

# HOW'S IT GROWING?

Community Gardens & Urban Agriculture  
Working Group Newsletter



## CGUA HAPPENINGS

The next CGUA meeting will be on **Thursday, January 25th from 3:00-4:30pm** at Tarrant Area Food Bank (2525 Cullen St. Fort Worth, TX 76107) in the Rodriguez Meeting Room-2nd Floor.

The last CGUA meeting held on November 30, hosted at Tarrant Area Food Bank, was attended by 11 people interested in bringing positive change through gardening in Tarrant County.

Jesse Herrera presented a summary of his research of Soul Food Farms in Vancouver. The project model could benefit our community in Tarrant County, if implemented here.

Work on the Youth Gardening Curriculum continues. The group has decided to focus on several modules to provide as a resource for other organization to use.

CGUA will also be putting out a guide on how to reduce vandalism in community gardens. What problems or solutions have you seen in your garden? Email Becca Knutson at [becca.knutson@tafb.org](mailto:becca.knutson@tafb.org) with your suggestions.

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

**12/2, 10am-1pm**  
Garden Tools & Resources  
TAFB Eventbrite

**12/7, 4-5pm**  
TCFPC General Meeting  
@TC Public Health

**12/7, 5:30-7:30pm**  
Gardeners' Happy Hour  
@ HopFusion Ale Works

**2/22-2/24 (2018)**  
Master Composter Course  
[Fortworthtexas.gov/compostoutpost](http://Fortworthtexas.gov/compostoutpost)



## SALAD BOWL GARDEN

Dotty Woodson, Ed. D.

A crisp salad with balsamic vinegar is one of my favorite side dishes. Lettuces, spinach, chard, kale and cabbage are some of my favorite salad ingredients. One great thing about mild Texas winters is how well these and other salad greens grow. In fact, leafy greens only grow well in Texas winters. The Texas summers are just too hot.

Plant a salad bowl garden in the ground or in a large container in a sunny location. In the garden, remove other plants to avoid competition for sun, water and nutrients. Add compost to break up soil. Compost also improves drainage, adds nutrients and increases infiltration rate and water holding capacity. In containers and planters, use potting soil. Salad greens can be grown from seeds sown directly in the garden or from transplants started inside. Lettuce and spinach grow easily and quickly from seed, especially in the warm weather we are enjoying. Plant cabbage, kale and chard from transplants.

Several herbs grow easily in the winter and are good additions to your salad and other dishes. Try adding parsley, chives and cilantro to your garden or planted containers.

*(continued on p.2)*

# SALAD BOWL GARDEN

*Continued from p. 1*

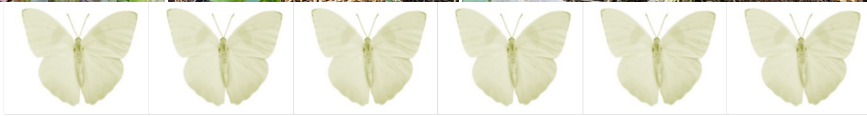
Water frequently until plants are rooted and growing tall, then water 2-3 times per week. Fertilize with a water-soluble fertilizer at about half the recommended rate. Mix up only the amount you need. Apply with sprayer or watering can to foliage and soil. If your potting soil includes fertilizer, then fertilizing containers is not necessary.

As the leafy plants grow, use the outer leaves for your salad. No need to wait to harvest the whole plant; just pick the amount of leaves you need for that day. New leaves will keep growing. Plant a variety of lettuce, kale, chard and cabbage for flavor and color. I like to plant red and green leaf lettuce, romaine lettuce, green kale, purple kale and cabbage.

Allow cabbage to grow into a tight head and then harvest the whole cabbage plant by cutting the stem at the soil level. Cabbage will store for several weeks, wrapped in plastic in the refrigerator. Cut off what you need each day and return the rest of the cabbage to the plastic wrap for further storage.

Leafy salad greens will survive in a North Texas garden throughout the winter. However, if the temperature outside is predicted to drop below 23°F, cover your plants with row cover or garden blanket. These are available at all garden centers. Old blankets will work well, too! Light weight row cover will require something to hold it in place. Use landscape pins, bricks or firewood—something heavy so the fabric will not blow away.

Watch this video for design and plant selection ideas for your own salad bowl garden: <https://youtu.be/9dC1L0DkFLE>.



## DID YOU KNOW?

Do you ever have more produce coming out of your garden than you can consume before it spoils? Some gardeners share produce with friends and neighbors or choose to preserve the food to eat throughout the year. Did you know you can also donate your extra produce to a local food pantry?

Food pantries all over the U.S. are always in need of fresh produce. Organizations like [AmpleHarvest.org](http://AmpleHarvest.org) and the Tarrant Area Food Bank can help you find partner agencies in your community that would love to take fresh fruits and vegetables off your hands.

It may seem silly to bring a handful of peppers to a pantry, but just think about how much those organic peppers would cost at the grocery store!

Next time you have extra produce, visit [www.ampleharvest.org](http://www.ampleharvest.org) or [www.tafb.org](http://www.tafb.org) to find a food pantry near you!

# 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.tarrantcountyfoodpolicy.council.org/cgua-working-group.html](http://www.tarrantcountyfoodpolicy.council.org/cgua-working-group.html)

## Texas AgriLife Extension:

- [www.agrilifeextension.tamu.edu](http://www.agrilifeextension.tamu.edu)

## Community Food Systems Map:

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



## DECEMBER TO-DO

- Continue to plant onions, chives, spinach, mustard, peas, beets and radishes.
- Start to build new garden beds for the spring by adding a lot of compost.
- Plant bareroot trees, shrubs, roses and vines.
- Sow winter cover crops like annual rye grass, fava beans, oats and barley.
- Add straw or leaf mulch around all of your cool-season crops to help retain moisture and heat.
- Organize your frost protection to be ready for any low night temperatures.



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>

## Crispy Roasted Radishes

Prep Time: 10 minutes

Cook Time: 40 minutes

Servings: 6

Serving Size: 1/2 cup

Recipe from: Wicked Spatula

### Ingredients

- 2 bunches radishes
- 3 Tbs. olive oil
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. smoked paprika
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder



### Preparation

1. Preheat oven to 400 degrees.
2. Rinse and scrub the radishes. Remove the leaves and trim off the top and bottom of the root.
3. Chop the radishes into halves or quarters depending on how large they are. All pieces should be similar in size.
4. Toss the radishes, olive oil and spices together in a medium bowl until all the radishes are coated evenly.
5. Transfer the radishes to a foil-lined baking sheet and roast for 30-40 minutes until golden and crispy.

### Substitutions

- Experiment with other seasonings in different amounts and combinations.
- Roughly chop the tender radish greens and serve with the roasted radish roots.
- Include other root vegetables like potatoes, sweet potatoes, turnips, rutabaga, carrots or onions to provide a variety of flavors.
  - Canola oil may be used instead of olive oil.



**TARRANT COUNTY**  
FOOD POLICY COUNCIL