

FEBRUARY 2020

# WHAT'S GROWING ON?

TCFPC Community Gardens and Urban Agriculture Working Group



## CGUA Meeting Minutes

The Community Gardens and Urban Agriculture Working Group met on January 16th to discuss ongoing projects. Seven members were in attendance.

**Support Grow Southeast Farmers** - Jesse Herrera reported that each Grow Southeast farm is making progress towards their goals. Iris Milton hosted 3rd & 5th grade Little Growers at her site to learn gardening and cooking. The program will continue through the school year. For more information about Grow Southeast, contact Jesse at: [jesse.herrera@uttheory.net](mailto:jesse.herrera@uttheory.net).

**School Garden Mapping Project** - Work on this project is ongoing. TAFB summer interns will help with data input. We need volunteers to help reach out to these gardens, gather information, and complete the map. To contribute to these efforts, contact Barb Ewen at: [barbara.ewen@tafb.org](mailto:barbara.ewen@tafb.org).

**Facilitate Community Partnerships** - Opal's Farm has recently agreed to take 150 gallons of food scraps each week from the Culinary School of Fort Worth. To learn more, contact Becca Knutson at: [becca.knutson@tafb.org](mailto:becca.knutson@tafb.org).

The group also set a date of May 30th for our Community Garden Tours. More details soon!

The next CGUA meeting will be held on Thursday, March 19th from 3:00-4:30pm at Tarrant Area Food Bank (2525 Cullen St.) in the Rodriguez Room, 2nd floor. Join us! If you can't attend a meeting but would like to contribute, please send suggestions for new garden or urban ag projects to Dave Aftandilian at [d.aftandilian@tcu.edu](mailto:d.aftandilian@tcu.edu).

## IN THE NEWS

- Fort Worth introduces ordinance requiring "small box retail stores" to sell fresh produce - <https://thetexan.news/forth-worth-ordinance-attempts-to-regulate-dollar-store-operations/>
- NBC5 covers Opal's Farm and their spring work - <https://www.nbcdfw.com/news/local/fighting-hunger-urban-farming-in-fort-worths-food-desert/2292808/>
- A food bank offers their perspective on the coming changes to SNAP - [https://www.theeagle.com/news/local/brazos-valley-food-bank-staff-explain-snap-changes/article\\_51b61ea4-3690-11ea-9216-f3500fdd9cof.html](https://www.theeagle.com/news/local/brazos-valley-food-bank-staff-explain-snap-changes/article_51b61ea4-3690-11ea-9216-f3500fdd9cof.html)

## Events



2/1, 10AM-12PM

Vegetable Gardening & Planting Sites  
BRIT.ORG



2/1, 1PM-3PM

Spring Pruning in the Garden  
BRIT.ORG



2/5, 6-7:30PM

Kitchen Garden Cooking School Demo - Beets  
TARRANTAREAFOOD BANK.EVENTBRITE.COM



2/14, 10AM-12PM

Edible Landscaping  
TARRNATMG.ORG



2/19, 11:30AM-1PM

Spring Gardening  
TARRANTMG.ORG



SATURDAYS 8AM-12PM

Cowtown Farmers Market  
3821 SOUTHWEST BLVD.





# MALIK YAKINI, BUILDING FOOD JUSTICE

By Harrison Gibson

Malik Kenyatta Yakini, a life-long food activist and educator, is coming to Fort Worth to share what he has learned working in Detroit against food insecurity and for community empowerment. Mr. Yakini's work extends beyond more than food insecurity though, as he considers himself part of the Good Food Movement, a larger food-centric movement for justice, equality, and freedom within food systems.

"The work that we're doing is much broader than food security. In fact, in our estimation the concepts of food security, food justice, and environmental stewardship are embedded in food sovereignty," said Mr. Yakini of his work with the Detroit Black Community Food Security Network. In this vein, the ultimate goal is food sovereignty, which asserts that local residents should control the mechanisms and policies of food production and distribution for their communities. It is a focus on building and modifying systems for community empowerment rather than centering them on the needs of corporations or markets.

Mr. Yakini's efforts to combat food issues are multi-fold and, to name a few, include: co-founding and serving as the Executive Director for the Detroit Black Community Food Security Network, spearheading the push for the Detroit People's Food Co-operative, operating a seven-acre farm (D-Town Farm) within Detroit, and serving as a board member for "Food First, an Institute for Food & Development Policy."

Mr. Yakini is coming to town at the invitation from the Tarrant County Food Policy Council and Grow Southeast. The event is free and open to the public, and has been made possible through the generous support of Blue Zones Project brought to Fort Worth by Texas Health Resources. The lecture will take place at TCU on Wednesday February 26th, at 7:30PM in the Sid Richardson Building, Lecture Hall 1. Local growers, gardeners, urban farmers, and all interested are encouraged to come. Please RSVP at the Eventbrite link posted below.



## DIG DEEPER

For more information and to register for Malik Yakini's lecture, visit: <http://tarrantcountyfpc.eventbrite.com>

Learn more about the Detroit Black Community Food Security Network and their work here: <https://www.dbcfsn.org>

For information specifically on the Food Co-Op: <https://detroitpeoplesfoodcoop.com>

"If there is no struggle, there is no progress. Those who profess to favor freedom, and yet depreciate agitation, are men who want crops without plowing up the ground."

FREDERICK DOUGLASS



## February To-Do

Clear out spent plants, weeds, and old materials from your garden beds.

Add a layer of compost towards the end of the month to cleared areas.

Plant cilantro, dill, and parsley seeds or transplants.

Plant seed potatoes around Valentine's Day.

Continue to start tomatoes and peppers indoors through the middle of the month.

Prune grapes, fruit trees, and blackberries.

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

Mulch all bare soil, and add an element of compost if possible.

MY DESIRE  
IS ALWAYS THE SAME; WHEREVER LIFE  
DEPOSITS ME:  
I WANT TO STICK MY TOE  
& SOON MY WHOLE BODY  
INTO THE WATER.  
I WANT TO SHAKE OUT A FAT BROOM  
& SWEEP DRIED LEAVES  
BRUISED BLOSSOMS  
DEAD INSECTS  
& DUST.  
I WANT TO GROW  
SOMETHING  
IT SEEMS IMPOSSIBLE THAT DESIRE  
CAN SOMETIMES TRANSFORM INTO  
DEVOTION;  
BUT THIS HAS HAPPENED.  
AND THAT IS HOW I'VE SURVIVED:  
HOW THE HOLE  
I CAREFULLY TENDED  
IN THE GARDEN OF MY HEART  
GREW A HEART  
TO FILL IT.

- ALICE WALKER



## Beet Hummus

Recipe from: *Hannah Lamar and Harrison Gibson*

### Ingredients

1 medium beet	Juice & zest of one lemon
1 can of chickpeas	2 cloves of garlic
2 tablespoons of tahini	Olive oil, salt, & pepper

### Instructions

- Roast your beet. While preheating your oven to 375, scrub your beet and cut off the greens. Drizzle with olive oil and roast, whole, for 30-45 minutes until it is fork tender. Let cool.
- Cut away the skin and chop it into quarters. Place the quarters into a food processor and mix until it is in small pieces.
- Add in the chickpeas, tahini, lemon juice, zest, and two smashed cloves of garlic into the food processor and mix.
- Now add the olive oil, salt, and pepper to taste. Mix until desired smoothness is reached. (~two tablespoons of olive oil can work well)
- Serve with sliced fresh veggies (from the garden!), pita bread, pretzels, or your dipper of choice and enjoy your colorful, seasonal, healthy treat!

## 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>

