

OCTOBER 2021

WHAT'S GROWING ON?

TCFPC Community Gardens and Urban Agriculture
Working Group



CGUA MEETING NOTES

The Community Gardens and Urban Agriculture working group met on September 23rd at 3pm. 18 people were in attendance.

Meeting Notes:

- Deborah Ray from IDEA Public Schools gave a presentation on their school farm model that is being implemented at several of their campuses. A new school farm will be added to their Haltom City location in the near future and they are hiring a farmer to manage that campus. These farms engage the students through the Jr. Master Gardener program and help provide food for the school cafeterias. To learn more, visit: <https://ideapublicschools.org/farm/>
- Mary Jo gave an update on the school garden data project. She has a complete list and will have it added to the Local Food Map. The group discussed what else to do with this data and how to use it to advocate for a FWISD Garden Coordinator position.
- Lauren Hickman provided an update on the TAFB Community Garden Network. They have helped 6 gardens go from "planning" to "operational" in the last year and look forward to helping more gardens grow going forward. Volunteer opportunities are available at www.taafb.org/volunteer.
- Charlie provided the Grow Southeast update. Opal's Farm is having trouble with their pump. Black Wall Street is working on getting irrigation installed. Greater Mt. Tabor is waiting for electrical service and needs to clear some trees. Mind Your Garden Urban Farm won the Latinx Business Pitch competition from the Hispanic Chamber of Commerce.
- Finally, the group shared their favorite fall gardening memories.

The next CGUA meeting will be on Thursday, November 18th at 3:30pm via Zoom. All are welcome to join!

For questions and more information about CGUA, contact our co-chairs, Dave Aftandilian at d.aftandilian@tcu.edu or Charlie Blaylock at shinesfarmstand@gmail.com.

IN THE NEWS

- A profile of Mary Jo Greene and her work teaching and gardening with Blue Zones Project <https://info.bluezonesproject.com/powerful-maryjo>
- Star-Telegram write up on soil and soil science <https://www.star-telegram.com/entertainment/home-garden/article254216963.html>
- Local gardening tips shared that are friendly to the budget and environment <https://www.nbcdfw.com/local/gardening-tips-that-can-save-money-and-help-the-earth/2748951/>
- The Fort Worth Botanic Garden is celebrating Hispanic Heritage in the gardens <https://brit.org/brit-news/celebramos/>

Events & Classes

TCFPC GENERAL MEETING

October 7th, 4pm

Zoom Meeting ID:

861 3379 5481

FWBG | BRIT

Fall Plant Sale - October 9th

DIY Native Bee Houses -
October 16th

The Earth in Her Hands: 75
Extraordinary Women
Working in the World of
Plants - October 18th

[https://brit.org/calendar-
events/](https://brit.org/calendar-events/)

SAVE TARRANT WATER

Fall Plants for Fall Butterflies
- October 9th

DIY Drip Irrigation - October
7th

Backyard Composting -
October 21st

[https://savetarrantwater.com/
events/](https://savetarrantwater.com/events/)

SATURDAYS

8AM-12PM

**Cowtown Farmers
Market**

3821 SOUTHWEST BLVD





"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

**NATHANIEL
HAWTHORNE**



COMPOSTING TO DIVERT FOOD WASTE FROM FORT WORTH'S LANDFILL **By Laura Prentice**

As many of you likely know, the Fort Worth landfill is filling up at an alarming rate. Compost Carpool is working to send less food waste to the landfill and do something good with it: make soil!

We do that by partnering with local farmers and gardeners who are looking for material for their composting operations and diverting food waste from the trash into their compost piles! Though we are based in Grapevine, starting in October, we will be picking up produce that would otherwise be discarded from multiple Foodland grocery store locations in Fort Worth! We will then transport that material to Mind Your Garden Urban Farm and Opal's Farm to be turned into some awesome compost. We are partnering with Blue Zones Project and Grow Southeast to make this happen.

At Compost Carpool, we are passionate about turning trash into treasure. We love supporting local farmers and keeping biodegradable waste out of the landfill at the same time. We currently offer residential compost collection in Grapevine, Coppell, Irving, Southlake, Lewisville, Flower Mound, and Highland Village for individuals and families who don't want to trash their food scraps but can't do the composting themselves. We do the work of composting and our customers get finished compost back. Half of our residential food waste is donated to local farms and the other half we process ourselves at our facility to be given back to our customers. We're looking forward to being able to divert a large quantity of food waste in Fort Worth!

In our initial audit of one grocery store, we collected over 700 pounds of fruit and vegetable waste! Much of that food is still good but not sellable to the general public. So, part of our role will be to deliver the produce that is still safe and perfectly edible to Blue Zones Project Good for You pantries. Then whatever is not usable will be composted at Mind Your Garden or Opal's Farm. We're so excited to be turning Fort Worth a little greener. Every little bit helps!

Learn more about our work at www.compostcarpool.com or find us on Facebook or Instagram @compostcarpool



OCTOBER TO-DO

Remove warm weather crops as they finish producing. Cut them from the garden to let the root ball break down and return to the soil.

Continue planting broccoli, cauliflower, kale and cabbage transplants throughout the month.

Continue to direct-seed spinach, lettuce, peas, arugula, radishes, carrots, turnip and beets throughout the month.

Broadcast wildflower seeds throughout perennial beds late in the month.

SEASONAL VEGGIE FUN FACTS - EGGPLANT

Eggplant is such a fun crop to grow in a North Texas garden. There are many varieties to choose from like Fairy Tale, Globe, Japanese, Kermit, Italian, and Calliope. They come in colors like white, green, light purple, dark purple, yellow and some are even striped! Eggplant is a warm season crop here and will tolerate some heat in the summer but really flourishes when the temperatures drop in September and October.

- Eggplant is in the nightshade family with tomatoes, potatoes and tobacco.
- The plant's origins can be traced back to India where it has been cultivated for over 1,500 years.
- Eggplants contain more nicotine than any other edible plant. The concentration is not enough to cause harm, but the nicotine concentration can be 0.01mg/100g.
- In other parts of the world, eggplants are called "aubergine." In the United States, Australia, New Zealand and Canada, we call them "eggplant" because the first cultivars grown were small, egg-shaped and yellow or white in color.
- In Texas, Japanese and Chinese varieties of eggplant tend to grow better than the large, Italian eggplant we're used to seeing in the grocery store. Check out a seed catalog to find a fun variety to grow next summer!

Learn more cool facts about eggplant at <http://justfunfacts.com/interesting-facts-about-eggplants/>

Apple & Olive Oil Bundt Cake

Recipe adapted from *The Floured Table*

This is a seasonal treat to grace your table throughout the fall and winter holiday season (or simply whenever you fancy a cake). This apple cake is simultaneously decadent and understated, and it marries the natural sweetness of apples with the earthy depth of olive oil. Pair with homemade caramel sauce and fresh whipped cream, simply dust it with powdered sugar, or couple it with your favorite ice cream for the perfect sweet bite to end a celebratory meal with your nearest and dearest.

INGREDIENTS

Bundt Pan Preparation

- 3 Tbsp (43g) butter, softened
- 1/4 cup (68g) granulated sugar
- 1 1/2 tsp cinnamon



Apple Bundt Cake

- 3/4 cup olive oil
- 3/4 cup applesauce
- 3 large eggs,
- 1/2 cup granulated sugar
- 1/2 cup brown sugar, packed
- 3 cups all purpose flour
- 1 1/2 tsp baking soda
- 1 tsp vanilla
- 1 tsp salt
- 1 1/2 tsp cinnamon
- 1/2 tsp cardamom
- 1/4 tsp nutmeg
- 1/8 tsp ground clove
- 4 large apples, cored and finely diced

PREPARATION

Preparing the Bundt Pan -Grease a 10-cup bundt pan meticulously with softened butter and coat the interior with cinnamon-sugar mixture. Swirl and tap the pan while holding it over a sink or trash can to catch any excess cinnamon sugar.

Apple Bundt Cake

- Preheat oven to 350 degrees F.
- In a large bowl, add olive oil, applesauce, eggs, and vanilla. Whisk to combine.
- In a separate large bowl, combine flour, both sugars, baking soda, salt, and cinnamon. Whisk to blend all ingredients together.
- Add dry ingredients to wet ingredients. Mix with a spoon or spatula until all dry ingredients are fully incorporated. Give the bottom of the bowl a few scrapes to make sure there are no pockets of dry ingredients remaining.
- Add the finely diced apples and fold in until they are evenly distributed in the batter.
- Pour into prepared bundt pan and rap pan onto counter firmly several times to remove bubbles and encourage batter to settle into the crevices of the bundt pan.
- Bake for 55-60 minutes. The top should be golden brown, the cake should be pulling away from edges of pan slightly, and a tester inserted into the middle of the cake should come out with no crumbs attached.
- Cool cake in pan for 10 minutes and then invert onto a cooling rack. Gently move the bundt pan back and forth to loosen it, and then carefully lift it off. If adding a glaze, let it cool completely first.

GARDEN RESOURCES

Local Nurseries:

Archie's Gardenland
Calloway's

Free Seeds:

TAFB Community Garden Program;
communitygarden@tafb.org
GROW North Texas

Bulk Soil/Compost/Mulch:

Living Earth
Silver Creek Materials
City of FW Drop-Off Stations

Garden Curricula:

CGUA-
<http://www.tarrantcountyfoodpolicycouncil.org/resources---reports.html>

Community Food Systems

Map:

<http://www.tarrantcountyfoodpolicycouncil.org/local-food-systems.html>

VIRTUAL GARDENING CONTENT

BRIT | Botanic Garden

[youtube.com/user/BRITplanttoplanet](https://www.youtube.com/user/BRITplanttoplanet)

Dig Deep Conference 2020

[tarrantcountyfoodpolicycouncil.org/dig-deep-conference-2020](https://www.tarrantcountyfoodpolicycouncil.org/dig-deep-conference-2020)

Tarrant Area Food Bank

[youtube.com/user/TarrantAreaFoodBank](https://www.youtube.com/user/TarrantAreaFoodBank)

Tarrant County Master Gardeners

[youtube.com/c/TarrantCountyMasterGardeners](https://www.youtube.com/c/TarrantCountyMasterGardeners)

Texas A&M AgriLife Extension

[youtube.com/c/txextension](https://www.youtube.com/c/txextension)





CHARLIE'S TOP CROPS

Green Magic Broccoli
Joi Choi Bok Choy
Alpine Daikon
Radishes
Flash Collards



SHINE'S GARDEN CHATS

Fall is in the air! The weather is giving our first inkling of cooling, and pumpkin spiced lattes abound, albeit iced, since the temps are still in the 90's in the afternoons. Lesser gardeners have succumbed to the exhaustion and allowed the perennial grasses to overtake their growing areas. Gardeners who are diligent about mulching have tender crumbly soil to weed, because no one gets entirely away from the task. Many gardeners are putting their areas to bed for the winter, but others are preparing for year-round growing.

There are some supplemental activities that you can do in October whether or not you grow through winter. The nurseries are full of mums, Chrysanthemums! Chrysanthemums make a natural insecticide that repels aphids and other soft-body insects. If you have room, put some directly in your gardens. If not, you can always put pots with chrysanthemums scattered around your growing space. In China, farmers used to grow chrysanthemums in rows in the fields, trim them in late winter and leave the trimmings in the walkways so that everyone walking on them would create a new release of pyrethrin. I'm also a huge fan of rye grass and clover. I prefer perennial ryegrass because it doesn't grow in clumps like annual ryegrass does. They both die in May, so we should really consider changing the conventional naming. I overseed my orchard and my lawn with perennial ryegrass and red and white clover. Many people dislike this practice because of the amount of water used to grow a lawn in winter. I don't use any water to overseed, or germinate, mine. I seed it before a rain and let it do what it's going to do. As much rain as we have had for the past 6 years, I have never been disappointed. I do find myself mowing once, or twice, during March, but I haven't had any stickers or needed to fertilize my orchard or lawn since I started doing this.

Our mild winters give us many options. We can continue to transplant broccoli and cabbages, though they may not form heads until late January. I'm seeding Japanese turnips, daikon radishes, small round radishes, bok choy, baby kale, mustard greens, and collards, every week. I sow the bok choy and greens every 2 inches in rows 6 inches apart. Then I harvest every other one, when they get to be about 6 inches tall, and allow the remaining plants to get bigger. It gives me a good succession harvest from a single sowing of seed. I do the same thing with turnips and radishes. This is the best time of year for larger, milder radishes, like Daikon, Watermelon radishes, Nero Todo, and others. They tend to go to flower too quickly in the spring. I prefer Korean Daikon (mu daikon) to the Japanese varieties because they are more potato-shaped and are easier to work with in the kitchen.

It's also time to start our garlic. I plant my cloves 6 inches apart in rows 6 inches apart, because I like a big bulb. I mulch them lightly until they get above the soil surface, then add about 6 inches of mulch when they plants are tall enough. I prefer the California Early White variety. It's a braidable soft neck, that makes a lot of food in a small space. I know people who grow the Spanish hard neck varieties, but I don't have any experience with them. I also start my onions from seed in mid-October. I seed thickly a small area and keep it good and moist until I see the grass-like hairs of the onions coming up. In January, I pull those all up, separate them into individual plants and transplant them at 6 inch spacing all the way around.

It's a good idea to give your growing areas a drench with compost tea, or fish emulsion, to restimulate the bacteria after a few months of 90-degree soil temperatures. The weather is beautiful this time of year, so keep on growing!

Charlie Blaylock - Shine's Farmstand

Visit Shine's Farmstand on Facebook

<https://www.facebook.com/shinesfarmstand>

FARM RESOURCES

Organizations & Associations:

Texas Organic Farmers &
Gardeners Association
tofga.org

Farm and Ranch Freedom
Alliance
farmandranchfreedom.org

Texas Department of Agriculture
texasagriculture.gov

USDA Farm Service Agency
fsa.usda.gov

USDA National Institute for Food
and Agriculture
<https://nifa.usda.gov/>