

AUGUST 2018

# WHAT'S GROWING ON?

COMMUNITY GARDEN & URBAN AGRICULTURE  
WORKING GROUP

## CGUA HAPPENINGS

The last CGUA meeting was held on July 19th at the Tarrant Area Food Bank. 6 people were in attendance. The group discussed ways to network and collaborate with the Southeast Fort Worth Urban Agriculture group. Several attendees expressed interested in visiting with the SE Fort Worth Urban Agriculture group at their next meeting to foster future interactions.

Dave and Becca led the group in a quick recap of the Dig Deep Conference. Everyone shared their experiences and impressions. Overall, the comments were uplifting and inspiring.

The next CGUA meeting will be on Thursday, September 20th 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](mailto:d.aftandilian@tcu.edu).

## Events

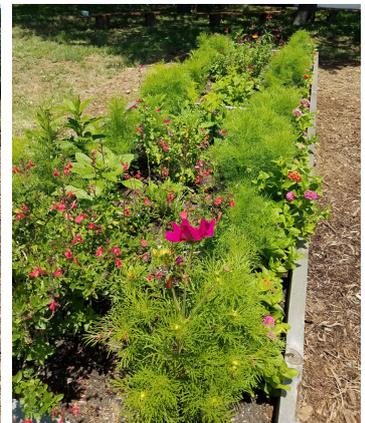
TCFPC GENERAL  
MEETING,  
8/2 TARRANT  
COUNTYFOODPOLICY  
COUNCIL.ORG

FALL GARDENING  
SEMINAR, 8/4  
TARRANTMG.ORG

PRINCIPLES OF  
CANNING 8/4 TAFB  
EVENTBRITE.COM

HOW TO START &  
LEAD A COMMUNITY  
GARDEN, 8/11  
TAFB  
EVENTBRITE.COM

PLANNING YOUR  
FALL & WINTER  
GARDEN, 8/18 TAFB  
EVENTBRITE.COM



## The Growing Place - Hurst, TX

BY LAUREN MESSEMER & CARISSA MILBURN

In Hurst, the Growing Place Garden has become a landscape for new budding friendships. At a garden meeting on a Tuesday night in St. Philip Presbyterian Church, the 17 plot owners came together to discuss their progress in the garden, their upcoming donations to NEED food pantry, and the happenings thus far. Jessica, one of the gardeners shared her own experience, stating, "I really am a beginner with all of this. I've started asking my friends all of the questions I have that I'm too embarrassed to ask the other gardeners. Then it made me think, why not have them help me? This has been such a good way to bond with my girlfriends. I share a plot with four of them now, and we get to spend time together while helping out the community!"



## *Dig Deep: A Conference for Growers*

BY BECCA KNUTSON, TAFB

Tarrant Area Food Bank's annual Dig Deep conference took place on Saturday, July 14th at the UNT Health Science Center in Fort Worth. With support from the Cowtown Farmers Market and the Tarrant County Food Policy Council, the conference was put on without a hitch.

Gardeners, farmers and other growers from around the state gathered in the LEED Gold Certified MET building to learn gardening skills, community organizing techniques, and valuable information to become market farmers. The facility was always bustling with the sounds of successful networking as attendees visited educational sessions and chatted with each other and the many vendors present.



The 2018 conference marked the 5th consecutive year for this exciting event. As the community of gardeners grows, so does the amount of fresh produce available to those living in North Texas. Seeing this passionate group of people gather annually is enough to give anyone hope for the future of agriculture in this area as well as the ongoing fight to reduce hunger and food insecurity.

The Dig Deep conference is never complete without a delicious lunch prepared by Chef John Croatti. He uses garden-fresh ingredients along with other local produce to please the vegetable-craving palette of the growers in attendance. His dishes are definitely the cherry tomato on top of a perfect day!

We can look forward to another successful conference in July 2019. Until then, happy growing and giving!

## RESOURCES

### LOCAL NURSERIES:

ARCHIE'S GARDENLAND  
CALLOWAY'S  
REDETA'S

### FREE SEEDS:

TAFB COMMUNITY GARDEN  
PROGRAM  
SEED COMPANIES

### BULK SOIL/COMPOST:

LIVING EARTH  
SILVER CREEK MATERIALS  
CITY OF FW DROP-OFF  
STATIONS

### GARDEN CURRICULA:

CGUA-  
[WWW.TARRANTCOUNTYFOODPOLICYCOUNCIL.ORG/CGUA-WORKING-GROUP.HTML](http://WWW.TARRANTCOUNTYFOODPOLICYCOUNCIL.ORG/CGUA-WORKING-GROUP.HTML)

TEXAS AGRILIFE EXTENSION:  
[WWW.AGRILIFEEXTENSION.TAMU.EDU](http://WWW.AGRILIFEEXTENSION.TAMU.EDU)

### COMMUNITY FOOD SYSTEMS

### MAP:

[HTTP://WWW.TARRANTCOUNTYFOODPOLICYCOUNCIL.ORG/COMMUNITY-FOOD-SYSTEMS-NORTH-TEXAS.HTML](http://WWW.TARRANTCOUNTYFOODPOLICYCOUNCIL.ORG/COMMUNITY-FOOD-SYSTEMS-NORTH-TEXAS.HTML)

## August To-Do

Begin starting fall  
seeds indoors

Plant okra, beans, cucumber, black-  
eyed peas and squash from seed

Spray all of your existing crops with  
liquid seaweed to help with heat  
stress

Continue to add mulch to bare areas  
to conserve water

Water trees deeply



## 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)



## Did You Know?

Many summer vegetable crops stop producing flowers and fruit once the daytime temperatures are consistently over 95 degrees and the nighttime temperatures are over 75 degrees. As we are all aware, Summer 2018 has been one of the hottest summers in recent history. While many of our crops may be taking a beating from this heat and are no longer producing, it doesn't mean they won't produce again before winter.

The best ways to keep your summer crops alive until the cooler weather returns is to water very well and keep your plants mulched. Watering slowly and deeply with drip irrigation is the best way to ensure your plant is getting enough water and staying cool. Some gardeners even poke a few holes in an empty milk jug and bury it next to thirsty plants. Filling the container with water and allowing it to drip out slowly is a great alternative to expensive irrigation. Once your plants are watered, top them with leaf, straw or wood mulch to help retain that moisture. With just a couple of months left of this heat, we will all benefit from taking extra precautions in order to stay healthy.

Be safe out there!

