

JANUARY 2023

WHAT'S GROWING ON?

TCFPC Community Gardens and Urban Agriculture Working Group

CGUA MEETING NOTES

The Community Gardens and Urban Agriculture working group met on December 8th IN PERSON at Ridglea Christian Church/TAFB Learning Garden.

Meeting Recap:

- Brittnay Meyer, Texas A&M AgriLife Extension Agent, led the group in an activity to make seasonal wreaths with found natural materials.
- Lauren Hickman led a tour of the TAFB Learning Garden for all.
- Janet Lanza led a tour of the Jubilee Garden.
- No official business was conducted at the meeting. Time was spent networking and creating decorations.

The next CGUA meeting will be on Thursday, January 26th from 3:00-4:30pm. Location TBD.

For questions and information about CGUA, contact our co-chairs, Dave Aftandilian at d.aftandilian@tcu.edu or Lauren Hickman at lauren.hickman@tafb.org.

Hollow Trace Market Farm Tour

The first farm tour in our event series took place on December 11th at Becca Knutson's Hollow Trace Market Farm. Ten participants toured the farm to learn about growing food in the winter months and how to grow a lot of food in a small amount of space. The group had a lot of great questions and got to see a bed preparation demonstration that used a variety of garden tools.

Stay tuned for the next farm or garden tour in 2023. Schedules and registration details will be sent out when available.

If you are interested in hosting a tour at your garden or farm, please reach out to Dave and Lauren. Contact info is above.

IN THE NEWS

- State funded projects garden and farm year round in Massachusetts
 - <https://civileats.com/2022/10/31/year-round-farming-massachusetts-greenhouses-infrastructure-food-security-climate-resilience/>
- Local news highlights urban farming in the area
 - <https://www.nbcdfw.com/news/local/dallas-morning-news/urban-agriculture-growing-in-north-texas/3135712/>
- Architectural waste is repurposed to benefit community gardens
 - <https://www.nytimes.com/2022/11/29/business/architecture-mock-up-waste-reuse.html>

Events & Classes

NEXT CGUA MEETING

January 26th, 3:00pm

Location: TBD

TCFPC GENERAL MEETING

February 2nd, 4:00pm

Location: TBD

TOFGA CONFERENCE

Jan. 29-31, Mesquite, TX

<https://www.tofga.org/2023-Conference>

SAVE TARRANT WATER

Gardening for Pollinators

Jan. 11, 5:30pm

<https://savetarrantwater.com/events/>



COWTOWN FARMERS MARKET

Every Saturday 8am-NOON

www.cowtownmarket.com

Veterans Park, Grand Pavilion

8901 Clifford St.

White Settlement, TX 76108

UPDATES FROM GROW SOUTHEAST

PROVIDED BY JESSE HERRERA, COACT FOUNDER & EXECUTIVE DIRECTOR

Opal's Farm:

- Looking for Community Engagement Coordination to help with building dialogue and engagement with the Latino residents in United Riverside.
- Hired an assistant farm manager, Amber.
- Shifting to bio-intensive growing (Charlie's method). The goal will be to consolidate the farm into less than 2-acres.
- Secured partnership with Tarleton to launch recidivism program.
- Received \$20,000 to replace tools and equipment stolen in October.
- Launching 2023 Farm School Cohort in next couple of weeks. Will be training 1-2 apprentices this upcoming year.

Tabor Farms:

- Tabor Farms is currently looking for a farm hand to help with tending to day-to-day task at the farm.
- Construction bid in the works for the parking lot, fence, storage, and compost bins.
- Growing salad mix, radishes, swiss chard, and mustard greens.
- Looking for steady volunteers to help with tasks at the farm.

Mind Your Garden:

- Completed construction of the outdoor restroom and storage facility.
- Looking for additional volunteers to help with the tasks at the farm.
- Looking for a farm hand to help at the farm.
- Planning official launch of Healthy Hour in Spring 2023.
- interested in cooking demonstration and healthy lifestyle partnerships.

Black Wall Street:

- Farm was hit by robbers again. Greenhouse kit stolen.
- Looking to schedule volunteer activities at the farm.
- Needs a volunteer part time farm hand.
- Growing mustard greens, swiss chard, and some herbs.

Mindful Market:

- Next Market on Saturday, January 21st - <https://www.coactntx.org/mindful-market>
- Looking for additional vendors to bring healthy activities that are culturally aligned to SE Fort Worth.
- Looking for additional volunteers and customers!
- Looking for sponsors to help support the future seasonal markets and the hiring of a market manager.

SARE - USDA Research Project - <https://www.coactntx.org/sare>

- Looking to recruit 2-3 additional community members that can help us bridge dialogue, identify connections, and align resources to help our research in zip codes 76119, 76111, 76105, and 76104.

COACT | Jesse Herrera | Founder & Executive Director
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We are each other's
harvest; we are each
other's business; we
are each other's
magnitude and bond.

**GWENDOLYN
BROOKS**



JANUARY TO-DO

Watch the weather forecast and prepare your frost protection for cold nights.

Plant onion transplants (slips) whenever the soil is workable.

Start tomatoes and peppers indoors towards the end of the month.

Plant asparagus root crowns as soon as they are available at the nursery.

Add quick-growing winter crops like lettuce and radishes to empty spaces when the weather is mild.



Roasted Sweet Potatoes and Cauliflower Tacos

Recipe from <https://playswellwithbutter.com/roasted-sweet-potato-cauliflower-tacos/#tasty-recipes-5724>.

These vegetarian tacos are a favorite in our house! Use local sweet potatoes and cauliflower from the farmers market along with your favorite sauce and avocado. The recipe link contains instructions for a vegan chipotle lime crema that is amazing!

INGREDIENTS

- 1 small head cauliflower, cut into bite-sized florets
- 1 large sweet potato, diced into ½-inch cubes
- 1 tablespoon olive oil
- 1 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ½ teaspoon Kosher salt
- 1 lime, juiced
- 1 14-ounce can black beans, drained & rinsed
- 1 bunch cilantro
- Chipotle lime crema or other sauce



PREPARATION

- Preheat the oven to 425 degrees F. Line 1 large baking sheet with parchment paper or aluminum foil for easy clean up and set aside.
- Place the cauliflower florets and diced sweet potato in a large bowl. Drizzle the olive oil over top, then season with the chili powder, cumin, paprika, garlic powder, oregano and salt. Squeeze the lime juice over top. Toss to combine. Transfer the veggies to the prepared baking dish, arranging everything in a uniform layer
- Roast the veggies for 25 minutes, stirring halfway through. Add the black beans to the sheet pan, with another pinch of salt, then place the pan back in the oven for 5 more minutes to heat the black beans through. Remove from the oven and set aside.
- Smear some mashed avocado on each tortilla. Top with a generous scoop of roasted veggies. Drizzle some chipotle lime cashew crema or other sauce over top. Finish with some freshly chopped cilantro.

SEASONAL PRODUCE FUN FACTS - ENDIVE

Endive is a bitter, nutty leafy green that grows great in our North Texas winters! It looks a lot like lettuce, but tastes much different.

- Endive belongs to the Cichorium family and includes vegetables like Belgian endive, curly endive, radicchio, chicory and escarole.
- Endive grows best in the cooler months and thrives when temperatures are around 60 degrees. If the weather is too warm, the plants may bolt and become too bitter for consumption.
- Endive is great mixed in with other fresh greens for salads or it can also be braised, grilled, steamed or sauteed.

Pick some up at your local farmers market or consider growing some this winter!

For more fun facts, visit: <https://foodprint.org/real-food/chicories-and-endives/>

GARDEN RESOURCES

Local Nurseries:

[Archie's Gardenland](#)
[Calloway's](#)

Free Seeds:

[TAFB Community Garden Program:](#)
communitygarden@tafb.org
[GROW North Texas](#)

Bulk Soil/Compost/Mulch:

[Living Earth](#)
[Silver Creek Materials](#)
[City of FW Drop-Off Stations](#)

Garden Curricula:

CGUA-
<http://www.tarrantcountyfoodpolicycouncil.org/resources---reports.html>

Community Food Systems Map:

<http://www.tarrantcountyfoodpolicycouncil.org/local-food-map.html>

VIRTUAL GARDENING CONTENT

BRIT | Botanic Garden

youtube.com/user/BRITplanttoplanet

Dig Deep Conference 2020

tarrantcountyfoodpolicycouncil.org/dig-deep-conference-2020

Tarrant Area Food Bank

youtube.com/user/TarrantAreaFoodBank

Tarrant County Master Gardeners

youtube.com/c/TarrantCountyMasterGardeners

Texas A&M AgriLife Extension

youtube.com/c/txextension





GREG'S TOP CROPS

- Cheap Frills Salad Mix
- Sugar Snax Carrots
- Napa Cabbage
- Boldor & Red Ace Beets
- Easter Egg Radishes
- Tokyo Bekana
- Hakurei Turnips



OPAL'S PICKS

Happy New Year to everyone from Opal's Farm! We trust everyone survived the Christmas freeze and has been able to enjoy the warm days that followed. We tried to prepare our winter greens for the cold front that brought sub-freezing temperatures right before Christmas, but not all the supplies came in for our low tunnels. The covers were no match for the sixty mile-per-hour winds. We didn't lose any greenhouse fabric or Agribon covers but they blew the sides up enough to freeze most of the plants – but some spinach and hakurei turnips survived! We'll miss the farmers market for a few weeks but planting under the new low tunnels has already started and bed building is going full speed for Spring. Sometimes the weather wins out no matter how well prepared you think you might be.

We'll be moving transplants back into the low tunnels. We plant Cheap Frills Salad mix from Johnny's Select Seeds – a mix of red and green mustards, mizuna, and tatsoi, as it adds a hint more spice to the salad – and mix it with Tokyo Bekana, an Asian green related to the Chinese cabbage with a butter lettuce flavor and texture. Charlie Blaylock turned us on to the Tokyo Bekana a couple of seasons ago. It is fast growing and extremely heat and drought tolerant. There are two or three other farms growing this mix but it's a strong seller and really, really tasty. We're also replanting some of root vegetables under covers. The long-range forecast is for intermittent freezing nights so we're taking a bit of a chance that covers will give a head start on Spring.

This is the perfect time for us to build new infrastructure for the Spring crops. Our Assistant Farm Manager, Amber, is doing an amazing job getting beds built and ready for our tomatoes, peppers, and eggplant. She has experience with Charlie and Shines Farmstand and the TCC Horticulture program. We are thrilled to have her on board as we now have the opportunity (and labor) to farm more bio-intensively as well as maintain our row crops in the remaining acreage.

One last thing: – we completed our first year of a three-year SARE research grant with the Geological Sciences Department at TCU. The students involved in this year's soil testing gave their final presentation on December 13th regarding water retention, nitrogen levels, and carbon sequestration at Opal's Farm. In each of these areas we are proud to say that Opal's is doing far better than expected, and now we have the data to prove it. Organic farming methods have gone a long way to build soil health and do our part in combatting climate change by the amount of carbon Opal's Farm puts away in the soil.

Greg Joel
Farm Manager
Opal's Farm

<https://www.facebook.com/opalsfarm>



FARM RESOURCES

Organizations & Associations:

Farm and Ranch Freedom Alliance

farmandranchfreedom.org

GROW North Texas
grownorthtexas.org

Natural Resource Conservation Service
nrcs.usda.gov

Texas Center for Local Food
texaslocalfood.org

Texas Department of Agriculture
texasagriculture.gov

Texas Organic Farmers & Gardeners Association
tofga.org

USDA Farm Service Agency
fsa.usda.gov

USDA National Institute for Food and Agriculture
nifa.usda.gov/