

Pine Manor Community Garden

Fostering positive community relationships and helping residents adopt a healthier lifestyle.



Pine Manor Demographics

- Of the 3,523 residents, 1,528 were born outside the United States.
- 53.5% of the population lives below the poverty level. For children younger than 18, the number increases to 70.9%.
- The median household income is \$17,041
- 53.3% of the population 25 and over did not graduate from high school.

Climate Change and Our Food Sources

- Food prices are increasing due climate change
- Extreme weather affects livestock and crops
- Warmer winters and extreme weather can wipe out harvests
- As temperatures and precipitation increases, more pathogens will thrive and affect plant health
- Climate events in one region can raise prices and cause shortages across the globe
- Climate change is altering rainfall patterns around the world
- Heatwaves make livestock less fertile and more vulnerable to disease
- Climate change will enable weeds, pests and fungi to expand their range and numbers

What can we do?

- Buy fresh from local sources, reducing food miles
- Supporting local farmers keeps land from developers, protecting wildlife
- Become vegetarian or vegan
- Eat organic when you can
- Grow your own food

Edible Perineal Landscape Plants

- Lemon grass
- Chaya (Mexican tree spinach)
- Moringa
- Longevity spinach
- Sissoo spinach
- Cranberry hibiscus (False roselle)
- Cuban oregano

Lemon Grass



The leaves of lemon grass contain oil that can be applied to the skin or used for aroma therapy.

- The oil has antibacterial and antifungal properties.
- The bottom 4" of stalks can be used to make tea or as flavoring in recipes.
- Lemon grass tea or oil reduces pain and swelling, reduces fever, and reduces anxiety. It prevents infection and improves oral health.
- Lemon grass tea stimulates the kidneys, decreasing bloating and detoxifying the body.
- Research has shown promising outcomes in the prevention of skin cancer.

Chaya

- Improves blood circulation,
- helps digestion,
- improves vision,
- disinflames veins and hemorrhoids,
- helps lower cholesterol,
- helps reduce weight,
- prevents coughs,
- augments calcium in the bones,
- decongests and disinfects the lungs,
- prevents anemia by replacing iron in the blood,
- improves memory and brain function
- combats arthritis and diabetes.



Moringa



One hundred grams (2/3 cup) of dry moringa leaves contains:

- 9 times the protein of yogurt
- 10 times the vitamin A of carrots
- 15 times the potassium of bananas
- 17 times the calcium of milk
- 12 times the vitamin C of oranges
- 25 times the iron of spinach

Longevity Spinach



Longevity spinach is a low-growing, semi-succulent plant that creeps along the ground but can be contained in a pot or a windowsill garden.

- Lowers blood sugar, cholesterol, and high blood pressure
- Anti-inflammatory effects
- Helps reduce weight
- Eaten raw in salads or on sandwiches.
- Can be crushed and added to smoothies, soups, or teas

Sissoo Spinach



- **Sissoo spinach** is a vigorous and spreading groundcover about a foot high with crinkly leaves, rooting at the nodes. It's great to use as a garden border or plant underneath fruit trees to hold in moisture.
- Can be added to quiches, pies, curries, pasta sauces, lasagna or added to dishes and stir-fries late in the cooking process as a **spinach** substitute and to add a nutty flavor.

Cranberry Hibiscus

- The leaves are edible and can be used cooked, such as in stir fries or added to salads
- The buds are edible and used for beverages, such as tea
- Use the leaves to infuse water



Cuban Oregano



- Grows best in part-shade, receiving morning sun.
- Cuban oregano bears a strong menthol or camphor scent that intensifies when the leaves are crushed, so use this powerful seasoning carefully. It is most often used in dishes that include poultry, lamb, beef, and stuffing. Cuban oregano can be dried or frozen for cooking.
- Cuban oregano can assist in soothing rheumatoid arthritis symptoms, healing wounds, and, like common oregano, it has antimicrobial properties as well.

Contact information

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Open Tuesdays and Thursdays 8:30-11
- Saturdays at Green Market at the Alliance for the Arts 9-12