NOVEMBER 2018

WHAT'S GROWING ON?

TCFPC COMMUNITY GARDENS & URBAN AGRICULTURE WORKING GROUP

CGUA HAPPENINGS

The last CGUA meeting was held on September 20th at the Tarrant Area Food Bank. 10 people were in attendance.

The group heard from Divya and Gillermo from Legal Aid of NW Texas about the Community Revitalization Project. Both guests described ways in which they are hoping to support underserved communities in Fort Worth on the issues of food access.

The Garden Network, Fellowship of the Arts, and Charlie Blaylock presented updates on current projects. Donna Honkomp was welcomed as the new Community Garden Coordinator for UNTHSC.

The next CGUA meeting will be on Thursday, November 29th 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

BEES!, 11/3
TARRANTMG.ORG

UNDERSTANDING HEALTHY SOILS, 11/3
TAFB
EVENTBRITE.COM

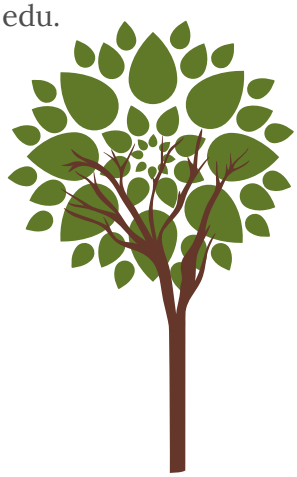
SEED STARTING 101, 11/3
BRIT.ORG

URBAN/SUBURBAN PERMACULTURE, 11/3
BRIT.ORG

COMPOST 101, 11/8
FORTWORTH TEXAS.GOV/ COMPOSTOUTPOST

PICK YOUR OWN PRODUCE, 11/14
TAFB
EVENTBRITE.COM

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



Neighborhood Needs Community Garden

BY LAUREN MESSEMER & CARISSA MILBURN

At the corner of Altamesa Blvd. and Hulen Street in Fort Worth, a community garden called Neighborhood Needs is hidden away by big trees and bushes. It was started about 8 years ago by DeWitt Mahanay and is located at Altamesa Church of Christ. This space is quite unique for the Fort Worth community garden scene. Neighborhood Needs Community Garden is home to 28 gardening beds where Bhutanese refugees grow plants that are native to their home country. Narayan, one of the leaders of the garden, explained that, “This garden is able to reduce stress for refugees. Most of them are used to planting fruits and vegetables back home, so here they are able to better access their culture and reconnect to Nepal.” Not only does this garden allow them to connect with home, but also with one another. Narayan commented, “Families are able to meet one another here. This is a center for them to talk and not feel alone.”

Radish-Apple Relish with Yogurt Cheese

RECIPE BY: CATHY THOMAS, EVERYDAY COOKING WITH ORGANIC PRODUCE

1. Scrub and rinse radishes, apple, mint and lemon. Pat all produce dry.
2. Finely chop the radishes, onion and apple. Mince the mint and roughly chop the walnuts
3. Combine all of the relish ingredients in a medium bowl and toss until mixed well.
4. Add the olive oil, lemon juice, salt and pepper to the relish mix. Toss until well coated.
5. Plate the relish with the yogurt cheese and serve with crackers or pita bread.

YOGURT CHEESE

1. To make the yogurt chese, line a strainer with three layers of cheesecloth, suspend the strainer over a bowl and add the yogurt to the strainer.
2. Let the yogurt drain in the fridge for 8 hours.
3. Alternatively, purchase a soft, spreadable cheese like cream cheese.

Substitutions

- Use a sweet, crisp pear instead of, or in addition to, the apple.
- Pecans may be used instead of walnuts.
- Canola oil may be used instead of olive oil.

INGREDIENTS

6 radishes
1/2 small red onion
1 or 2 Gala apples
1-1/2 tablespoons fresh mint
1 tablespoon olive oil
1 teaspoon lemon juice
Pinch of salt and pepper
2/3 cup walnuts
4 cups plain, whole-milk yogurt
Pita bread or crackers for serving

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

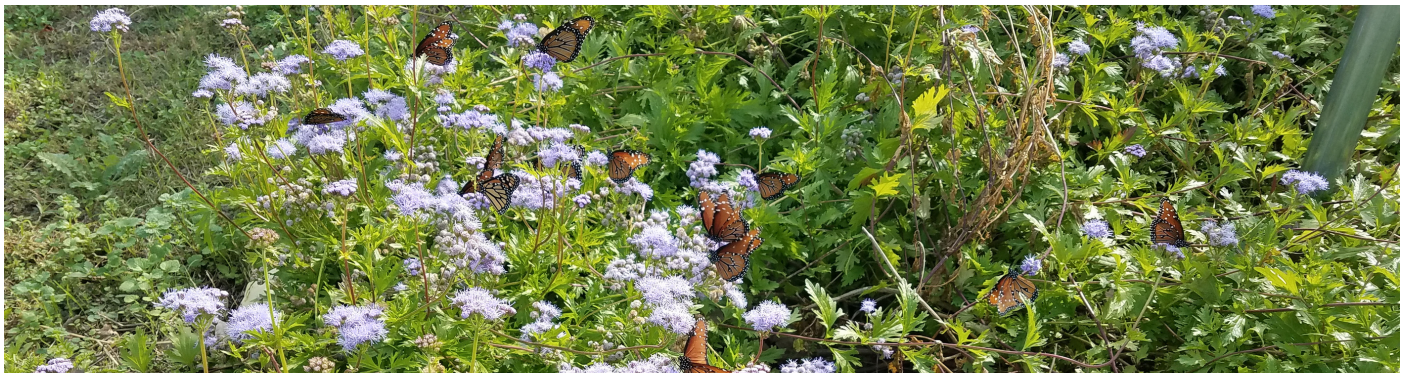
November To-Do

- Harvest and remove any remaining summer crops before the first frost
- Add straw or leaf mulch around all of your cool season crops
- Direct-seed spinach, lettuce, beets, carrots, radishes and turnip throughout the month
- Organize your frost protection to be ready for low temperatures
- Plant more parsley, cilantro and fennel

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



Did You Know?

Fruit and vegetable crops require a variety of different nutrients and minerals to thrive. These nutrients exist naturally in the soil already, but often require replenishment after each growing season. The main three nutrients needed by our crops are Nitrogen, Phosphorous and Potassium. These nutrients are found in many organic fertilizers and soil amendments and are listed on the bag as a series of numbers. You may notice these numbers listed as "8-2-4" or "20-0-0." The first number indicates the amount of nitrogen, the second is phosphorous and the third is potassium: N-P-K.

Sometimes, we can get too much of a single nutrient in our soils. It is important to test your soil every few years to see what your soil may be lacking (http://soiltesting.tamu.edu).

Gardeners who add manure to their garden on a regular basis may find an excess of phosphorous in their soil over time. Too much phosphorous prevents plants from absorbing nitrogen and can result in stunted growth.

To correct this issue, gardeners should avoid adding more phosphorous for several seasons as well as consider adding a high-nitrogen fertilizer such as alfalfa meal, cottonseed meal or blood meal. Another method involves sowing nitrogen-fixing cover crops such as vetch, clover, peas or fava beans.

The cooler months are a great time to sow these cover crops, as well as root vegetables, to help correct excess phosphorous in the soil. Root vegetables will also benefit from high amounts of phosphorous, resulting in a productive crop.

For more information on balancing soil nutrients, visit: https://gardenerspath.com/how-to/composting/plant-nutrients/