

JUNE 2019

WHAT'S GROWING ON?

TCFPC Community Gardens and Urban Agriculture Working Group

Meeting Minutes - 5.16.2019

The last meeting of the Community Gardens & Urban Agriculture Working Group took place on Thursday, May 16th at Tarrant Area Food Bank. Four members were in attendance.

We are excited to announce that Harrison Gibson will be joining Becca Knutson as co-editor of this newsletter. We look forward to his fresh ideas and valuable input.

During the meeting, Dave updated the group on what his Food Justice students accomplished during the spring semester. One group produced a packet of grower profiles for the farmers of Grow Southeast. Watch for these to be featured in this and future newsletters. Another group worked with Harmony Science Academy to install a new garden. The group working with Refugee Services of TX also installed a new garden for those clients. Three students recorded participant and volunteer stories on how gardening with TAFB has impacted their lives. The final group adapted CGUA's Backyard Garden curriculum for 5th graders participating with the YMCA.

Moving forward with the school garden mapping project, Barb Ewen presented a spreadsheet of all the schools in Tarrant County. Regions of the county were assigned to different working group members to begin collecting data.

The next CGUA meeting will be held on Thursday, July 18th from 3-4:30pm at Tarrant Area Food Bank (2525 Cullen St.) in the Rodriguez Meeting Room, 2nd floor.

IN THE NEWS

Texas A&M AgriLife Unveils Plans for a Robotic Greenhouse Facility - <https://today.tamu.edu/2019/05/22/texas-am-agrilife-unveils-plans-for-a-robotic-greenhouse-facility/>

Improvements to the Cottage Food Law Pass the Texas Legislature and Wait for the Governor's Signature - <https://texascottagefoodlaw.com/HB-2108>

EVENTS

Organic Pests & Diseases
6/1

BRIT.ORG/EVENTS

Kitchen Garden Cooking
School Workshop - Figs
6/5

[TARRANTAREAFOOD
BANK.EVENTBRITE.COM](http://TARRANTAREAFOODBANK.EVENTBRITE.COM)

Lola's Local Farmers Market
6/9, 11AM-4PM

[LOLA'S TRAILER PARK](http://LOLA'STRAILERPARK)

Pick Your Own Produce
6/12

[TARRANTAREAFOOD
BANK.EVENTBRITE.COM](http://TARRANTAREAFOODBANK.EVENTBRITE.COM)

Culinary Herbs
6/15

TARRANTMG.ORG

Compost 101
6/15

[FORTWORTHTEXAS.GOV
/COMPOSTOUTPOST](http://FORTWORTHTEXAS.GOV/COMPOSTOUTPOST)

Cowtown Farmers Market
SAT. 8AM-12PM
3821 SOUTHWEST BLVD.



"Weeds are flowers too once you get to know them."

A.A. MILNE

Grower Profile - Cleveland Harris

BY CAROLINE LANGSTON, SUZANNE YOST & SAM HINCKLEY

A lifelong gardener, Cleveland is a social activist and barber whose concerns for his community spurred him to create the nonprofit organization, Friends of Cobb Park (FOCP). He aims his efforts at connecting people, nature, and food by emphasizing the importance of healthy eating and caring for the land and its inhabitants.

Cleveland created his garden as a way to address the food desert in his community. He seeks to bring healthy food to an area where fast food stores are at every corner, and wants to educate community members on how to start their own gardens and care for their health.

Educating community members about where food comes from and how produce is grown goes hand-in-hand with nutrition. Cleveland places special focus on teaching local youth about gardening, as both a way to inform them about their food and help them put their energy into doing something positive for their community. He holds informal classes at his garden with students from local schools.

With the combination of nutrition and education, Cleveland seeks to improve the health of the community as a whole, while also bringing it back to life and encouraging a greater sense of togetherness. He hopes to help people release their negative energies and instead focus on getting to know each other over dirt and hard work.



June To-Do

Add straw mulch around all of your plants to help retain moisture and suppress weeds.

Harvest potatoes early in the month.

Replace bolted lettuce with Malabar spinach.

Continue to plant corn, okra, peanuts, southern peas, summer squash, winter squash and sweet potatoes.

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

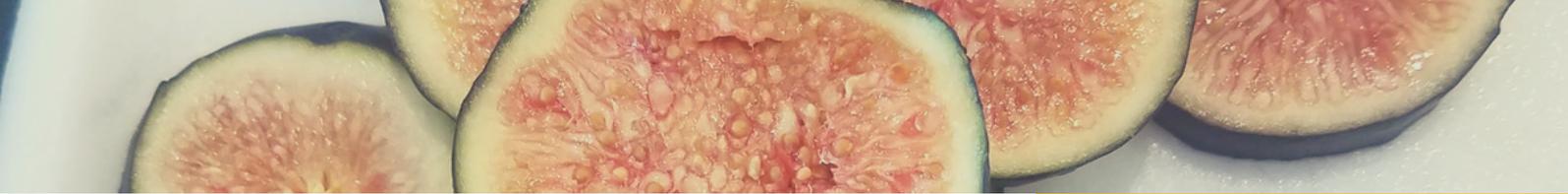
Tomatoes and peppers will soon ripen and be ready to harvest.

Harvest blackberries and peaches as they ripen.



A unique feature of Cleveland's garden are the horses, lovingly called "the children," that also live on the property. Kids and other visitors are encouraged to feed and brush the animals, as well as take them on walks and learn about how to care for them. This, Cleveland says, is a way to help relieve some of the stresses of daily life while also teaching kids valuable lessons about responsibility.

In the future, Cleveland hopes to open people's eyes to the issues within their community and ways they can help work towards solving them. As the garden grows and changes, he hopes to learn from the soil so that he can grow the best, most nutritional produce for the community. His motivations center around doing the most good with the land he has, and inciting positive social change within Fort Worth.



Warding Off Mosquitoes Naturally

BY HARRISON GIBSON

As the summer approaches and the days grow hotter and longer, there's more time and more to do in the garden - unfortunately, that means more mosquitoes, too. Rather than spraying ourselves with a fabricated bug repellent, let's consider a few other methods for keeping mosquitoes at bay.

Strong aromas from certain plants distract mosquitoes from the scent of usual attractants (like us!). Such plants as citronella, marigold, catnip, lavender, and rosemary can do the job - and most work well in herb gardens, landscaping, and planters on patios. Studies have shown that these plants can work just as well as the bug sprays that contain only elements of them.

Beyond installing fragrant plants around your garden and home, the best thing to do is managing stagnant water - a breeding ground for mosquitoes. Clear standing water when it can be done and treat any that can't be removed with a naturally occurring bacterium "Bt israelensis" which specifically targets the insects' larvae. Many local nurseries will carry mosquito dunks or pellets that can easily be added to water sources without harming pets or other animals.



FRESH FIG AND AVOCADO GRILLED CHEESE

Recipe by: yummymummykitchen.com

Add a little flare to your traditional grilled cheese sandwich by adding some fresh figs this summer! Figs are easy to grow in North Texas and can make a great addition to any garden. The delicious, sweet figs are ready to harvest mid-to-late summer in our area.

Stack all of the ingredients together on the bread, butter the outside of each slice and warm on a hot skillet until the bread is toasted and the cheese is melted. Enjoy!

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| 2 slices of sourdough bread | 1-2 fresh figs, sliced |
| 1/2 large avocado, sliced | 1/4 cup fresh baby spinach |
| 2 slices white cheddar cheese | 1 Tbsp butter |

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.tarrantcountyfoodpolicy council.org/garden-2.html>

COMMUNITY FOOD SYSTEMS MAP:
<http://www.tarrantcountyfoodpolicy council.org/local-food-systems.html>

