

SEPTEMBER 2019

WHAT'S GROWING ON?

TCFPC Community Gardens and Urban Agriculture
Working Group

Ongoing CGUA Projects

The Community Gardens and Urban Agriculture Working Group is always busy on projects to help provide more resources for our community. We welcome other enthusiastic growers to join our working group to help with current projects and hear ideas for new projects. Our current projects are described below.

Support Grow Southeast Farmers - Jesse Herrera and Charlie Blaylock serve on a committee of people working to increase food access and urban agriculture opportunities in the SE part of Fort Worth. They work closely with the Healthy Tarrant County Coalition and the City of Fort Worth to make farming dreams come true.

Promote Local Farms and Gardens - CGUA helps to promote farms and gardens by providing downloadable curricula, sharing resources, and gathering input for those doing the actual growing. We are always looking for more voices at the table.

Facilitate Community Partnerships - This year, we are focusing on connecting restaurants and coffee shops with gardens and farms to help divert food waste from the landfill. The waste will be used for composting instead.

The next CGUA meeting will be held on Thursday, September 12th from 3-4:30pm at Tarrant Area Food Bank (2525 Cullen St.) in the Rodriguez Meeting Room, 2nd floor. Alyssa Witt of Texas Agrilife will discuss the results of her preschooler gardening program pilot. Join us!

IN THE NEWS

NRCS announces \$262,000 in grants for urban and rural conservation throughout Texas - http://www.ntxe-news.com/artman/publish/article_116557.shtml

Cowtown Farmers Market is recognized for its authenticity - <https://www.dallasnews.com/life/farm-to-table/2019/08/12/fort-worth-farmers-market-locally-grown-goods-including-apples-giant-tomatoes>

EVENTS

9/4, 6-7:30PM

Kitchen Garden Cooking
School Demo - Butternut
Squash

TARRANTAREAFOOD
BANK.EVENTBRITE.COM

9/6, 10AM

TAFB Learning Garden
Tour

TARRANTAREAFOOD
BANK.EVENTBRITE.COM

9/8, 11AM-4PM

Lola's Local Farmers
Market

LOLA'S TRAILER PARK

9/18, 11:30AM

Gardening for Wildlife

TARRANTMG.ORG

9/21, 10AM

Canning 101: Jams &
Jellies

TARRANTMG.ORG

SATURDAYS 8AM-12PM

Cowtown Farmers Market
3821 SOUTHWEST BLVD.

"To own a bit of ground, to scratch it with a hoe, to plant seeds and watch their renewal of life, this is the most commonest delight of the race."

CHARLES DUDLEY
WARNER



September To-Do

Add a fresh layer of compost before planting fall crops.

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

Direct-seed spinach, lettuce, peas, arugula, radishes, carrots, turnips, beets and rutabaga by the end of the month.

Continue to cover bare areas with mulch to conserve water.

Consider planting fruit trees and perennial herbs.

Raise pumpkins and squash off the ground with cardboard while they ripen.

Pot up strawberry runners to make plants for next year.

Grower Profile - Maudia Hamilton

BY CAROLINE LANGSTON, SUZANNE YOST, SAM HINCKLEY

A gardener for over 50 years, Mrs. Maudia is a Fort Worth community member who has set out to combat local food deserts while also educating the younger generation. Using her expert gardening skills, Mrs. Maudia is seeking to provide high-quality, locally-grown fruits and vegetables for her community that will bolster both health and a greater appreciation for the earth.

After watching the way that food deserts affected her community, Mrs. Maudia decided to take matters into her own hands and turn her small personal garden into something the whole community could benefit from. Her vision for her garden is ambitious, and aimed at improving the lives of those around her.

Part of the issue of food deserts Mrs. Maudia set out to address is the prevalence of fast food restaurants in the area. By growing healthy foods and introducing locals to better ways of eating, she hopes to improve community nutrition while also encouraging an enjoyment of eating and preparing healthy fruits and vegetables.

Mrs. Maudia's garden is located on Dillard Street in Fort Worth. She plans to grow a wide range of plants, including fruit trees, watermelons, herbs, potatoes, greens, peas, zucchini, cantaloupe, and blackberries. As the garden continues to expand, she plans to add many other varieties of plants.



Mrs. Maudia considers gardening to be a form of therapy, and an opportunity to sit and get acquainted with nature. It encourages creativity and relieves stress, and part of Mrs. Maudia's desire is to introduce community members to those benefits.

By incorporating a section of raised garden beds into her garden, Mrs. Maudia hopes to provide access to small children and those with disabilities, including those in wheelchairs, so that they too can learn about plants and commune with the earth.

Her goal is to expand the garden more with each consecutive year, moving it onto a series of other plots of lands that she refers to as Phases 2-5.

As this expansion occurs, she plans to explore different kinds of produce to grow while also increasing what she is currently growing. In addition to this, an area for ducks and chickens will be incorporated on the grounds.



THE MANY BENEFITS OF OKRA

Okra, also known as ladies' fingers, is recognized for both its prominence in Southern cooking and its hardiness in our north Texas climate.

Nutritionally, it's full of fiber, vitamin C, folate, and antioxidants. It has a host of benefits in the garden as well, as it can: attract pollinators with its flowers; grow tall enough to provide shade for vegetables, like lettuce, that wilt in full summer sun; and provide ready to harvest and eat pods several times a week since it grows so rapidly.

So, consider planting some okra next spring, and in the meantime enjoy this tasty recipe below!



Seared Okra and Tomatoes

Recipe from: simplyrecipes.com

Ingredients:

5 tablespoons vegetable oil
 1 celery rib, sliced thin
 1/2 onion, sliced thin
 1 jalapeno, seeded, sliced thin
 3 garlic cloves, sliced thin
 1 tablespoon tomato paste
 2 tablespoons red wine vinegar
 1 1/2 cup chicken broth
 1 teaspoon minced fresh rosemary
 1/2-3/4 lb fresh okra
 5 plum tomatoes
 Salt and pepper

Directions:

1. Heat 3 tablespoons of oil in a large pan over medium-high heat. When hot, saute the onion, jalapeno and celery for 2 minutes. Add garlic and saute 1-2 more minutes.
2. While the vegetables saute, mix tomato paste, broth, and vinegar until combined. Add to pan with vegetables and bring to a boil. Add rosemary and a pinch of salt.
3. As it boils, slice okra diagonally.
4. Heat another pan of oil over high heat for a minute or two. Add remaining oil and heat 1-2 minutes until almost smoking. Add sliced okra in a single layer. Sear for 3-4 minutes, stirring only once per minute.
5. Add okra to boiling sauce. Add diced tomatoes and reduce heat to a simmer. Cook exactly 5 minutes, no longer.
6. Turn off heat. Season with black pepper. Add salt to taste.
7. Serve over steamed rice.

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>

