



PLANT SPOTLIGHT OF THE MONTH

Beebalm (Monarda didyma)

Perennial? Check. Native to PA? Check. Brings the butterflies, birds, bees? Check. Beautiful, medicinal, and smells amazing? Check, check, and check! What more could you ask for? We're in love with Beebalm this July! Try a lovely cup of tea steeping both leaves and flowers--not only does it taste like a refreshing decaf version of Earl Grey (with a spicy hint of oregano), but it'll aid your digestion. The plant also has antiseptic and antifungal properties and can be used in all sorts of DIY recipes such as mouthwashes, soothing burn salves, sinus steams, and more! Culinarily, try sprinkling fresh flowers into salads and substituting dried beebalm for oregano.



Beautiful Beebalm flowering at one of our sites!

NEWS & UPDATES

EMERGING VENDORS PROGRAM

Eating for the Ecosystem, Inc. has been accepted into the city of Philadelphia's [Emerging Vendors program](#). This program is for woman- and minority- owned businesses, providing support and assistance as these businesses grow and pursue

greater involvement in public works projects. Stay tuned for more details on our participation in this brand new program.

EFTE-ARE

Check out the newest article from our non-profit branch dedicated to applied research and education! Victoria's article "[An Introduction to Invasivorism](#)" discusses a few invasive plants and the ethics of eating them.



The heat is rough on all of us, including plants! Make sure your plants stay healthy by following these tips:

- Water early in the day or after dinner (early morning is ideal).
- Long waterings once or twice a day are better than frequent shallow waterings. Container plants are more likely to need two waterings per day.
- Make sure to water the base of the plant rather than foliage. The goal is to get the water to the roots.
- Even if a storm came through, the plants may need more water if the storm was quick or the water didn't make it much past trees or eaves.
- Check the soil! Different plants may absorb water at different rates and need different volumes.

Summer Services at EFTE include:

- Integrated Pest Management
- Garden design and maintenance
- Aerating and amending soil
- Rejuvenation pruning
- Custom classes
- Weed management
- Lawn to garden transformation
- Installation of a variety of native and pollinator-attracting plants
- Woodland reclamation



**From our social media feed:
TIPS 'N TOOLS FOR YOUR GARDEN--RAIN BARRELS**



Lawn and garden watering can take up to nearly 40% of total household water use during summers. Have you considered installing a rain barrel to collect runoff from your roof? It can allow you to utilize the soft water free of chlorine and lime--perfect for your garden. If you're thinking of other ways to redirect rainwater, building a rain garden is a wonderful idea. A great ecological benefit of these barrels and channeled gardens is that they can prevent some amount of pollution from making its way into large bodies of water by reducing the amount of water rushing through chemically-treated areas and eventually back to the ocean.

Cautionary tip: If you're using the water on edible plants, we recommend looking into the materials used in your roofing to ensure harmful pollutants aren't making their way into the barrel.





Eating for the Ecosystem is a woman-owned business with predominately-female work crews. In addition to our meticulous and eco-friendly practices such as limiting our carbon footprint and composting landscape debris, we are also committed to helping clients learn more about—and develop stronger relationships with—the plants in our ecosystem.

Help us Grow

If you believe a friend or family member would like to learn about Eating for the Ecosystem, please [forward this newsletter](#).



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