

JULY 2019

# WHAT'S GROWING ON?

TCFPC Community Gardens and Urban Agriculture Working Group



## Ongoing CGUA Projects

The Community Gardens and Urban Agriculture Working Group is always busy on projects to help provide more resources for our community. We welcome other enthusiastic growers to join our working group to help with current projects and hear ideas for new projects. Our current projects are described below.

**Support Grow Southeast Farmers** - Jesse Herrera and Charlie Blaylock serve on a committee of people working to increase food access and agriculture opportunities in the SE part of Fort Worth. They work closely with the Healthy Tarrant County Coalition and city government to make farming dreams come true.

**Promote Local Farms and Gardens** - CGUA helps to promote farms and gardens by providing downloadable curricula, sharing resources, and gathering input for those doing the actual growing. We are always looking for more voices at the table.

**Facilitate Community Partnerships** - This year, we are focusing on connecting restaurants and coffee shops with gardens and farms to help divert food waste from the landfill. The waste will be used for composting instead.

The next CGUA meeting will be held on Thursday, July 18th from 3-4:30pm at Tarrant Area Food Bank (2525 Cullen St.) in the Rodriguez Meeting Room, 2nd floor. Join us!

## IN THE NEWS

Free and Reduced-Cost Options Proposed for Admissions to Fort Worth Botanic Garden - <https://www.star-telegram.com/news/local/community/fort-worth/article231690568.html>

Canada Releases Their First Ever National Food Policy - <https://www.canada.ca/en/campaign/food-policy/thefoodpolicy.html>

Micheline Hynes and Charlie Blaylock are Featured in the Latest 360 West Magazine - <https://360westmagazine.com/digital-edition/>

## EVENTS

7/10, 6-7:30PM

Kitchen Garden Cooking School Demo - Green Beans

TARRANTAREAFOOD BANK.EVENTBRITE.COM

7/14, 11AM-4PM

Lola's Local Farmers Market  
LOLA'S TRAILER PARK

7/19, 10AM

TAFB Learning Garden Tour

TARRANTAREAFOOD BANK.EVENTBRITE.COM

7/20, 10AM

Fall Vegetable Gardening  
TARRANTMG.ORG

7/20, 1PM

Composting 101  
FORTWORTHTEXAS.GOV /COMPOSTOUTPOST

SATURDAYS 8AM-12PM

Cowtown Farmers Market  
3821 SOUTHWEST BLVD.





"The garden suggests there might be a place where we can meet nature halfway."

MICHAEL POLLAN



## July To-Do

Set out fall tomatoes late in the month.

Plant pumpkins to be ready for Halloween.

Mulch any bare soil.

Continue to plant corn, okra, peanuts, southern peas, summer squash, winter squash and sweet potatoes.

Harvest fresh herbs and preserve by drying, freezing or making infused oils and vinegars.

Build, turn and water your compost pile weekly to have a fresh batch for the fall.

Start broccoli, cabbage, collards, Brussels sprouts, and cauliflower seeds inside for fall planting.

## Grower Profile - Elvis Bowman Sr.

BY CAROLINE LANGSTON, SUZANNE YOST & SAM HINCKLEY

The senior pastor at Greater Mt. Tabor Christian Center in southeast Fort Worth, Pastor Bowman, is a community advocate seeking to address local food disparities through his community garden. He is driven by a responsibility to care for those that are underserved and in need of healthy and local food options.

As a leader within the community, Pastor Bowman believes his niche is to serve others, and when he noticed the lack of healthy, local food in the area, he decided to tackle the issue. Using some of the 40 acres on which Greater Mt. Tabor Christian Center sits, he created a community garden with the desire to bring people together while also increasing their quality of life.

Pastor Bowman's 3-acre garden can be found near the Greater Mt. Tabor Christian Center on South Edgewood Terrace in Fort Worth. He considers the cultivation of a garden as an ongoing learning experience, and plans to grow everything the ground will yield. Specifically, he plans to grow zucchini, cucumbers, greens, artichokes, lettuce, cantaloupe, snap peas, and onions, among others.

Pastor Bowman's garden acts as an avenue for healthy food to make its way into the community. Education about nutrition goes hand-in-hand with this ideal. He believes in creating a pipeline of learning for local youth that will benefit them throughout their entire lives. In order to create a greater appreciation of the earth and a better understanding of where food comes from, how it's grown, and what constitutes a healthy diet, he will focus on teaching local children about all aspects of the garden. For adults, a network of educators and gardening experts will help teach about nutrition and the basics of caring for a garden.



The well-being of the community is tied strongly to both physical and mental health. By addressing the issue of physical health through improved nutrition, Pastor Bowman hopes to also help people become more whole. He views working with the earth as an opportunity for people to learn, de-stress, and grow closer to each other, strengthening the entire community. By employing members from the community, Pastor Bowman plans to help combat unemployment in the area. These new employees will be given both a stabilizing income, and knowledge about gardening that will enrich their lives.

As someone committed to embracing social responsibility, Pastor Bowman is seeking to bring together the faith community to do good in an area that needs it. Serving others is his foremost goal. In line with this, he hopes to expand the garden beyond the 3 acres it currently occupies. He also hopes to increase the influence of the garden, using it as an avenue to serve the entire county rather than just the immediate community.



# Using Coffee Grounds in the Garden

BY BECCA KNUTSON

Used coffee grounds can be a great addition to any garden or compost pile. They provide a great source of nitrogen while adding organic matter that improves the soil quality. Used grounds also help to feed soil microorganisms which will also benefit your garden plants.

Once coffee grounds have been used to brew your favorite cup of Joe, they are no longer highly acidic. With a pH of about 6.5-6.8, the used grounds are perfect for increasing the acidity of our alkaline soils to a comfortable level for your crops.

Coffee grounds used in your compost pile provide a source of nitrogen rich material to balance out the dried leaves and plant material in the pile. The grounds also make great worm food for your indoor vermicomposting bin.

Start adding your coffee grounds to your garden today and help divert food waste from the landfill while helping your garden flourish!



## Tomatillo Salsa

Recipe by: Hannah Lamar & Harrison Gibson

Ingredients:

1.5 pounds tomatillos, paper removed

1/2 cup onion, chopped

1/2 cup cilantro

1 lime, juiced

2 peppers (choose variety based on heat preference - jalapeno, Serrano or habanero; remove seeds)

2-4 cloves garlic

Salt, to taste

Directions:

1. Set oven to broil
2. Halve the tomatillos, place cut side down on a baking sheet with the garlic (skin on)
3. Broil for 5-10 minutes, until skin is lightly charred
4. Allow tomatillos to cool for 5 minutes then add to blender
5. Add remaining ingredients to the blender a bit at a time, tasting throughout the process
6. Blend all ingredients until smooth

## 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.tarrantcountyfoodpolicy council.org/garden-2.html>

### Community Food Systems Map:

<http://www.tarrantcountyfoodpolicy council.org/local-food-systems.html>

