

# BFF Newsletter

BALLFIELD FARM

Ballfield Farm is a neighborhood program of The Pittsburgh Project

## Meet A Member



### Sandy Kaminski

Sandy joined the farm in 2017 because of her love of good food and her passion for gardening. In just her first two seasons, Sandy has grown a variety of flowers and vegetables from seed, which has helped save the farm money. BFF has been a wonderful place where Sandy has found space to plant her grandparents' poppies as well as inspiration for her own flower garden at home. Sandy loves trying all types of vegetables, but has really enjoyed trying the Jerusalem artichokes and ground cherries. Sandy was also instrumental in making the mural on the farm's 'white' shed! Sandy and her family live on the Northside near the farm.

## This Week's Tasks

July 17th – July 23rd

### This week's tasks include:

Watering hi-tunnel, mounding potatoes, weeding leeks, garlic, tomatoes, peppers, tomatillos, cutting grass, moving picnic table

**Harvest:** Parsley, garlic chives, kale, salad greens, snap and snow peas, mint, chard, basil

### Upcoming Schedule:

**Tuesday, July 17th 6-8:30pm**

*Opener: Frank Battista*

**Friday, July 20th 9-11:30am**

*Opener: Charles Chapman*

**Saturday, July 21st 9--12:00pm**

*Opener: Sandy Kaminski*

**Friday, August 3rd 5:00pm--8:30pm**

**Potluck and Pool Party**

Ballfield Farm (BFF) is a neighborhood project collectively growing organic food together on Pittsburgh's North Side. All are welcome to become members. Members pay a small yearly fee and commit to 6-12 hours of work per month. For more info on membership, please visit [www.ballfieldfarm.org](http://www.ballfieldfarm.org), email [Info@ballfieldfarm.com](mailto:Info@ballfieldfarm.com) or show up at any scheduled workday.

## Harvesting Tip

### Harvesting Jerusalem Artichokes

Jerusalem artichokes are usually ready for harvest after the first frost when the plants begin to die back (usually around late autumn). To maximize tuber production the flower stalks should be cut off so the plant doesn't waste energy on seed production. To harvest them simply cut back the dead growth and lift the tubers with a digging fork. Some will break, but if you are careful, you should get most of them out without causing damage. They last longer and are easier to store when they are fully intact. Most of the tubers will come up as a large cluster, and you will have to carefully split them. The



rest will be in the ground, and you will have to individually pick them out. It's done by turning over the soil and sifting loosely through it with your hands.

## In The Ground



### Chioggia Beets

The Chioggia beet, also known as the candy cane beet, was named after a fishing town in Northern Italy and became popular in the 19th century. Chioggia beets are made of entirely edible roots, stems and leaves and is most known for its striking deep pink and white spirals. The Chioggia beet matures very early (about 60 days) and has a mild flavor, that requires less cooking time than most varieties. To prevent the beet from losing its brilliant color, use a splash of vinegar or lemon juice when cooking. You can find Chioggia beets in CF2 at the farm.