

HOW'S IT GROWING?

Community Gardens & Urban Agriculture
Working Group Newsletter



CGUA HAPPENINGS

The next CGUA meeting will be on **Thursday, September 21st from 3:00-4:30pm** at Tarrant Area Food Bank, 2525 Cullen St. Fort Worth, 76107 in the 2nd Floor Rosenthal Board Room. www.tarrantcountyfoodpolicycouncil.org/news---events

The last CGUA meeting held on July 13th, hosted at TCC's East Trinity River Campus, was attended by 26 people interested in bringing positive change through gardening in Tarrant County.

Chow Koay made an announcement about a festival he is planning for 2019 and presented the opportunity for gardeners in DFW to order blackberry plants at a bulk rate. For more information, email Chow at chow.koay@gmail.com.

The group also heard from Neale Mansfield about his non-profit, Redemption Landscape, that employs, mentors and trains young men who are homeless or recently incarcerated. Visit Redemption Landscape Services on Facebook to learn more.

For more information on how to be involved in the CGUA working group, please contact our chair Dave Aftandilian at d.aftandilian@tcu.edu.

BRING ON THE GREENS

Dotty Woodson, Ed. D.

Many wonderful tasty vegetables, particularly greens, grow from fall through winter and spring. Whether you have a small empty space, large containers or a large space, now is the time to plan what you want to plant and eat. Many vegetables we love to eat only grow in the fall and winter because of this area's summer heat. The possibilities include asparagus, arugula, Belgian endive, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, collard greens, garlic, kale, leeks, lettuce (leaf, Romaine, butter), mustard Greens, onions, peas (English, snow), potatoes (Irish, new, Yukon gold, purple), radicchio, spinach, Swiss chard, turnip greens and many Asian greens. Many of these are eaten raw and many are cooked, sautéed, steamed, stewed and added as flavor in soups and stews. I love creamy leek, asparagus, carrot, and cauliflower/cheese soups, spinach enchiladas, sautéed cabbage and cold slaw.

Don't forget herbs! Cilantro, chives, parsley, fennel, oregano and thyme stay green and grow in the winter. In fact, cilantro only grows in the winter. Parsley and fennel planted now will not have problems with caterpillars because the butterflies are not around during the winter. Parsley and chives like the cool weather and remain beautiful and green even after a freeze.

Plant vegetables in a sunny location with good drainage with compost added to the soil or in a container with potting soil. Last winter I saw a landscape where someone had planted mustard greens in front of their shrubbery just like some others had planted pansies. I like to plant a salad bowl in a container with many different varieties of lettuce chard and kale. I pinch off only the amount I require for my salad each day. Lettuce, chard and kale seeds start easily planted directly in the container or the ground but transplants will be available soon.

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EVENTS

9/2, 10am-12pm
Permaculture
Basics for Home
Gardeners
brit.org/events

9/2, 1pm-3pm
Intro to Vegetable
Gardening
brit.org/events

9/6, 6-7:30pm
Kitchen Garden
Cooking School
Okra
tafb.org/events

9/9, 10am
Planning Your Fall/
Winter Garden
Westwind Church
Community Garden
Facebook

9/14, 5pm & 6pm
Backyard
Composting 101
Fortworthtexas.gov
compostoutpost

9/16, 10am-1pm
Backyard Drip
Irrigation
tafb.org/events

9/21-9/23
Master Composter
Class
Fortworthtexas.gov
compostoutpost

9/30, 10am-1pm
Intermediate Drip
Irrigation
tafb.org/events



BRING ON THE GREENS

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Transplants of lettuce, greens, broccoli, spinach, cauliflower, Brussels sprouts, cabbage and Swiss chard are available at garden centers and feed stores in early fall. Plant seeds and transplants as soon as possible so the plants will have time to establish before the first hard freeze. Be prepared with row cover and garden blankets just in case the temperature is predicted to drop below 25 degrees. Row cover is a lightweight fabric designed to cover crops to protect them from 2 to 3 degrees below freezing. Garden blankets are a heavier fabric designed to cover crops for even lower temperatures.

A successful garden is accomplished with planning, soil preparation, efficient irrigation and timing. Do the hard work of soil preparation in the fall and winter when the weather is cool and sunny. Planning and timing come next. Plant garlic in November. Greens, broccoli, cabbage, cauliflower and Brussels sprouts can be planted in early fall to grow all winter. Plant onions, asparagus crowns and potatoes in January and February. For a recommended planting date list see <http://dallas-tx.tamu.edu/files/2010/06/Vegetable-Planting-Guide.pdf> or email me at d-woodson@tamu.edu.



DID YOU KNOW?

Adding beneficial nematodes to your garden twice a year can help control many insects that lay their eggs in the soil. Beneficial nematodes can be purchased online or at your local nursery and should be put out in the garden in the spring and the fall. The nematodes will come with instructions on how to hydrate the microorganisms and at what rate to apply them to your growing spaces.

Beneficial nematodes can help control grubs, ticks, thrips, maggots, fleas, cutworms, armyworms, cabbage loopers, squash bugs, termites and other pests that spend part of their life cycle in the soil.

Learn more about beneficial and harmful nematodes at www.rodalesorganiclife.com/garden/nematodes.

RESOURCES

Local Nurseries:

- Archie's Gardenland
- Calloway's
- Redenta's

Free Seeds:

- TAFB Community Garden Program
- Contact seed companies

Bulk Soil/Compost:

- Living Earth
- Silver Creek
- City of FW Drop-off Stations

Garden Curricula:

- CGUA-
www.tarrantcountyfoodpolicycouncil.org/cgua-working-group.html

Texas AgriLife Extension:

- www.agrilifeextension.tamu.edu



SEPTEMBER TO-DO

- Add a fresh layer of compost to your growing spaces before you plant for the fall.
- Plant broccoli, cauliflower, cabbage and kale transplants; mulch with straw or leaves to keep the soil cool.
- Direct seed spinach, lettuce, beets, carrots, parsley, turnips and kohlrabi.



Please take a moment to complete our surveys about community gardens in our area. They take less than ten minutes and will help us better serve you in the future.

Thanks!

- <https://www.surveymonkey.com/r/2ZJF6RF>
- <https://www.surveymonkey.com/r/2W92SSY>



Strawberry Cucumber Salad

Recipe by TheFoodCharlatan.com

Prep Time: 15 minutes

Cook Time: 0 minutes

Servings: 8

Serving Size: 2/3 cups

Ingredients

2 pints strawberries

2 large cucumbers

Dressing:

1/8 cup white balsamic vinegar

1/4 cup honey

Preparation

1. Wash the strawberries and cucumbers. Stem the strawberries and slice them into discs.
2. Peel the cucumbers roughly. Slice thinly with a knife or vegetable peeler.
3. In a medium bowl, layer the strawberries and cucumber in a fan shape. Place them one after the other and keep going all the way around.
4. In a small bowl, whisk together the balsamic vinegar and honey. Drizzle over the salad and serve immediately.