Welcome, gardeners! The Garden Committee would like to introduce to you our first monthly newsletter about the happenings of the Bryn Mawr College Community Garden. From our start in the Spring of 2010, we have aspired to bring the student body, faculty and staff together to provide local, organic produce made by and for the Bryn Mawr Community. In addition, we aim to establish productive outdoor spaces that enhance community-building through active and engaging gardening ventures on and off campus. As our garden continues to grow and make a bigger impact on our dining hall and student body, we hope to develop a campus wide dialogue for which to discuss gardening and food justice issues.

This dialogue begins here, with the newsletter. In the newsletter, you can expect updates about upcoming garden-run events, gardening how-to’s, food justice events and actions in the local Philadelphia area or around the country.

In addition, you can utilize our monthly recipes to make the best use of your produce, and much, much more. If you have comments, questions, suggestions, or would like to volunteer with us, please send your inquiries to bmcgarden@googlegroups.com. Although the winter days may have kept you wrapped up in doors, we hope to give you a little taste of spring, and what’s to come in our garden.

February

Preparation for the First Planting
We will purchase seeds, begin green housing near Park Science, build the raised beds, and prepare for our first field trip.

March

Continuing Prep Work
Volunteers will continue to work in the green house. There will be another exciting field trip. In addition, we will secure the summer and year-long coordinators.

April

Celebrating Earth Day and the Planting Season
We will be working with other Green Groups on campus to prepare events for Earth Day. Concurrently, we will be entering the planting season.

May

First Crops
Spring crops ready for harvest will be picked and given to Haffner Dining Hall.

Summer

Active Summer Volunteer
The summer volunteer will coordinate volunteer days to maintain the garden and manage the three crops that will be planted.
A Successful Last Semester

Before the fall semester began, the garden committee worked to establish the garden as a permanent fixture. Now the BMC garden has a paid year-long garden coordinator and a summer garden coordinator. We hope this will establish sustainable interest in the garden. The gardens continued growth has required some logistical expansion. First, the garden committee has increased its members. In addition, we have bolstered volunteer opportunities on campus to match expanding interest of the garden in the BMC community. You can check our our new online Facebook page, http://www.facebook.com/BMCGreensGarden, which has over 80 likes.

In addition to community expansion, we have increased the physical space of our garden from 160 square feet to 320 square feet. We have also added an herb spiral and changed the planting layout by widening and lengthening the beds. When it comes to the produce, we aim to increase yield while reducing the variety of crops in the dining hall. We hope this will create a visible presence in the salad section.

Over the fall semester we stepped off campus, taking two trips to Weaver’s Way, an urban farm located in Germantown. Students volunteered on the farm and learned interesting farming techniques that we have incorporated into our own garden, such as the herb spiral. In our field trips, we have established a strong partnership with Weaver’s Way that we hope to utilize in the future.

At the last event of the semester, we collaborated with the ACPPA Community Art Center on the West End of Norristown to create a brand new mural for our garden with their middle school students.

A Special Thank You

We would like to thank Kelly for supervising our work and Nelly and Ellie for opening the doors of the Civic Engagement Office to our garden.

Future Goals

1. Quantify how much we are producing
2. Experiment with new planting techniques
3. Create further organizational partnerships
4. Bolster campus participation
**Real Food Challenge**

As stated on the Real Food Challenge website, the challenge is both a campaign and a network. The goal is to increase the procurement of real food on college and university campuses, with the national goal of 20% real food by 2020. The challenge is being implemented onto our BMC campus. Come to the meeting on Tues. Feb 5, 8 - 9 pm in Taylor C.

**Fact**

Peaches, Pears, apricots, strawberries, and apples are members of the rose family. So are ornamental species such as spirea, goatsbeard, and nine bark.


**Myth: Organic pesticides are less toxic than synthetic ones**

Misused pesticides can be harmful, regardless of whether they are considered natural or synthetic. Pyrethrum, for example, is made from chrysanthemums but is still toxic to people and pets when handled improperly.


---

**MISO SESAME WINTER SQUASH**

2 lb squash cut into 1/2 in pieces  
2 tbps toasted sesame oil  
2 tbps molasses  
1 tsp tamari or shoyu  
2 tbps pure maple syrup  
1 tbps white or yellow miso  
1/4 cup freshly squeezed orange juice  
1 tbps freshly squeezed lemon juice  
1/4 tsp grated lemon zest  
5 tbps water  
8 oz organic extra-firm tofu, pressed, cut into 1/2-inch cubes

- Preheat the oven to 425°F. In a large bowl, toss the squash with 1 tablespoon of the sesame oil.
- Spread the squash on a parchment-lined tray and roast for 40 minutes, turning over with a fork after 20 minutes.
- In a medium-size bowl, whisk together the molasses, tamari, maple syrup, miso, orange juice, lemon juice, lemon zest, water, and a tablespoon of sesame oil. Add the tofu, toss to coat, and set aside.
- When the squash is deeply golden on both sides, remove from the oven. Transfer the squash to a baking dish. Pour the tofu mixture over the squash, and gently toss. Bake, uncovered, for 30 minutes. Toss a couple times along the way.
- Remove from the oven, and season with salt, if needed. Finish with some toasted sesame seeds, chopped arugula or kale, and/or herbs, and serve immediately with lemon wedges on the side (to squeeze on top).

Specific recipes you’re interested in? Email us: bmc@bmcgarden.googlegroups.com.


---

**Did You Know?**

[^1]: Example, is made from synthetic. Pyrethrum, for example, is made from chrysanthemums but is still toxic to people and pets when handled improperly.


[^3]: Organic pesticides are less toxic than synthetic ones.
