg Community Garden welcomes recurring annual or monthly donations. Become a Perennial Donor and provide a reliable source of funding, allowing the garden to grow for years to come. Click [HERE](https://give.bucknell.edu) (give.bucknell.edu) to donate and write "Office of Civic Engagement: Lewisburg Community Garden" in the "additional info"

1,200
pounds
of
organic
produce



HELP US GROW FOOD FOR OUR COMMUNITY

COVID-19 has meant that we have had to change how we operate garden hours for folks who want to come give us a hand. Historically we have had open hours on Tuesdays and Thursdays from 4-7pm. This is no longer the case. Due to COVID-19 safety measures, we have a limit to how many folks we can have at one time. Because of this, we send a sign-up form a week out to folks on our volunteer contact list. This is how you can let us know you are coming!

Please email plantgrowfeed@gmail.com to request to be added to the volunteer contact list. This will ensure that you get the weekly email that goes out with the sign up.

You can also go to tinyurl.com/volunteerLCC to give us more specific info about when you want to help. This page also has the week's current link to sign-up to help.

FEEDING PEOPLE IN A SYSTEM THAT KEEPS PEOPLE HUNGRY IS RADICAL.

However, "Commitment to food access work alone is inadequate to address the systemic issues that led to food apartheid in the first place."

- Leah Penniman, Soul Fire Farm

SYSTEMIC RACISM AND STRUCTURAL OPPRESSION



Food insecurity among Black households in the US in almost double the national rate and TRIPLE the rate of white households. Food insecurity rates of Latinx households are double the rate of white households. This is the result of a history of redlining, housing discrimination, divestment from already impoverished communities and other oppressive structural forces.

FOOD INSECURITY & CHILDREN

In Pennsylvania, 1 in 6 children are food insecure. In 2017, there were 3,490 children experiencing food insecurity in Northumberland County, 1,510 children in Snyder County, and 1,240 children in Union County.

RURAL HUNGER



17.1% OF PEOPLE IN NORTHUMBERLAND COUNTY ARE PROJECTED TO BE FOOD INSECURE THANKS TO THE PANDEMIC

14.4% OF PEOPLE IN UNION COUNTY ARE PROJECTED TO BE FOOD INSECURE THANKS TO THE PANDEMIC

IN 2018, THE FOOD INSECURITY RATE FOR CHILDREN IN NORTHUMBERLAND COUNTY WAS 18.2%, WHICH WAS HIGHER THAN THE OVERALL RATE OF FOOD INSECURITY IN THE COUNTY, 12.1%

84% of counties with high child food insecurity in the US **ARE RURAL**

FEATURED COMMUNITY MEMBERS

Fern, Regan, & Canyon Swartzentruber



What brought you to the community garden in the first place?

We first joined the LCG summer of 2016. We initially joined because we knew we wanted to start growing our own food, but we had little space at home. We were also excited about the idea of gardening with and learning from others.

The 3 of you often come to the garden together. Does coming as a family make you more inclined to come to the garden to tend your plot?

Time spent at the garden together as a family is something we will always treasure. Not only are we more inclined to go to the garden when we do it together, we also find it to be a time to connect with each other and nature. We learn from each other and are happy when we can share the tasks between the three of us. One of the most rewarding things as a parent has been to offer Canyon the chance to understand where his food comes from, and how to grow his food locally and organically.

Canyon, what do you like about going to the garden?

I like gardening because it feels like I'm connecting with the earth. Organic food tastes a lot better than non-organic food. I've learned a lot about different plants, how they look, and how to grow them. The produce tastes natural.

Some of the LCG's values are community, education, stewardship, and sustainability. Can you speak to how these values may be reflected in your own experiences through gardening?

LCG's values make sense to our family and we have become familiar with them through being community plot renters, but also through Regan's participation on the garden board, and Fern's summer working as the Food Access Coordinator. Some of the best experiences with LCG are related to community aspects. We have made many good friends and learned a lot from each other. We have each found satisfaction in volunteering at the garden and interacting with other volunteers. We have often left the garden dirtier and happier than what we were when we got there.

What are each of your favorite things to grow in the garden?

Canyon's favorite thing to grow in the garden is carrots. He loves that you never know how big they will be when you pull them out of the ground. Regan's favorite thing to grow is jalapeno peppers. He likes how many peppers you get from just one plant and it's his favorite thing to can. Fern's favorite thing to grow is red beets. She likes the earthy flavor, the variety in colors, and the fact that you can also eat the leaves.

Do you each have a favorite part of the garden?

Canyon: My favorite part of the garden are the compost bins. **Fern:** My absolute favorite part of the garden is getting my hands dirty. I also enjoy walking around the garden, observing what others are growing. **Regan:** The raspberry patch. I love snacking on them as I'm doing various tasks.

Is there anything you would each like to see more of in our community as a whole?

We are grateful to LCG for creating a beautiful, healthy, and educational space for community members. There is no doubt that this space has promoted environmental, social, mental, and physical benefits for many. We would love to see Lewisburg as a whole strive to become more of an inviting, inclusive, and eco-friendly community.

GARDENER RECIPE

by: Suk Ganahl

Buchu Muchim (Korean garlic chive salad)

After our long Pennsylvania winter, Buchu (Korean garlic chive) are the first green shoots I spot in my garden. During February, I start to look for the brownish green baby shoots in my Lewisburg Community Garden plot. They have come back every year since my mother visited me 22 years ago from S. Korea and she planted the first shoots. When my family moved to Lewisburg 7 years ago, we took the original shoots with us in pots and replanted them.

When I find the Buchu has grown around 5 inches, I get so excited to make my first Buchu salad of the year, just as my mother made it in Korea. Then as spring turns to summer and fall, buchu grows tall and abundant, I make Buchu Kimchi, Buchu pancakes, and Buchu dumplings, or simply use it as a fresh herb in many Korean dishes.

Ingredients

Buchu 1 pound
Yellow or red onion, ¼ c, thinly sliced

For sauce:

Vinegar, 1 tbs dried
Red pepper flakes, 1 tbs
Soy sauce, 1 tsp
Minced garlic, ½ tsp
Maple syrup, 1 tbs
Sesame oil, 1 ts (optional)
Roasted sesame, 1 ts (optional)

Directions:

Wash Buchu thoroughly, drain and cut 5 inches long. Mix all the ingredients for the sauce. Pour sauce over Buchu and sliced onion. Mix gently. Adjust taste as you like by adding more soy sauce, syrup or vinegar. Serve with barbecued meat, fish or grilled tofu. Stays good for a few days in the refrigerator.

