

APRIL 2020

WHAT'S GROWING ON?

TCFPC Community Gardens and Urban Agriculture Working Group

CGUA Projects

The Community Gardens and Urban Agriculture Working Group has several ongoing projects that always need volunteer help. Join us today!

Support Grow Southeast Farmers - Grow Southeast is comprised of several farms in southeast Fort Worth. They are navigating the Urban Ag Ordinance and growing food for their communities. For more information about Grow Southeast, contact Jesse at: jesse.herrera@utheory.net.

School Garden Mapping Project - CGUA is working update our Local Food System map to include active school gardens in the area. Adding these gardens to the map will help keep them successful and increase access to fresh food. To contribute to these efforts, contact Barb Ewen at: barbara.ewen@tafb.org.

Facilitate Community Partnerships - CGUA is helping community gardens and urban farms stay well-resourced with food scraps to compost, garden curricula, expert advice, and guidance on hot topics. To learn more, contact Becca Knutson at: becca.knutson@tafb.org.

The next CGUA meeting will be held on Thursday, May 21st from 3:00-4:30pm at Tarrant Area Food Bank (2525 Cullen St.) in the Rodriguez Room, 2nd floor. Join us! If you can't attend a meeting but would like to contribute, please send suggestions for new garden or urban ag projects to Dave Aftandilian at d.aftandilian@tcu.edu.

IN THE NEWS

- Local farmers markets adapt to COVID-19 crisis - <https://www.dallasnews.com/food/2020/03/13/no-sampling-more-gloves-farmers-markets-are-staying-open-but-making-some-changes-during-coronavirus-pandemic/>
- Fort Worth restaurants offer groceries and farm-fresh produce - http://www.fortworthbusiness.com/news/fort-worth-area-restaurants-offering-grocery-items-during-virus-outbreak/article_8a21e022-723e-11ea-9267-4b033f2613ba.html
- Food anxiety sparks growth in at home gardening and "Victory Gardens" - <https://www.nytimes.com/2020/03/25/dining/victory-gardens-coronavirus.html>
- U.S. stimulus bill may bring much needed aid to farmers - <https://www.reuters.com/article/us-health-coronavirus-usa-farmaid/us-coronavirus-stimulus-bill-adds-billions-in-support-for-farmers-idUSKBN21C32O>

Garden Project Ideas

Learn how to dehydrate herbs, fruits and vegetables for long-term storage.

<https://nchfp.uga.edu/>

Propagate your indoor plants and perennials to share with others.

Maintain that active compost pile you've always dreamed of!

Save and catalog seeds from your favorite crops.

Make your own Hugelkultur bed with branches, leaves, and other yard waste.


<https://morningchores.com/hugelkultur/>

Make a creative container garden with old buckets, baskets, and boxes.

<https://tinyurl.com/ubmxcyz>

SATURDAYS 8AM-12PM

Cowtown Farmers Market
3821 SOUTHWEST BLVD.



"The care of the Earth is our most ancient and most worthy, and after all our most pleasing responsibility."

WENDELL BERRY



April To-Do

Plant tomatoes, peppers, and eggplant by seedling or transplant.

Plant zucchini, squash, green beans, cucumber and okra from seed.

Plant fruit trees, shrubs and vines.

Continue to add compost to each garden bed while doing your spring planting.

Feed, water, and protect young plants/seedlings from pests and the elements.

Add a layer of straw or leaf mulch around new plants and sprouting seeds.

Harvest and preserve residual winter crops.

BOOK IN REVIEW: WENDELL BERRY'S *THE UNSETTLING OF AMERICA: CULTURE AND AGRICULTURE*

Reviewed by Harrison Gibson

One of development's paradoxes - in agriculture or in any facet - is that much is often lost or forgotten while looking forward for the sake of advancement and production. Wendell Berry explores this idea, specific to American agriculture, comprehensively and thoughtfully in his work *The Unsettling of America: Culture and Agriculture*. His treatise argues, I believe successfully, that today's "agribusiness" takes American farming out of its cultural context, and that it is ultimately harmful to our overall society and our farming communities.

His views are explicitly laid out in this 1970's work, delineating the history of American agriculture and the losses incurred as it shifted from a small-farm, organic, and local profession to a more automated, corporate, and politically- and chemically-dependent industry, deemed "agribusiness." The metric for his argument is thus: "For the true measure of agriculture is not the sophistication of its equipment, the size of its income, or even the statistics of its productivity, but the good health of the land."

While farming developed with mechanization and within society's capitalistic structure to feed an ever-growing population, Berry laments the loss of small farms, old farming practices, and the estrangement from the land. This is all well chronicled from the settlement of America up to the time of writing, and Berry's insight into this history is accompanied by his opinions as he challenges the status quo advancement and orthodoxy of an industry.

Wendell Berry's thorough critique, based clearly in his own experience and principles, makes for a convincing and a very enjoyable read. Even though the book was written over 40 years ago, I find it still rings true today. The argument is well written and cleanly laid out, while offering both sides of each issue with objective facts and his subjective opinions, given expressly as such. Berry considers the issues holistically, and he keeps it interesting while drawing from and connecting a wide body of resources. While much of the book critiques the current agricultural system, I appreciate that it ends on a hopeful note: listing twelve steps we all can take to work towards a healthier food system.

I admittedly already embrace many of Berry's espoused positions, e.g., organic gardening, but this book enriched my understanding and added dimension to it. Furthermore, the book provides a new vantage point from which to view American history, culture, and development. I would recommend this to any of our readers who enjoy a good argument and would like to learn more about our farming culture and connection to the land.

Further Recommended Reading

The editors of this newsletter would like to submit a few other books for our readers' perusing. In general, these are a few books that cover aspects of our shared interest in our overall food system. All are worth a read, and we will be featuring some in reviews in upcoming newsletters.

- *The Third Plate* - Dan Barber
- *Animal, Vegetable, Miracle* - Barbara Kingsolver
- *Silent Spring* - Rachel Carson
- *In Defense of Food* - Michael Pollan
- *Seed Folks* - Paul Fleischmann
- *The Omnivore's Dilemma* - Michael Pollan





Carrot Top Pesto

Recipes from: yupitsvegan.com

As you harvest the final carrot crop from your garden this spring, consider using the carrot leaves as well as the root. This carrot top pesto recipe is made with refreshing mint, garlic, lemon, and olive oil for a bright and fresh dip that is delicious on sandwiches, grilled vegetables, crackers and more!

Prep Time: 10 minutes

Cook Time: 10 minutes

Serves: 8

Serving Size: 2 tablespoons

INGREDIENTS

- 1 garlic clove
- 2 tablespoons lemon juice
- 1 teaspoon fresh lemon zest
- 1 large or 2 smaller bunches of carrot tops
- 1/4 cup fresh mint leaves
- 4 green onions
- 1/2 cup walnuts
- 3 tablespoons olive oil
- Salt and pepper, to taste



PREPARATION

- Remove carrot tops from the roots with a knife, avoiding the thickest part of the stem, if possible.
- Bring a pot of water to a boil on the stove and prepare a large bowl by filling it with ice cubes and cold water.
- Once the water is boiling, add the carrot tops to the pot and stir occasionally to blanch the carrot tops. Boil for about three minutes or until the tops are bright green.
- Immediately remove the pot from the stove, and transfer the carrot tops into the ice water bowl.
- Wring out any excess liquid from the carrot tops and set out to dry until ready to use.
- Add the garlic, lemon juice, lemon zest, carrot tops, mint leaves, green onions, walnuts, and olive oil to a food processor or blender and blend until a chunky paste forms. Add a little more olive oil or water if needed to reach a desired consistency.
- Store pesto in the refrigerator in a covered food storage container for several days.



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>

