

SEPTEMBER 2018

# WHAT'S GROWING ON?

TCFPC COMMUNITY GARDENS & URBAN AGRICULTURE  
WORKING GROUP

## CGUA HAPPENINGS

The last CGUA meeting was held on July 19th at the Tarrant Area Food Bank. 6 people were in attendance. The group discussed ways to network and collaborate with the Southeast Fort Worth Urban Agriculture group. Several attendees expressed interested in visiting with the SE Fort Worth Urban Agriculture group at their next meeting to foster future interactions.

Dave and Becca led the group in a quick recap of the Dig Deep Conference. Everyone shared their experiences and impressions. Overall, the comments were uplifting and inspiring.

The next CGUA meeting will be on Thursday, September 20th from 3:00-4:30pm at Tarrant Area Food Bank (2525 Cullen St. Fort Worth, TX 76107) in the Rodriguez Meeting Room-2nd Floor.

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



## Events

**SUCCESSFUL  
VEGETABLE  
GARDENING, 9/1**  
BRIT.ORG

**BACKYARD DRIP  
IRRIGATION, 9/8**  
TAFB  
EVENTBRITE.COM

**PICK YOUR OWN  
PRODUCE, 9/19**  
TAFB  
EVENTBRITE.COM

**PROPAGATION,  
9/22**  
TARRANTMG.ORG

**INTERMEDIATE  
DRIP IRRIGATION,  
9/29** TAFB  
EVENTBRITE.COM



## Harvesting Hope Community Garden

BY LAUREN MESSEMER & CARISSA MILBURN

Founded by Willie and Nancy Redmon, Harvesting Hope is a community garden located the First Christian Church in Arlington, TX. Willie explains that the mission statement of the garden is, "to feed those that are hungry both here in our community and throughout the world." Since its creation in March 2011, Harvesting Hope has consistently exceeded expectations. Not only does the garden have 58 raised beds, an orchard, a composting pile, and a beehive, but it also has a chicken coop on the site. The "Cluckingham Palace," as Willie and Nancy call it, is home to more than six hens. One even won first place in the Texas State Fair! In 2015, they managed to reach global appeal with an article published in the *Star Telegram* about the coop. The story ended up in the news in France! Today, Willie and Nancy still receive emails and letters from abroad inquiring about their garden and chickens!

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## INGREDIENTS

1 butternut squash  
1 teaspoon cumin  
1/2 teaspoon chili powder  
Salt, to taste  
1 Tablespoon maple syrup  
4 pita bread (6-inch)  
1 can black beans  
Juice from 2 limes  
1/4 cup Greek yogurt  
2 avocados  
Cilantro (optional)  
Toasted pepitas (optional)



## Butternut Squash Tostadas

RECIPE BY: CAMILLESTYLES.COM

Preheat the oven to 400 degrees.

Scrub and rinse the butternut squash. Cut it from top to bottom and remove the seeds.

Brush the squash flesh with olive oil and place cut-side down on a foil-lined baking sheet.

Roast the squash until it is very tender, about 45 minutes.

Place the pita bread on a baking sheet and bake for about 10 minutes.

Remove from oven and set aside.

When squash is done roasting, allow it to cool slightly. Then, scoop out the flesh into a medium bowl.

Mash the squash together with the cumin, chili powder, maple syrup and salt.

Drain and rinse the black beans. Toss them with half of the lime juice, a drizzle of olive oil and salt.

In a separate bowl, mix together the yogurt, the rest of the lime juice, salt and water. It should be a consistency that can be drizzled.

Top each pita with butternut squash, beans, avocado, pepitas, cilantro and yogurt drizzle.



### Harvesting Hope - continued from p.1

At Harvesting Hope Community Garden, Willie and Nancy Redmon have volunteers from all over the country. These volunteers vary from members of the Girl Scouts and Boy Scouts, school and mission groups, to required service hours from honors societies. All help maintain the garden weekly. Willie explains, "Some kids are forced to serve out their hours here, but that doesn't mean they cannot have fun!" People are also able to serve court appointed hours at the garden. "There was a young lady from Grapevine who came out here for court appointed service hours. She was gardening here for 5 years, and on her last week she said, 'This weekend I have to be here, but next weekend I get to be here!'"

## RESOURCES

### LOCAL NURSERIES:

Archie's Gardenland  
Calloway's  
Redenta'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.tarrantcountyfoodpolycouncil.org/cgua-working-group.html>

### COMMUNITY FOOD SYSTEMS

#### MAP:

<http://www.tarrantcountyfoodpolycouncil.org/community-food-systems-north-texas.html>

## September To-Do

Add a fresh layer of compost to the garden before planting again

Plant broccoli, cauliflower, cabbage and kale transplants mid-month

Direct-seed spinach, lettuce, beets, carrots, radishes and turnip near the end of the month

Continue to add mulch to bare areas to conserve water

Consider planting fruit trees or perennial herbs



## CGUA PROJECTS?

Is there a North Texas gardening matter that you'd like to see more accessible information about? Some specific kind of advice for community gardeners that you've been wishing for? Then please let us know; CGUA is looking for new, small-scale projects to tackle.

All questions and ideas can be sent to our chair, Dave Aftandilian, at [d.aftandilian@tcu.edu](mailto:d.aftandilian@tcu.edu)



## Did You Know?

Summer squash is a tricky vegetable to grow in North Texas. The beautiful, sprawling plant is susceptible to damage from squash bugs, squash vine borers, pollination troubles and powdery mildew. Luckily, there is a variety of squash that may make a prolific replacement. Tatume (tattoo-mee) squash, or Calabacita squash, is an heirloom variety that has been grown in Mexico for a long time. This squash grows on a sprawling vine and thrives in our warm climate. Tatume is also resistant to the squash vine borer which usually decimates other squash plants.

If that wasn't fantastic enough, tatume can also be harvested and used as a summer squash as well as a winter squash. To harvest as a summer squash, pick the fruit when it is bright green and about the size of a softball. At this stage, tatume will taste very similar to zucchini. To harvest as a winter squash, allow the squash to harden and turn orange on the vine. It can then be prepared as you would an acorn or butternut squash. When roasted, it has a texture somewhere between a spaghetti squash and butternut squash. Consider planting this exceptional squash in April as a part of your next summer garden!

