

BRR ALLIANCE INC.

Building Bridges to a Brilliant Future

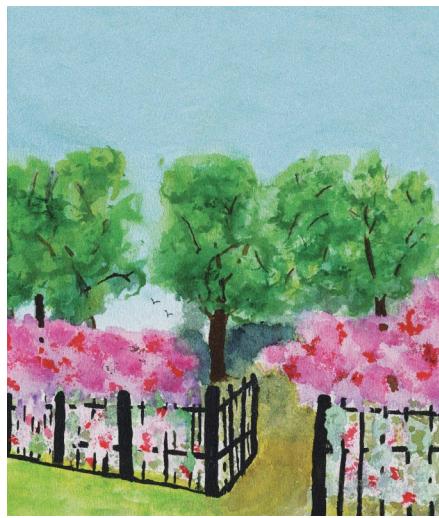
Garden Patch Pg. 1

Black Rock & Riverside Tour of Gardens

The Black Rock & Riverside Tour of Gardens is a sub-committee of NW Buffalo's GNPA (Good Neighbors' Planning Alliance). It was started by Margaret Szczepaniec in 2005. The Volunteer committee members have continued through the years and comprise of: Margaret, Liza McKee, Sharon Adler, & our dear friend and retired police officer, Walter Kozlowski. Walter passed into Spirit in 2014 and is sorely missed! He had an amazing and whimsical garden on Esser Street. Warren Glover has joined and helps out in any possible way that he can. The Chairperson(s) has changed through the years (currently, Sharon), but the efforts remain the same: to promote the beautification and stabilization of the area one garden at a time!

The 12th Annual Black Rock & Riverside Tour of Gardens will take place rain or shine, Saturday, August 6th from 10 am - 4 pm. This free, self-guided tour features 50+ gardens. The Starry Night Garden Tour, featuring 20+ well-lit gardens on August 6th is from 8 pm - 10 pm.

A Black Rock History Tour will be conducted by Councilmember Golombek at 11 am. Meet at Buffalo Religious Arts Center. The cost is \$8 per person; proceeds to benefit the Tour. Olmsted Riverside Park



will have a free tour beginning at 1 pm. The Buffalo Religious Arts Center will also have their own docent tours 11 am - 3 pm, \$8 per person. Additional community events and tours to be posted on the website; the address is listed below.

Volunteers are needed for the two day headquarters; contact information is listed below. This year's headquarters for maps, t-shirts, caps and visors are: St. Mark's & All Saints' Church, 311 Ontario St. and Buffalo Religious Arts Center, 157 East St, both in Buffalo, NY 14207. Maps also will be available at area businesses or by calling Councilmember Golombek's office before the event at 716-851-5116, or by downloading: <http://www.brrtourofgardens.com/>

Qtr. 3 – 2016 6th edition

Farmer's Calendar Circa 1800

July—in cloudy and rainy weather your time may be best employed among the corn. Never cut your grass when there is an appearance of rain—good hay is worth twice as much as bad. It would be better to mow when it does actually rain than when the weather is threatening.

August—All the weeds in the corn, potatoes, and the garden, ought to be cut down before they go to seed: it will have trouble next year. Every weed which goes to seed this year, will produce, perhaps, a hundred next year.

September—This is a fine month for business as the heat decreases, and the days are still of considerable length. If your potato vines die or are killed by the early frost, it will be well to get forward with digging them. Carry them into your cellar dry and clean, and if the weather is warm they will not take any harm.



Nature Almanac for the Northeast

July—Black eyed Susans dot the fields, young rabbits are everywhere, young cardinals at feeder- put some sunflower seeds out

August—Spicebush swallowtails visit fields of flowers, chickadees flocking in the woods, green snakes in the lawn, careful with the mower.

September—Hummingbirds find jewelweeds, thrushes head south, asters of many kinds flower in sunny spots.

Upcoming Events

August 6th – Tour of Gardens – 10am—4pm

This free, self-guided tour features 50+ gardens. The Starry Night Garden Tour, featuring 20+ well-lit gardens on August 6th is from 8 pm - 10 pm.

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Garden Patch Pg. 2

Farmer Garden Grows and Partners

Buffalo Niagara Riverkeeper is excited to partner with Grassroots Gardens WNY and **the BRRAlliance** to establish bed space at the Farmer Garden **one of four community gardens in the Black Rock Riverside neighborhood** in order to grow native plants for use in local habitat restoration projects.

Native plants are those that have existed locally for many generations, and are acclimated to the local environmental conditions, therefore requiring little maintenance. They are also highly beneficial for native wildlife species that depend on these plants for survival.

Through Buffalo Niagara Riverkeeper's Native Niagara program, a stock of plants with a truly native genotype is being grown to be used in future habitat restoration efforts within the watershed. With the help of volunteers, seeds have been harvested from several local sites and propagated over the past several years. These seedlings are graduating from the nursery and are ready to move into the garden to continue to grow!

Twenty volunteers from Citigroup helped us expand the current community garden into a Native Garden incubator this Saturday. They also helped us in our current community garden which continues to grow. Tomatoes, peas, peppers and soybeans are the newest additions to the vegetable garden beds. Our first crop of cherries is ripening and our raspberries are growing nicely. Please watch for our Wednesday in the Gardens which will be starting soon. Come grow with us!



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Community Gardens:

The Black Rock Heritage Garden on Hamilton



Sprouting and Thriving



The Farmer's Garden on the corner of Farmer and Guernsey Street.



The First Cherries blooming this season



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Garden Patch Pg. 3

Ginger Root

Ginger also known as "(Zingiber officinale Rose) of the family Zingiberaceae is an important



herbaceous plant primarily used as a spice in Asian and Indian cuisines. Ginger is also considered an herbal medicine in many cultures. Ginger "products are made from fresh or dried ginger root, or from steam distillation of the oil in the root. The herb is available in extracts, tinctures, capsules, and oils" Ginger is a knotted, thick, beige underground stem, called a rhizome. The rhizome is developed into the crystallized and powdered ginger.

The ginger plant stem sticks up about 12 inches above ground with long, narrow, ribbed, green leaves, and white or yellowish-green flowers. Ginger can be grown at home from a piece of fresh root, or it can be purchased at a grocery store in the produce section. Growing requires warmer climates and rich, moist soil, since it is considered a tropical plant. It is best to choose one that is "firm, plump and has tight skin with several eye buds on it". Before planting, one must soak the root in warm water overnight. Next, a shallow and wide pot should be filled with rich, well-draining soil and the ginger root should be placed in with the eye of the bud facing up. The pot should be placed somewhere warm, such as a sunroom or room with a heater. While the plant continues to grow, keep the soil moist without overwatering it. After 2-3 weeks, the ginger should begin to sprout.

Ginger may be recommended to help prevent or treat nausea and vomiting from motion sickness, pregnancy, and cancer chemotherapy. It is also used to treat mild stomach upset, to reduce pain of osteoarthritis. It has a warming effect and stimulates circulation. It inhibits rhinovirus, which can cause the common cold. It inhibits such bacteria as Salmonella, which cause diarrhea, and protozoa, such as Trichomonas. In the intestinal tract, it reduces gas and painful spasms.



An essential flavor of Chinese cooking, ginger is of inestimable importance to Asian dishes". Ginger can be "sliced, minced, or grated depends on the dish. For stir-fry, ginger is best minced or chopped by hand. Unless the root is extremely firm, a food processor spoils the texture of the flesh and separates the juice from the fiber".

In contrast, in American culture, ginger is often used in the flavoring of baked goods, such as gingerbread cookies. Ginger is often found to be "highly aromatic, floral and pungent, with undertones of lemon and a slightly astringent quality, ginger contributes to food a freshness similar to that of citrus".

Ginger has been used for thousands of years as a herbal remedy and a flavor enhancer for foods. It remains very popular and shows no signs of losing its popularity.

A special thanks to Dr. Foster from Medaille and her GEN 410 contributors Jessica Szabo, Dymone Barnwell, Jasmine Boan, Gloryivette Herrera

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Community Gardens:

Esser Street Garden on the corner of Esser and Henrietta Street.



Our Youngest Volunteers Hard at Work

Riverside Peace Garden on the corner of Ontario and Tonawanda Street.



Peace Roses in Bloom

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We could use people who are willing to plant, weed, water, trim and mow. Anyone 16 years of age is welcome. If under 16 must be accompanied by an adult.