

OCTOBER 2018

WHAT'S GROWING ON?

TCFPC COMMUNITY GARDENS & URBAN AGRICULTURE
WORKING GROUP

CGUA HAPPENINGS

The last CGUA meeting was held on September 20th at the Tarrant Area Food Bank. 10 people were in attendance.

The group heard from Divya and Guillermo from Legal Aid of NW Texas about the Community Revitalization Project. Both guests described ways in which they are hoping to support underserved communities in Fort Worth on the issues of food access.

The Garden Network, Fellowship of the Arts, and Charlie Blaylock presented updates on current projects. Donna Honkomp was welcomed as the new Community Garden Coordinator for UNTHSC.

The next CGUA meeting will be on Thursday, November 29th 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.

Events

TCFPC GENERAL MEETING, 10/4 4PM
1101 S. MAIN ST.

WHAT IS THE SOIL FOOD WEB?, 10/6
BRIT.ORG

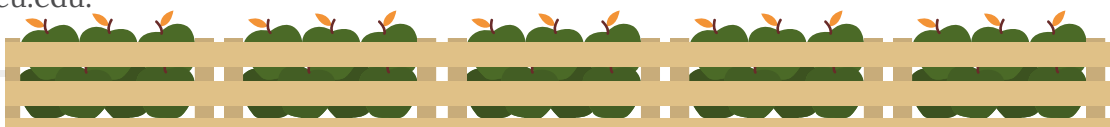
SOIL BIOLOGY FOR GARDENERS, 10/6
BRIT.ORG

MONARCH MIGRATION CELEBRATION, 10/6
1PM-4PM
FW BOTANIC GARDEN

COMPOST 101, 10/11
FORTWORTH
TEXAS.GOV/
COMPOSTOUTPOST

BUILD YOUR OWN WORM BIN,
10/20 TAFB
EVENTBRITE.COM

PICK YOUR OWN PRODUCE, 10/24
TAFB
EVENTBRITE.COM



The Welman Project School Gardens

BY LAUREN MESSEMER & CARISSA MILBURN

The Welman Project is a Fort Worth nonprofit whose mission is to connect schools and nonprofits with the community in ways that ignite creativity, environmental activism, and social responsibility. They serve as a free resource, distributing surplus materials from local companies for creative reuse in the classroom and beyond.

Part of The Welman Project's outreach efforts include leading local schools in growing vegetable gardens. At Jean McClung Middle in Fort Worth, you'll find Steven Alford teaching gardening in the after school program, where the students participate in everything from composting to planting.

Each student brings a fresh perspective and contribution to the garden. A sixth grader, Juan, described how he had grown tomatoes in Colombia when he was younger. Another student, Gael, clipped some mint that had been planted in September. "This is what I brought from home to plant here. I want to make mint hot chocolate with it!" he said. Meanwhile, another student explained why he liked the afterschool program. "It's not just the gardening that makes it fun – it's Mr. Steve too."

The Welman Project brings their love of "creative reuse" to each school garden they lead. Steve shows the students that you don't have to buy new materials to have a successful garden. He often uses 5-gallon buckets and pallets to make new planting areas. Not only does he teach the students how to grow plenty of food from tiny seeds, but he also passes on the skill of being able to create something beautiful from almost nothing.

For more information about The Welman Project, visit www.thewelmanproject.org.



Sweet Potato Fries & Chili Lime Dip

RECIPE BY: COOKING MATTERS & THESEAMANMOM.COM

1. Preheat the oven to 450 degrees.
2. Rinse and scrub the sweet potatoes and cut into wedges.
3. Combine the sweet potatoes and oil in a large bowl. Toss to coat the potatoes.
4. Add all of the spices to the bowl and mix again.
5. Spray a baking sheet with non-stick spray. Spread the potatoes out on the pan in one layer. Bake for 20-25 minutes until the fries are crispy and turning brown.
6. In a small bowl, combine all of the ingredients for the chili lime dip. Mix well. Keep refrigerated until the fries are done.
7. Serve fries immediately with the dip.



Substitutions

- Cut the cayenne pepper for a less spicy version.
- For a sweeter option, use cinnamon and sugar rather than the listed spices.
- Bake the fries 5 minutes longer for a crispier fry.
- Fries can also be served with ketchup, hummus, ranch or any other dip of your choice—they are great by themselves, as well!



INGREDIENTS

- 4 medium sweet potatoes
- 1 tablespoon canola oil
- 1-1/2 teaspoons paprika
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1/2 cup plain yogurt
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1 teaspoon lime juice



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.tarrantcountyfoodpolicycouncil.org/cgua-working-group.html>

COMMUNITY FOOD SYSTEMS

MAP:

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

October To-Do

Plant trees, perennials and herbs so they can be established before winter

Plant strawberry plants near the end of the month

Direct-seed spinach, lettuce, beets, carrots, radishes and turnip throughout the month

Broadcast wildflower seeds for spring blooms

Sow a cover crop in vacant beds



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



Did You Know?



Carrots and radishes are fabulous companion plants to each other in the fall garden. Radishes germinate quickly and are often ready to harvest between 25 and 40 days after sprouting. Carrots, on the other hand, can take between 7 and 21 days to germinate. One key to seed germination is to keep the seeds and their soil moist. This can be difficult and frustrating when trying to grow carrots.

A method that is used by many gardeners and farmers is to plant radishes and carrots together in alternating rows. The radishes germinate quickly while the grower continues to water the seeded area. As the radishes grow, the carrots have a chance to germinate under the consistently moist conditions. The radishes will be ready to harvest long before the carrots.

Harvest the radishes very gently; be sure not to disturb the immature carrots. Removing the radishes allows the carrots to continue to grow and thrive in the newly freed up space.

Try this space-saving method in your garden this fall!