

JULY 2020

WHAT'S GROWING ON?

TCFPC Community Gardens and Urban Agriculture Working Group

VOLUNTEER OPPORTUNITIES

The Community Gardens and Urban Agriculture Working Group has several ongoing projects that need your help. Please volunteer today!

Dig Deep Conference Opportunities - This year's gardening conference will be all virtual! In an effort to make this conference more interactive, we will provide several ways for attendees to interact with each other virtually through a lunch hour with shared seasonal recipes, breakout sessions and recommended reading list.

You can help in the following ways:

- **Submit your favorite recipe that uses seasonal produce.** Be sure to include the original author and a few photos so a beautiful recipe card can be made.
- **Submit your favorite gardening book, blog, website or article to be added to the conference webpage in our Further Reading section.**
- **Volunteer to moderate a breakout session on your favorite gardening topic.** These sessions will be about 20 minutes each and will occur on Saturday, July 25th. Moderators will be provided with a list of questions and resources.

To learn more about the conference, check out the Dig Deep article below. To volunteer, contact Becca at: becca.knutson@tafb.org.

For questions and more information about CGUA, contact our Chair, Dave Aftandilian at d.aftandilian@tcu.edu.



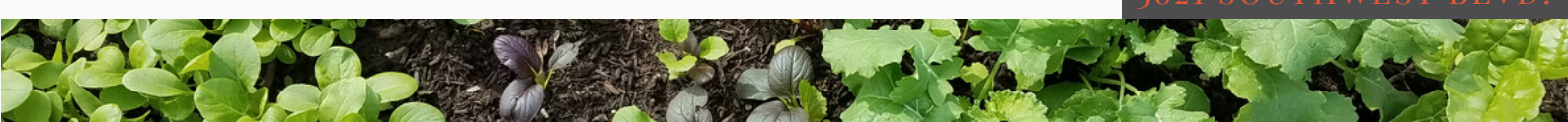
THE DIG DEEP CONFERENCE GOES VIRTUAL!

BY BECCA KNUTSON

Dig Deep: A Conference for Growers is an annual event that many look forward to each year. This year, due to the current health crisis, Dig Deep is moving to a virtual format. Online conferences are becoming more common as an alternative to large gatherings, but they are still a new concept for most. For the Dig Deep conference, Tarrant Area Food Bank and Tarrant County Food Policy Council have been planning for an event that will provide a lot of great gardening content as well as give us the interaction we enjoy at an in-person conference.

The online event will take place on Friday, July 24th and Saturday, July 25th. Friday's schedule will include several live sessions that attendees can join through Zoom. On Saturday, attendees will be given access to a whole library of pre-recorded video sessions on a variety of different topics. Attendees will be able to participate in a virtual lunch, a conference Facebook group, and breakout sessions along with other posted content.

For more information and to register to attend, visit www.digdeepconference.eventbrite.com. We hope to see you there!



Virtual Events

DIG DEEP: A CONFERENCE FOR GROWERS

July 24 & 25

digdeepconference.eventbrite.com

TCFPC

Council Meeting,

Aug. 6th

<https://us02web.zoom.us/j/87337634520>

TARRANT AREA FOOD BANK

Kitchen Garden Cooking School - Peppers, July 10

Seed Starting, July 17
tarrantareafoodbank.eventbrite.com

WATER UNIVERSITY

Composting, July 7

Plant Combos & Companions, July 14

Gardening for Wildlife
July 23

Grow Your Own Vegetables, July 30
wateruniversity.tamu.edu/events

BRIT

Biters & Stingers

July 11

brit.org/events

SAT. & WED. 8AM-12PM

Cowtown Farmers Market

3821 SOUTHWEST BLVD.



"Instructions
for living a life.
Pay attention.
Be astonished.
Tell about it."

MARY OLIVER



July To-Do

Plant pumpkins in
order to harvest at
Halloween

Set out fall tomatoes,
peppers and eggplant
late in the month

Start broccoli, cabbage,
collards, Brussels
sprouts and cauliflower
seeds inside later in the
month

Add a layer of straw or
leaf mulch to help
retain moisture and
inhibit weed growth.

Harvest okra, eggplant,
peppers, cucumbers
and squash as they are
ready.

A PRIMER ON THE PRIME ACT

BY HARRISON GIBSON

Do you know where the tenderloin on your dinner plate came from? Do you know the safety standards that juicy piece of meat met before it came to your table? With COVID-19 affecting everyone and everything, including our food system's distribution and production networks, do you know if meat will be available at your grocery store on the next trip? If it is there, will it be more expensive? These are a few questions worth considering in these times, and a proposed change in federal law may affect the answers.

The Processing Revival and Intrastate Meat Act, or the PRIME ACT, H.R.2859, was originally introduced in 2015 by US House of Representatives Rep. Thomas Massie (R-KY) with the purpose of loosening restrictions on small custom slaughterhouses to sell meats in the same state direct to consumers or to restaurants and retailers. The proposed legislation has recently gained a spotlight, as closures at meatpacking plants have sent ripples throughout the livestock industry. Increased prices and decreased availability of meat products have exacerbated strained budgets for consumers and retailers alike, and meat producers have seen bottlenecks and difficulties with increased wait times at the limited USDA-inspected plants, as many have shut down or limited production.

Not everyone believes that this bill would restore some harmony to our meat industry. Some groups, like the North American Meat Institute and the National Pork Producers Council, oppose the bill on grounds against reducing safety standards. There is very fair concern on exempting any meat processing facility from some safety standards, as consumers have a right to safe and pathogen-free choices. It wasn't so long ago that our nation needed Upton Sinclair to shine a light on the meatpacking industry to enact new food safety laws. The main points of contention for this bill are the exemptions of some safety inspections, as small processors under this legislation would be exempt from the measures requiring having a USDA, or state-equivalent, inspector on-site during slaughter and processing. However, the facilities would still have to meet federal and state standards on sanitation, facility maintenance requirements, and federal law on humane slaughter.

This is a quick look at a complicated issue that affects producers, consumers, and the food system in a myriad of ways. If you would be directly affected by the PRIME ACT or have an opinion you would like to share with the Tarrant County Food Policy Council, please reach out to this overview's author, Harrison Gibson, at his e-mail: Harrison.Gibson@tasteproject.com.



IN THE NEWS

- Read about virtual offerings from Slow Food DFW:
<https://www.dallasnews.com/food/2020/06/10/learn-about-the-local-food-system-with-slow-food-d-fws-new-weekly-web-series/>
- Proposed expansion of Bonton Farms:
<https://www.nbcdfw.com/news/local/bonton-farms-proposes-expansion-to-lake-highlands/2383480/>
- Learn about potential carbon-farming legislation:
<https://www.wired.com/story/carbon-farming-could-make-us-agriculture-truly-green/>
- Celebrating community, food and agriculture during pride month:
<https://foodtank.com/news/2020/06/16-lgbtq-farms-and-organizations-celebrating-community-through-food-and-agriculture/>





Summer Corn Salsa

Recipe by: Hannah Lamar

As days grow hotter and our farmer's markets and gardens produce beautiful goods, it is time to make dishes that highlight summer vegetables without having to turn on the stove. This dish is a bright, crunchy, flavorful bowlful of produce that you can spoon over tacos, enjoy as a BBQ side dish, or scoop up with tortilla chips. This recipe serves four, but easily scales up or down to fit your needs.

INGREDIENTS

- 2 ears of corn
- 1 cup of cherry tomatoes halved, or larger tomatoes diced
- 1 jalapeño, serrano, or habañoero pepper, depending on your spice preference, sliced into rounds and seeded
- 1/2 cup avocado, diced
- 1/2 cup tender green herb (e.g., basil, cilantro, chives, parsley)
- Pickled onion to taste
- Juice of a lime or lemon
- 1 tablespoon olive oil
- Salt and pepper to taste



PREPARATION

- Shuck the ears of corn and cut the kernels into a medium bowl
- Add prepared tomatoes, hot pepper, avocado, and herbs in with the corn
- Add in your pickled onion, to taste. Use your favorite canned pickled onion, or pickle your own using the quick pickle recipe below
- Add lemon/lime juice, olive oil, salt, and pepper to the veggies. Stir together
- Taste and adjust for seasoning. Enjoy!

Quick Pickled Onions

- Thinly slice one medium red onion or two large shallots and place them in a bowl
- Add 1 cup of vinegar (apple cider, red wine, rice, or a combination), 2 tablespoons of granulated sugar, and 1 tablespoon of salt to the onions
- Stir until the sugar and salt are dissolved and let sit for 30 minutes to an hour before using
- Store, covered, in the fridge for up to two weeks



Garden Resources

Local Nurseries:

Archie's Gardenland
Calloway's

Free Seeds:

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

Bulk Soil/Compost:

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

Garden Curricula:

CGUA-
<http://www.tarrantcountyfoodpolicycouncil.org/garden-2.html>

Community Food Systems Map:

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

