

WHAT'S GROWING ON?

TCFPC COMMUNITY GARDENS & URBAN AGRICULTURE WORKING GROUP



CGUA HAPPENINGS

The last CGUA meeting was held on January 17th at the Tarrant Area Food Bank. Eight people were in attendance.

Members of the group shared updates on current projects and programming:

Grow Southeast shared that Opal has signed the lease on the TRWD land and will be working with Unity Unlimited. Planting is scheduled for spring. The group has also run into some snags using the Fort Worth Urban Ag ordinance, which we have shared with the City.

Dave's **Food Justice** students will be working out in the community again this year. They will work with YMCA Camp Carter, TAFB, Grow Southeast, Refugee Services and Harmony Science Academy.

Donna announced that **UNTHSC** will be hosting Earth Month events this year - we look forward to hearing more about what they have planned!

Becca explained that all of the **TAFB** garden workshops will now be scheduled by request only. Also, registration is open for the 2019 canning classes (tarrantareafoodbank.eventbrite.com).

The group also brainstormed possible connections between the Grow Southeast farmers and the **Farmers Market Nutrition Program** run by TAFB.

The next CGUA meeting will be on **Thursday, March 28th** 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.

Events

GUIDE TO GARDENING IN NORTH TX, 2/2
TARRANTMG.ORG

PRINCIPLES OF CANNING, 2/2
TAFB
EVENTBRITE.COM

WHAT IS PERMACULTURE?, 2/2
BRIT.ORG

FERMENTED FOOD & DIGESTIVE HEALTH, 2/23
BRIT.ORG

PLANNING YOUR SPRING GARDEN, 2/28
TAFB EVENTBRITE.COM

COWTOWN FARMERS MARKET, SATURDAYS 8AM-12PM 3821 SOUTHWEST BLVD.

KEEPING BERMUDA GRASS AWAY FROM YOUR GARDEN

By Charlie Blaylock, Shine's Farm Stand & Cowtown Farmers Market

I would like to recommend a product that I use. To be clear, I am not allied with the company that makes it or the companies that distribute it. I'm allied with you in your fight against Bermuda grass and other perennial weeds, a task that starts in April and runs until December. Fighting Bermuda was the biggest labor expense and the cause of the most frustration when I started my micro-farm.

I have tried at least seven types of weed fabric to border my gardens. All have failed except Dewitt Sunbelt Weed Barrier. It is a woven plastic fabric that drains well, and more importantly, allows oxygen into the soil. I have a four foot border around each of my gardens and the Bermuda hasn't been able to cross underneath because of the weed barrier.

I also use the fabric on the walkways through the center of my gardens. These areas are walked on several times a day, are exposed to direct Texas sun (more intense than your average sun), and the fabric is still holding up four years after installation. They aren't ripping. Even though color has faded a bit, I expect another two or three years of use. The fabric that I don't walk on still looks brand new.

We all dislike plastic, but at least this one lasts for years, unlike the inferior kinds.

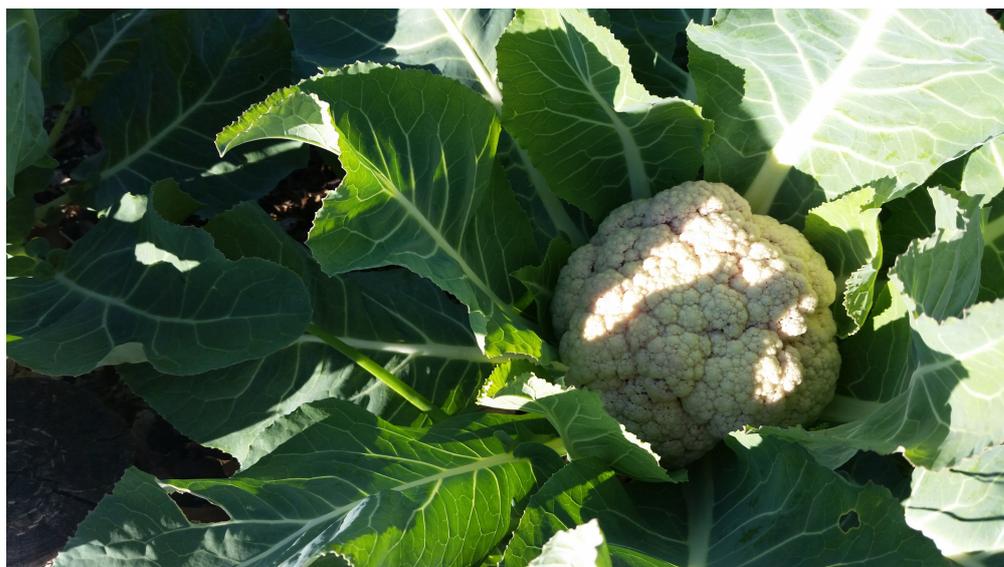
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Sweet and Spicy Baked Cauliflower

RECIPE FROM: THEFITCHEN.COM

1. Preheat the oven to 400 degrees.
2. Scrub and rinse the cauliflower. Pat dry.
3. Cut any remaining leaves off the cauliflower and remove the dense core.
4. Chop the cauliflower into bite-sized pieces.
5. Add maple syrup, Sriracha, olive oil, soy sauce and black pepper to a small bowl. Whisk until combined.
6. Drizzle mixture over cauliflower in a large bowl.
7. Toss well to coat.
8. Put cauliflower on a baking sheet and bake for 30 minutes until the cauliflower is golden and tender.



Substitutions

- Adjust the amount of Sriracha depending on your preferred level of heat.
- Honey can be used instead of maple syrup.
- Canola oil may be used instead of olive oil.

INGREDIENTS

- 4 cups cauliflower florets
- 2 Tablespoons maple syrup
- 2 Tablespoons Sriracha
- 2 Tablespoons olive oil
- 1/2 Tablespoon soy sauce or tamari
- 1/2 teaspoon black pepper



Resources

LOCAL NURSERIES:

Archie's Gardenland
Calloway's
Redenta'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/cgua-working-group.html>

COMMUNITY FOOD SYSTEMS

MAP:

<http://www.tarrantcountyfoodpolicycouncil.org/community-food-systems-north-texas.html>

February To-Do

Feed the soil by adding
compost before planting and around
existing plants

Plant seed potatoes by the third week in
February

Continue to plant onion slips, carrots,
radishes, beets and lettuce in empty spaces

Finish planning for your spring &
summer garden

Continue to start seeds
indoors for spring planting



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.



Bermuda Grass (continued)

The way you use the weed barrier is important. Don't cheap out on the ground staples. I prefer 6-inch long, Heavy Duty Landscape staples. I put them every 2 to 4 feet, depending on lay of the land, and keep it stretched tightly. I know we would all love to mulch over the weed fabric with wood chips to get that natural look that they have in states with less vigorous grasses, but that will only give the grass something to grow in. Any dirt, crushed leaves or mulch that gets on the fabric gives the grass a place to grow. So, keep it clean.

I have pretty heavy deer pressure in my area, so fences are a must. I made the mistake of putting the fabric against the edge of the fence, which made weed-eating (called whipper-snipping in New Zealand) a nightmare. I now lay the fabric and run the fence right down the middle of the fabric. If you used enough staples, you can put your lawn mower tires on the fabric, and it makes a beautiful edge of the garden. Less lawn maintenance makes time for more gardening.

The Dewitt Sunbelt fabric is about \$80 for a 4-foot wide, 300-foot long roll. It is about \$70 for a 3-foot wide, 300-foot roll. The staples are about \$17 for 150. I use 2 boxes per 300-foot roll. That's enough to enclose a 75x75-foot garden. If you don't need that much, gardeners certainly know how to share. I spent 2 hours each week trimming, and 4 to 8 hours each week fighting the infiltrating grass before using it, so \$120 to save me that much time, and that much frustration, is well worth it.

Dewitt Sunbelt Weed Barrier can be found online at <http://www.dewittcompany.com/>.