

MAY 2019

# What's Growing On?

TCFPC COMMUNITY GARDENS & URBAN AGRICULTURE  
WORKING GROUP



## CGUA HAPPENINGS

The last CGUA meeting was held on March 28th at the Tarrant Area Food Bank. Eight people were in attendance.

Members of the group shared updates on current projects and programming.

**Grow Southeast** shared:

- 🌸 Silver Creek Materials has donated more soil to the various projects.
  - 🌸 Iris has named her farm "Lady Butterfly Urban Farms," and hosted a ribbon cutting on April 22nd.
  - 🌸 Opal's Farm has tilled 72 rows and will be looking for volunteers to help soon.
  - 🌸 Friends of Cobb Park will need help wrapping trees to protect them from animals.
  - 🌸 Greater Mt. Tabor is having to do a more involved design process than the rest.
  - 🌸 Two new community gardens are getting started in the area - one at a church and one at the McDonald SE YMCA.
- Dave's **Food Justice** students continue to work in the community. They are working with YMCA Camp Carter, TAFB, Grow Southeast, Refugee Services and Harmony Science Academy.

**CGUA is always looking for more members - many hands make light work!**

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).

The next CGUA meeting will be on Thursday, May 16th from 3:00-4:30pm at Tarrant Area Food Bank (2525 Cullen St. Fort Worth, TX 76107) in the Rodriguez Meeting Room-2nd Floor.

## Events

**GARDEN TOUR, 5/3**

TAFB  
EVENTBRITE.COM

**CULINARY HERB  
GARDENING, 5/4,**  
BRIT.ORG

**COMPOST 101, 5/18**  
FORTWORTHTEXAS.  
GOV/COMPOSTOUT  
POST

**LOLA'S LOCAL  
FARMERS  
MARKET, 5/19**  
2735 W 5TH ST  
FORT WORTH, 76107

**COWTOWN FARMERS  
MARKET, SATURDAYS**  
**8AM-12PM** 3821  
SOUTHWEST BLVD.

## Oh, to be Young...

BY JADE FREDERICKSON

Hi there, my name is Jade Frederickson and I spent most of March and April hanging out at the Tarrant Area Food Bank with Becca! Well, we did more than "hang out"; I am a student from TCU completing part of my dietetic internship. But let's back up for a second and I will properly introduce myself.

I was born and raised in Minnesota and started at TCU in the Fall of 2015. I will graduate in May with a Bachelor's degree in Dietetics and Nutritional Sciences. I know you are probably thinking, "How does a Minnesotan end up in Texas?" I came to TCU with the intent of entering into the Coordinated Program of Dietetics and four years later, here I am. Through this program, I interned at several places around Fort Worth, TAFB being one of them.

Last summer I worked at a vegetable farm and absolutely fell in love with the idea of using agriculture as a platform for community dietetics work and nutrition education. Essentially, I want to help change American food culture by teaching the public how to grow their own food; a food and nutrition expert should be knowledgeable not just about the clinical side of nutrition therapy, but also the practical, community-based solutions to overcoming issues plaguing our food supply. First, though, I needed to learn more about how to grow food and how to seek out community solutions. TAFB was the best place I could think to accomplish these goals.

*Continued on p.3*



## *Crispy Oven-Baked Green Bean Fries*

RECIPE FROM: [iheartvegetables.com](http://iheartvegetables.com)

1. Preheat the oven to 425 degrees.
2. Wash the green beans and trim the ends off.
3. Place the green beans in a gallon freezer bag.
4. Beat the egg in a small dish; add to bag and shake to coat.
5. Then add the bread crumbs, cheese, salt, and spices, and shake to coat.
6. Coat a baking sheet with non-stick spray and place the green beans in a single layer along the pan.
7. Bake for 10 to 12 minutes or until the coating begins to brown.
8. Serve immediately.

## Substitutions

- Try different combinations of spices, like onion powder, thyme, cumin and cayenne pepper.
- Serve with a creamy dipping sauce.
- Use a variety of colored beans for an fun side dish.



## INGREDIENTS

- 2 cups fresh green beans  
(about 40 beans)
- 1 Tbs all-purpose  
flour
- 1 egg
- 3/4 cup panko bread crumbs
- 3 Tbs grated  
Parmesan cheese
- 1/2 tsp salt
- Garlic powder & red pepper  
flakes, optional



## Resources

### LOCAL NURSERIES:

Archie's Gardenland  
Calloway's  
Redenta's

### FREE SEEDS:

TAFB Community Garden Program  
[communitygarden@tafb.org](mailto: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>

## May To-Do

Continue to plant peppers and eggplant by seedling or transplant.

Plant melons, southern peas and okra from seed.

Plant sweet potatoes from slips grown at home.

Check your drip irrigation to prepare for warmer weather.

Continue to add compost while doing your spring planting.



## 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).



## Oh, to be Young (continued)

While I was here, I worked in the Learning Garden, attended working group meetings, toured community gardens, tested recipes, experienced Cooking Matters, started a harvest and lifecycle produce cards project, and more! (Clearly I wasn't all that busy...) More importantly, I found a niche where I could focus on the mission statement that has been developing inside my brain since last summer at the farm. My work here has been incredibly gratifying not only because of my experiences, but also because of the people I was fortunate enough to meet.

Though I am sad to move on, I am excited to inform you I will be completing a 13-month Farming, Health, and Nutrition fellowship in Greensboro, Alabama where I will learn about farming operations while also working on community issues. When not raving about how excited I am to have found such a perfect opportunity, I can be found running, working in the kitchen, or enjoying the sunshine!