

NOVEMBER 2020

WHAT'S GROWING ON?

TCFPC Community Gardens and Urban Agriculture Working Group

CGUA HAPPENINGS

Virtual CGUA Meeting on November 19th at 3pm - Join us via Zoom to make progress on our ongoing projects. Bring a friend, your new project ideas, and a willingness to lend a hand.

Zoom Meeting ID: 948 2492 2779; **Password:** 930899

CGUA Ongoing Projects

Learn more about our projects during our November meeting!

- **Support Community Growing Projects** - Tarrant County is full of exciting new and established growing operations that we support in many ways.
- **School Garden Mapping Project** - Put school gardens on the map so that community members can donate and volunteer.
- **Facilitate Community Partnerships** - Help connect local growing operations to compostable materials while also reducing food waste!

For questions and more information about CGUA, contact our Chair, Dave Aftandilian at d.aftandilian@tcu.edu.

IN THE NEWS

- A Call for a "Right to Garden" Bill and its Story in Illinois
<https://civileats.com/2020/10/16/without-a-right-to-garden-law-it-may-be-illegal-to-grow-your-own-food/>
- Bexar County Invests in Urban Agriculture to Develop Greenies Urban Farm
<https://agrifetoday.tamu.edu/2020/10/16/greenies-urban-farm-to-demonstrate-agriculture-in-the-city/>
- A Look at Washington D.C.'s Urban Farms, Community Gardens, and Food Security in their Neighborhoods
https://www.washingtonpost.com/lifestyle/home/small-urban-gardens-can-help-food-insecure-communities/2020/10/13/18521dca-0714-11eb-a166-dc429b380d10_story.html

TAFB'S COMMUNITY GARDEN NETWORK SUPPORT

Tarrant Area Food Bank's Community Nutrition team has always tried to support and network resources for community gardens in the 13-county service area they cover. Starting in October 2020, they will be providing more support and resources throughout the planning, installation, operation and sustainability phases of the process. If you operate a community (or school) garden or are wanting to start one, please reach out to communitygarden@tafb.org to learn more about the services offered.

If you are part of an established community garden or have a particular expertise to offer, we are looking for individuals to serve on the CGUA Garden Advisory Committee. Email becca.knutson@tafb.org for more info.

TCFPC GENERAL MEETING

Dec. 3rd, 4PM

<https://us02web.zoom.us/j/88022068894>

TARRANT AREA FOOD BANK

Kitchen Garden

Cooking School -
Cauliflower Nov. 11

Garden Tools &
Resources Nov. 19

tarrantareafoodbank.eventbrite.com

Virtual Gardening Content

Tarrant Area Food Bank

youtube.com/user/TarrantAreaFoodBank

Water University

youtube.com/c/WaterUniversity

Texas A&M AgriLife Extension

youtube.com/c/txextension

BRIT

youtube.com/user/BRITplanttoplanet

Tarrant County Master
Gardeners

youtube.com/c/TarrantCountyMasterGardeners

Dig Deep Conference 2020

tarrantcountyfoodpolicycouncil.org/dig-deep-conference-2020

SATURDAYS 8AM-12PM

Cowtown Farmers
Market

3821 SOUTHWEST BLVD



"Who has learned to garden who did not at the same time learn to be patient?"

H.L.V. FLETCHER



NOVEMBER TO-DO

Plant trees, shrubs, ground covers, spring bulbs, and spring and summer flowering perennials.

Finish planting cool season vegetable crops and herbs.

Apply compost to poorly performing turf areas and actively growing plants.

Mulch bare soil and beds.

Begin major tree trimming if needed, and address tree bases by removing grasses, vines, ground covers, and root flares from the bases.

WHAT MAKES A THANKSGIVING FEAST

BY HARRISON GIBSON

Thanksgiving is a difficult holiday to pin down, considering how much it can represent and how much it has changed over the years. What started as an entente and feast between the Wampanoag Indians and the pilgrims has since become a major holiday where people gather with their loved ones to dine, be merry, and express gratitude. It's hard to believe that the original meal was 400 years ago, and it's worth noting that Thanksgiving did not become a nationally recognized, or even much celebrated, holiday until President Abraham Lincoln declared it so in an effort to help bind the nation in a sense of kinship. As the peoples, nation, and land have changed over these past four centuries, so has the food that had been laid out on the Thanksgiving table. A bit can be learned from the foods that have come and gone.

The stereotypical holiday meal is usually a mouth-watering array of potatoes, stuffing, candied yams, rolls, pumpkin pie, and cranberry sauce, with turkey as the centerpiece. The few primary documents that exist show the original meal to have been quite different. While wildfowl and meat were aplenty, many items were not. Sweet potatoes had yet to reach America from the Carribean, and the same goes for white potatoes from South America. Butter and wheat flour wouldn't have been available in Plymouth for pies or tarts. The first evidence of cranberry sauce wasn't recorded until much later in the century. It is worth noting that although there have been many inaccuracies passed down about the history of Thanksgiving, it is true that the Native Americans taught the pilgrims how to grow food. The Wampanoags' healthy diet would have supplied corn, beans, pumpkins, and squashes, among much more.

Since Thanksgiving encompasses such a multitude of ideas and foods, perhaps it is best represented by the cornucopia, the horn of plenty overflowing with foodstuffs. The same could be said about our nation, considering the abundance of peoples, cultures, and foods that comprise it. This year, we may all do well to be grateful for what others bring to the table.

As you build out your Thanksgiving spread this year, consider adding a few locally grown foods, from your garden or a nearby farm. We've supplied a few recipes this month to help highlight what local foods can be incorporated into your Thanksgiving feast. We hope you enjoy them and have a wonderful meal.

Radish-Apple Relish

Recipe by: Cathy Thomas, *Everyday Cooking with Organic Produce*

This sweet and spicy relish is the perfect appetizer for Thanksgiving dinner. It is light, nutritious and uses produce found in your backyard garden!

INGREDIENTS

- 6 radishes
- 1/2 small red onion
- 1 Gala apple
- 1 1/2 tablespoons fresh mint
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Pinch of salt and pepper
- 2/3 cup walnuts
- Soft cheese and pita bread for serving

PREPARATION

- Rinse all produce.
- Finely chop radishes, onion & apple. Mince the mint and roughly chop the walnuts.
- Combine the produce, olive oil, lemon juice and spices in a medium bowl until well mixed.
- Plate the relish with a soft cheese like yogurt cheese, ricotta or mascarpone and pita bread or crackers to serve.

Cauliflower Creamed Spinach

Recipe by: Roche Woodworth, livingchirpy.com

Add this side dish to your Thanksgiving menu while using locally or home-grown cauliflower and spinach ready for harvest this November!

INGREDIENTS

- 2 cups baby spinach
- 1 small head cauliflower, chopped
- 1 small onion, diced
- 1 garlic clove, minced
- 1/2 cup shredded mozzarella
- 2 tablespoons heavy cream
- 1 tablespoon canola oil
- 2 tablespoons butter, divided
- 1/2 teaspoon nutmeg
- Pinch of ground cloves
- Salt and pepper to taste



PREPARATION

- Turn broiler on low.
- Add cauliflower to a medium pot of boiling water. Boil for 10 minutes.
- Heat 1 tablespoon butter and oil in a cast iron skillet. Add the onions and cook until caramelized.
- Add the spinach, nutmeg and cloves to the skillet and cook until wilted. Set aside.
- Drain the cauliflower and add it to a blender with the cream and 1 tablespoon butter. Blend until smooth. Add salt and pepper.
- Combine the cauliflower with the onion mixture and cheese in the cast iron skillet or other oven-safe baking dish.
- Put under the broiler until the cheese is golden brown. Enjoy warm!

Sweet Potato Cornbread

Recipe adapted from: budgetbytes.com

Use freshly harvested sweet potatoes for this delicious twist on a classic dish. Your family and tastebuds will be so impressed!

INGREDIENTS

- 1 medium sweet potato, peeled and cubed
- 1 1/2 cups yellow corn meal
- 1 cup all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 large eggs
- 1/2 cup plain, non-fat Greek yogurt
- 3/4 cup milk
- 2 1/2 tablespoons canola oil, divided

PREPARATION

- Place sweet potatoes in a sauce pan and cover with water. Bring to a boil and cook until potatoes are tender, about 10 minutes.
- Coat the inside of a cast iron skillet with 1/2 tablespoon of oil. Place it in the oven and preheat to 425 degrees.
- In a large bowl, mix together the cornmeal, flour, sugar, baking powder, salt, cinnamon and nutmeg until well blended.
- Drain and mash the sweet potatoes. Add the potatoes, yogurt, milk and oil into a large bowl and mix. Then add the eggs and mix again until well combined.
- Combine the wet and dry ingredients and mix until no dry ingredients remain at the bottom of the bowl.
- Carefully remove the skillet from the oven and scoop the batter into it. Smooth the batter until it is spread evenly.
- Bake for 22-25 minutes or until golden brown. Serve warm or at room temperature.

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>

