

AUGUST 2019

WHAT'S GROWING ON?

TCFPC Community Gardens and Urban Agriculture Working Group

Meeting Minutes - 7.18.2019

The Community Gardens and Urban Agriculture Working Group met on July 18, 2019 to discuss ongoing projects and announce any new topics. Eight people were in attendance.

Support Grow Southeast Farmers - Jesse Herrera gave brief updates on the different farm projects. Cleveland is getting ready for fall planting. Iris is installing her rows one by one and plans to do raised beds as well. Friends of Cobb Park are working on getting their Certificate of Occupancy. Greater Mt. Tabor is working on getting a water line.

Promote Local Farms and Gardens - Charlie Blaylock announced that he has been working with Brenda Patton of Texas Health Resources on getting a grant to bring SNAP back to the Cowtown Farmers Market. The reinstatement of SNAP will be rolled out on August 10th from 8AM-12PM. The Mayor will be in attendance.

Facilitate Community Partnerships - Becca Knutson has been working with Brittany Rosenburg from the City of Fort Worth to connect coffee shops and restaurants to gardens to divert food waste from the landfill. Currently, three restaurants are donating to eight gardens. Brittany and Becca are looking for other single-item waste sources like hops or nut shells.

The next CGUA meeting will be held on Thursday, September 12th from 3-4:30pm at Tarrant Area Food Bank (2525 Cullen St.) in the Rodriguez Meeting Room, 2nd floor. Alyssa Witt of Texas Agrilife will discuss the results of her preschooler gardening program pilot. Join us!

IN THE NEWS

NASA focuses on importance of food and gardening, growing chiles in space - <https://www.nytimes.com/2019/07/20/science/nasa-food-gardening-mars.html>

Micheline Hynes and Ann Sawyer-Caldwell comment on Life in a Dallas-Fort Worth Food Desert - <https://dfwchild.com/2019/03/25/life-in-a-dallas-fort-worth-food-desert/>

EVENTS

8/2, 10AM

TAFB Learning Garden Tour

TARRANTAREAFOOD
BANK.EVENTBRITE.COM

8/7, 6-7:30PM

Kitchen Garden Cooking School Demo - Okra

TARRANTAREAFOOD
BANK.EVENTBRITE.COM

8/11, 11AM-4PM

Lola's Local Farmers Market

LOLA'S TRAILER PARK

8/17, 10AM

Homemade Salsa

TARRANTMG.ORG

8/17, 1PM

Cooking with Herbs

TARRANTMG.ORG

SATURDAYS 8AM-12PM

Cowtown Farmers Market
3821 SOUTHWEST BLVD.



Grower Profile - Iris Davis

BY CAROLINE LANGSTON, SUZANNE YOST & SAM HINCKLEY

Iris Davis grew up in the countryside of Terrell, Texas. She studied nursing in college and works for a company that visits patients in their homes. She now lives on Dillard Street in Fort Worth, right next to the community garden she started herself. The Lady Butterfly Garden is located in Fort Worth's Stop Six Neighborhood across from Logan Elementary School.

Her plot of land in Fort Worth reminds her of living in the country back home. "I have taken my upbringing and brought it to the city," she said in an interview. She also found inspiration in the way the community embraced her idea for a garden through various donations and volunteer work.

There are two parts to the Lady Butterfly Garden: the beautified part and the farm part. When you first walk in you will see beautiful flowers. She lets kids take them home, even. In there she also has practical plants such as tomatoes and rosemary. In the farm portion of the farm where there are rows, she plans to grow food for the community.

Growing up in the country, Iris marveled at the close-knit community she lived in. She said it wasn't about color or about money. It was about family. And she wants to bring that to the city. When Iris first moved to the area, she and others felt like it had some scary elements to it. With the encouragement of community members, the garden makes Stop Six feel more welcoming to insiders and outsiders alike.

"My garden is my most beautiful masterpiece."

MONET



August To-Do

Set out fall tomatoes early in the month.

Start seeds inside for fall planting like broccoli, cauliflower, cabbage, kale and Brussels sprouts.

Mulch any bare soil.

Harvest fresh herbs and preserve by drying, freezing or making infused oils and vinegars.

Build, turn and water your compost pile weekly to have a fresh batch for the fall.

Harvest okra several times a week.

Keep your peppers and tomatoes watered through the hottest part of the summer.



It is not on accident that Iris's Garden is located mere feet from an elementary school, full of students from Fort Worth. Many of these students have never been in a garden before. At her grand opening on Earth Day, 2019, Iris made the point of inviting groups of kids to learn about about gardening and to get their hands dirty. To Iris, it's not only about educational lessons, but life lessons.

Iris is looking to not only help people find good food, but change their mindsets. She wants her garden to take them somewhere else, even just by looking at it.

Iris is "bringing the community back to life" one seedling at a time.





Keeping it Peachy in the Summertime

BY HARRISON GIBSON

Thanks to just-right spring temperatures and an unusually wet spring and early summer, peach season is in full swing this year with a juicy, bountiful crop. Even if you missed the Parker County Peach Festival, you should still be able to find plenty of locally grown peaches and peach products. If you fancy growing your own, stop by a local nursery this next winter and transplant one in your yard/garden between December and March. In the meantime, enjoy this easy recipe for a summertime treat: a Peach Galette.



Peach Galette

Recipe by: Hannah Lamar

Ingredients:

- 1 pie crust dough - use your favorite recipe or store bought
- 4 ripe peaches
- Zest and juice of 1 lemon
- 1 teaspoon cornstarch
- 1 Tablespoon sugar
- 1 teaspoon cinnamon
- 1 egg, beaten
- Optional - peach or apricot jam

Directions:

1. Preheat your oven to 375°. Line a baking sheet with parchment paper.
2. Thinly slice peaches, leaving the skin on.
3. In a large bowl, mix peaches with the cornstarch, sugar, lemon zest and juice, and cinnamon. Taste - if peaches are extra tart, add more sugar. If the bowl looks really juicy, add more cornstarch. Let the peach mixture sit for 5-10 minutes.
4. Prepare pie crust. Keep dough at a cool temperature. On a floured surface, roll out dough to about a 12-inch diameter. Transfer the dough to the center of the baking sheet.
5. Arrange peaches on the pie crust, leaving a 1 1/2-2 inch edge. Arrange the peaches in a spiral pattern or just pour them out into an even pile.
6. Fold the edges of the dough over the outer edge of the peaches. This is meant to look rustic, so don't worry about perfection!
7. Brush the top of the crust with the beaten egg, and sprinkle with a little sugar.
8. Bake for 40-45 minutes, until the crust is golden and the peaches are bubbling.
9. Optional - brush the tops of the peaches with jam for a simple glaze.
10. Let the galette cool for 15-20 minutes, then enjoy with whipped cream or ice cream!

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>

