

# HOW'S IT GROWING?

Community Gardens & Urban Agriculture  
Working Group Newsletter



## CGUA HAPPENINGS

The last CGUA meeting was held on March 22nd at the Tarrant Area Food Bank. 14 people were in attendance.

Charlie Blaylock gave a presentation on how he manages his farm to be productive and sustainable. He discussed how he amended his soil, what crops he plants, how he rotates his crops and what fertilizers he uses.

The group also approved the anti-vandalism prevention handout which is now available on our website for the public to access and use.

The next CGUA meeting will be on **Thursday, May 31st 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

**5/10, 5pm & 6pm**  
**Compost 101**  
[fortworthtexas.gov](http://fortworthtexas.gov/compostoutpost)  
[compostoutpost](http://compostoutpost)

**5/12, 10am-1pm**  
**Good & Bad Bugs in the Garden**  
[TAFB Eventbrite.com](http://TAFB.Eventbrite.com)

**5/19, 10am-1pm**  
**Ecosystems & Pest Control**  
[TAFB Eventbrite.com](http://TAFB.Eventbrite.com)

**5/24, 6pm**  
**Local Fare Awards Dinner**  
**TCFPC**  
[Eventbrite.com](http://Eventbrite.com)

**7/14, 8am-4:30pm**  
**Dig Deep: A Conference for Growers @ UNT Health Science Center**  
[TAFB Eventbrite.com](http://TAFB.Eventbrite.com)



## JUBILEE COMMUNITY GARDEN

LAUREN MESSMER & CARISSA MILBURN

On Thursday afternoons, the members of the Jubilee Community Garden come together to work on their garden plots outside of Ridglea Christian Church (see photo on p. 2). Janet Lanza, known as the “mama” and caregiver of the garden, walks around greeting fellow gardeners. “We have a waiting list here, we don’t have enough plots for all of the people who want to grow here.” About half of the community plots are rented by people who go to the church that hosts the garden. The other half are locals who live in nearby homes and apartments. “One of the best things to see is when you have a new gardener one year, and the next they decide to garden at home because they learned how to garden here. That’s when we know we’re doing something right.”

Sandy is a member of the Jubilee Community Garden and has been gardening there for 7 years, since its start. “I am retired, so it’s something to enjoy. I’m the kind of farmer who waters and five minutes later I check to see if anything has grown,” he says. “I’ve been gardening at home for 38 years and have grown all sorts of things, but I really like growing tomatoes. One year I got no tomatoes. I thought it was possibly because of bad bees, that they weren’t pollinating or something. I learned later tomatoes self-pollinate. I still don’t know why I never got tomatoes that year.”

Today at the garden he has had far more success as he gets ready to grow green beans alongside his potatoes, onions, beets spinach and lettuce!



## DIG DEEP: A CONFERENCE FOR GROWERS

*Becca Knutson, TAFB*

Registration is now open for **Dig Deep: A Conference for Growers**! This is the fifth year for Tarrant Area Food Bank's annual gardening conference. It will be hosted by UNT Health Science Center again this year with help from the Tarrant County Food Policy Council and the Cowtown Farmers Market. The conference is scheduled for **Saturday, July 14th from 8am-4:30pm**.

You won't want to miss the educational sessions on topics in the Home, Community and Market Gardening tracks. We will have experts from all over North Texas presenting on topics that no gardener will want to miss.

If you would like to be a presenter at Dig Deep this year, visit [www.tafb.org](http://www.tafb.org) and find the Events page. We are looking for passionate gardeners to share their knowledge with their fellow food growers.

You can also submit an application to be a vendor at the event. Spaces are limited and vendors are not allowed to make any sales—educational information and samples only, please.

This conference is a great opportunity to learn more about gardening, network with other growers in our area and enjoy a day on a beautiful campus when it's too hot to be outside anyways!

To register and get the Early Bird pricing, please visit TAFB's Eventbrite page at [tarrantareafoodbank.eventbrite.com](http://tarrantareafoodbank.eventbrite.com).

*"You never know when you throw a seed out what will grow."*

*– Nate Evans (Jubilee Community Garden)*

*"The nice thing about being out here is that you're not isolated, like at home."* – Sandy (Jubilee Community Garden)



## DID YOU KNOW?

Wasps play an important role in the garden ecosystem. While many people view wasps as pests and sometimes even fear them, they are actually very beneficial to the backyard garden, commercial farms and the economy.

Wasps play many roles in the garden. They are pollinators, like bees, and they also serve as predators for some of the "bad bugs" in the garden. Wasps help control the pests in our garden and some are even parasitic and lay their eggs inside destructive caterpillars!

Wasps are sometimes the only pollinator available for specific plants. Without wasps, we would have far fewer figs and orchids to enjoy.

To learn more about beneficial insects, visit: <https://www.rodalorganicle.com/garden/amazing-beneficial-bugs/slide/7>.

## RESOURCES

### Local Nurseries:

- Archie's Gardenland
- Calloway's
- Redenta's

### Free Seeds:

- TAFB Community Garden Program
- Contact seed companies

### Bulk Soil/Compost:

- Living Earth
- Silver Creek
- 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>





# Zucchini "Noodle" Salad

Prep Time: 15 minutes

Servings: 8-10

Serving Size: 1/2 cup

## Ingredients

3 large zucchini  
1 1/2 cups edamame, shelled and precooked  
8 ounces mini fresh mozzarella balls  
1/4 cup pine nuts  
6 ounces pesto, store-bought



## Preparation

Scrub and rinse the zucchini.

Using a spiralizer, make "noodles" from the zucchini. ***A spiralizer is a kitchen tool that***

***cuts your favorite veggies into spaghetti-shaped "noodles." Some are hand-held and others are used on the counter.***

Toss "noodles" in a medium bowl, together with all the other ingredients.

Serve chilled or at room temperature. The salad is best made no more than 2 hours before serving.

## Substitutions

- If you don't have a spiralizer, chop the zucchini instead.

## MAY TO-DO

- Plant eggplant, peppers, cucumber, squash, okra, beans, sweet potatoes, melons and southern peas.
- Continue to plant flowers like daisies, asters, coreopsis, marigolds and sunflowers to help keep pests at bay.
- Check your drip irrigation system so it is ready when the temperatures start to rise.



## GARDEN STORIES

Do you have a 100-200 word garden story to share? Has gardening impacted your life in a meaningful way? Send us your garden stories and experiences along with a couple pictures and we will share them in our newsletter and on social media.

All stories and pictures can be sent to our chair, Dave Aftandilian at [d.aftandilian@tcu.edu](mailto:d.aftandilian@tcu.edu).

