

Growing Micro Greens

Growing micro greens, young edible vegetable shoots, has been easy and fun. More than that, micro greens are nutritious and can be used as attractive garnishes to any dish. I used them for salads, soups, sandwiches and main dishes.

I started with a kit purchased online from the Hamama company (www.hamama.com) that included a growing tray, coconut coir mats filled with micro green seeds. After adding water, the plants were sprouting within a week, and fully mature at about 2 inches tall in two weeks. The seeds did not need intense light to grow; mine grew near a window. The greens were harvested by cutting the plants one-fourth inch from the bottom with scissors.

Although I have used only seeds labelled "micro greens", I have read that any seeds can be used, except those belonging to the night shade family (like tomatoes, eggplant, peppers, potatoes). Some seeds, like broccoli, kale, radish, and arugula sprout more quickly than others and are therefore preferred for micro greens.

In the dreary days before spring, I first looked forward to seeing the seeds sprout and later enjoyed the visual pizzazz, added nutrients, and tasty flavor of micro greens on the plate.

Janet Sutton

**Sprout Jar
and
Microgreen
Trays**



Sprouting Seeds, the Jar Method

There are a number of ways to "sprout" seeds, but most instructions include the following:

1. For a quart jar, use ¼ cup of small seeds or ½ cup of large. Pour seeds in jar, then fill with warm water and let soak for 8-10 hours (or overnight). Cover with sprouting lid or clean cloth and rubber band.
2. Drain all the soak water; rinse with cool water and tilt jar in a bowl to drain and to increase airflow.
3. Rinse seeds 2-3 times daily with cool water.
4. When sprout "tails" are between ¼ and 1 inch in length, they are ready to eat! The whole process takes 3-4 days, and usually fills the jar.
5. Place sprouts such as alfalfa, broccoli, and clover, in direct sunlight for a few hours. This optional process is called "greening"; provides chlorophyll which gives sprouts added nutrients.
6. When sprouts are to your liking, empty sprouts into bowl, fill with water and swirl; hulls will rise to the surface. Tilt and drain. (If hulls remain, don't worry: they are edible, and add more fiber!).
7. Drain very well, and store sprouts for several days to a week in refrigerator by placing in an air-tight container lined with paper towels.

YouTube videos make the instructions come to life. Watching the process will show you how easy sprouting can be! For seed types and general information on sprouting, go to sproutpeople.org

Susan Greenberg

President's Letter

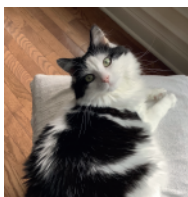
Postponing our May meeting in the pavilion to 11:30 gave us a comfortable temperature as we learned about about the Westmoreland Land Trust (WLT) and the exciting new plans for the Schwartz Farm nature and art park during the informative talk by Betsy Aiken. She shares more details about the park in the next column.

This issue also has details for people who want to grow sprouts or micro greens which were demonstrated during the meeting.

The AAUW National election results did not change AAUW's longstanding membership degree requirement since the proposed bylaws change to remove the college degree membership requirement did not receive the required two-thirds, 66.6%, of the vote to enact a bylaws change. National approval of the proposed change was 63%; Pennsylvania approval was 64.09%. Previous votes on the issue were just under 50%. How many Pennsylvania members voted is unknown. Only 28.67% of branch members nationwide voted. This issue will probably appear again on a future ballot since it is supported by the AAUW National Board.

Looking forward to September, we plan for an in-person meeting at the Murrysville Community Center, a larger space that will allow social distancing. Also in September we hope to resume our special interest group meetings. Plans for a book sale in November are pending. We will continue to follow the advice of the CDC. All the details of future events will be included in the September issue of the Focus.

Until then, I wish for all of us a happy summer time!



Janet Sutton, President
Sassy, Assistant to the President



In Memoriam

Marcia Paulson, 1946-2021, former member, passed away in March.

Jane Smith, 1941-2021, former member, passed away in May.



Westmoreland Land Trust



Thank you to Betsy Aiken for her informative talk about the Westmoreland Land Trust (WLT) and the exciting new plans for the Schwartz Farm nature and

art park. For more information go to

<http://westmoreland-landtrust.org/conservation-of-schwarz-farm/>, and for a

drone video that shows the property go to

<https://www.youtube.com/watch?v=w3MzaE9AxRo&t=74s>.

Ambitious plans for the future park include developing a model of land conservation, a haven for meadow wildlife, a destination for tourists, and a catalyst for related economic and cultural development!

WLT is considering acquisition of Anthony Howe's kinetic sculpture "My Father's Influence" as a signature work of art for the future park. There is a video of this work at <https://www.youtube.com/watch?v=AJM0PUzDvjc>, and a video about Anthony Howe's cauldron for the 2016 Summer Olympics at <https://olympics.com/en/video/how-anthony-howe-designed-the-state-of-the-art-kinetic-sculpture>. Googling Anthony Howe will yield more information about this artist and links to many videos of his kinetic works of art.

Anyone interested in becoming involved with the Schwarz park project, any aspect of the work of the WLT, or to be included in an email list for notifications and updates about the future park, call Betsy Aiken at 724-325-3031 or email westmorelandlandtrust@gmail.com.

Member Profile Barb Glozik

I never realized we had a television reporter in our midst! I just learned this and so much more about Barb Glozik during our conference call last week. Luckily, I get to share this profile of this fascinating woman with all of you.

AAUW Member and Leader

Barb joined AAUW after attending several meetings on subjects she found interesting. She really liked the mental stimulation. This led to her current position leading the special interest group, Great Decisions.

Tell me about your life

Barb was born and raised in New Kensington. She grew up with her parents and one sister. Her dad worked for Alcoa as a draftsman and her mother worked at Kmart. Barb said that she is blind as a bat without her glasses since she was in fourth grade but never let that hold her back. She did well in school, played clarinet in grade school, then moved to piano and organ lessons. She began to play the organ for church in 8th or 9th grade. She currently is the organist at St. Paul Lutheran Church in New Kensington.

When John F Kennedy was shot she became interested in politics which would play a role in her choices in the future. She graduated from New Kensington Senior High School in 1967, the last class of the "Red Raiders." She attended Concordia University in River Forest, IL. After realizing she did not want to be a teacher she left school and got a job at Tubular Service in Springdale, PA as an inventory clerk in the warehouse. She was transferred to the Chicago branch in Oak Park and attended classes at Roosevelt University in psychology and sociology because she was interested in learning more about people.

In 1972, she enrolled as a junior at the University of Pittsburgh with a major in psychology and minor in Russian, because it



was close to Slovak, the language spoken by her grandparents, her dad, and in church services. She graduated from Pitt with her BS Degree in 1974.

Deciding she wanted to work for the government, she took the Civil Service test but declined job offers with Social Security and as a parole officer. She did very well on the National Security Agency (NSA) aptitude test, especially on the language portion, and was offered a position as an intelligence analyst at Fort Meade, MD. While waiting on her clearances for the NSA she worked at JC Penney's and bought all her furnishing for her new home.

Barb couldn't share much about her 26 years with NSA due to the secrecy of the work, other than that she wrote reports, presented briefings, and worked for the NSA Broadcast Network where she wrote, produced, and anchored TV content for the Defense Intelligence Network, which is like a classified "CNN" for the intelligence community and the military. She was a classified TV celebrity. While at the NSA, in 1992 she took classes in social studies at the Massachusetts Institute of Technology (MIT) and attended a series of lectures on various foreign service topics as part of a MIT/Harvard exchange program. She also did a lot of volunteering. She volunteered at the Laurel, MD, community TV station where she admitted she did a poor job of play-by-play commentary for Laurel High School football games. She also wrote, produced, and anchored a bi-monthly TV newscast featuring police and fire department reports and guests from various local organizations. To highlight a local production of "Dracula", with a straight face she interviewed the actors playing Dr. van Helsing and Dracula in character.

Barb retired on October 31, 2001 after a 27-year career but was asked to come back for a short stint in 2003.

In 2004, Barb moved back to PA to take care of her parents and settled in Murrysville. Her dad had Alzheimer's and her mother had another form of dementia. She took care of her parents for 7 years. She visited them daily, making sure they ate, took their meds, and had all their needs met. She arranged for help from the state and from the Veterans Administration, and handled all their doctor appointments even after they moved into a dementia care facility. This experience wore her down and left her feeling depressed, but looking back, she is glad she was able to help them.


Barb's family includes her sister and her sister's children. Her nephew and his wife recently had twins, a boy and a girl. Her niece has dogs and is like Barb in that she prefers not having children.

Barb volunteered for the last several Democratic presidential campaigns. While at the NSA, she was not permitted to do anything political except vote.

For hobbies, Barb loves reading all sorts of books, but mainly chick-lit, a diversion for her. She does cross-stitch, sews and plays piano. Barb particularly loves music. Her favorite song is 'Light My Fire' by The Doors. And after spending time with her I realize the song choice is ironic. You certainly don't need to light a fire under Barb. She is a real fireball.

Laura Livingston

The FOCUS is published monthly, except in July and August, by the Murrysville Area Branch of the American Association of University Women. President: Janet Sutton, Editor: Donna Beard, Email: MurrysvilleAAUW@gmail.com. The American Association of University Women, founded in 1881, is open to all graduates who hold an associate degree or equivalent, or baccalaureate or higher degree from a college or university or academically accredited institution. In principle and practice AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability or class. Membership is not by invitation. AAUW advances equity for all women and girls through advocacy, education and research. The Murrysville Area AAUW has an affiliate membership available to anyone who does not hold an associate or baccalaureate degree.

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Reading for Pleasure

I received a few suggestions for your summer reading.

Diane Conway suggests a biography of an eccentric poet, Limonov, by Emmanuel Carrere. Diane warns us the book is a "risque walk on the wild side" so reader beware. Sounds intriguing.

Janet Sutton has been reading the following: *ArtCurious: Stories of the Unexpected, Slightly Odd, and Strangely Wonderful in Art History* by Jennifer Dasal, a museum curator in North Carolina.

Defiant Brides: The Untold Story of Two Revolutionary-Era Women and the Radical Men They Married by Nancy Rubin Stuart. The biographies of Lucy Flucker Knox and Peggy Shippen Arnold.

The Women of Chateau Lafayette by Stephanie Dray. A mix of fiction and non-fiction ranging from the 18th to the 20th centuries.

Capital Dames: The Civil War and the Women of Washington, 1848-1868 by Cokie Roberts.

I recently finished *The American Agent* by Jacqueline Winspear. It is the latest in the Maisie Dobbs series. This book takes place in London in 1940 during the blitz. Her descriptions really describe how horrible it was.

As to getting together in the Fall, I think we will need to see what conditions are relative to the virus. I can host 12 to 15 people in my backyard, socially distanced, if we still need to do that. Of course that is weather dependent and we might need to be flexible as to the meeting date. I have not received good reports on conditions at the pavilion near the library. I heard it can be noisy with trucks going in and out. We can decide all of that in September. Have a good summer.

Bethia Schulz