

HOW'S IT GROWING?

Community Gardens & Urban Agriculture
Working Group Newsletter



CGUA Happenings

The next CGUA meeting will be on **Thursday, March 9th from 3:00-4:30pm** at the TAFB Administrative Building, 2525 Cullen St. Fort Worth, TX 76107

tarrantcountyfoodpolicycouncil.org/news---events
The group will continue to add research on different program models to provide the best advice possible for North Texas youth farms. Please come help!

New on the website—The CGUA newsletters will be archived on the working group's landing page: tarrantcountyfoodpolicycouncil.org/cgua-working-group. Please feel free to download, print and distribute to anyone who would benefit from the information.

Add your garden! TCFPC's food system's map needs updating. Submit info about community gardens to be added to the map.

tarrantcountyfoodpolicycouncil.org/community-food-systems-north-texas



EVENTS

3/9, 3-4:30pm
CGUA Meeting
@2525 Cullen St.

3/15, 4:30-6:30pm
Pick Your Produce
tafb.org/events

3/18, 10am-1pm
Backyard Composting
tafb.org/events

3/18, 10-11:30am
Planning for Spring Workshop
Hope Grows on Facebook

3/23, 10am-1pm
Outdoor Worm Bin Workday
tafb.org/volunteer

4/1, 9am-12pm
Raised Bed & Irrigation
brit.org/events/Workshops

4/4, 6:30-8:30pm
Plant Combinations
fwbg.org/events



Carrots, Peas and Corn By Dotty Woodson, Ed. D.—Extension Program Specialist

Time to plant carrots, peas and corn! These crops require cool weather to grow and produce a good tasty crop. Plant short carrot varieties, such as Danvers 126. Direct seed into the soil. Short carrots will ripen before the summer heat arrives and are not as challenged due to the heavy soil in this area. Of course, all these crops grow best in soil rich with compost. As the daytime temperature rises, the carrots have a tendency to bolt or flower. Harvest the carrots before the flower stems start growing. If you want to harvest carrots continually, make sure to plant a few rows every week for several weeks. Wash and refrigerate carrots as soon as you pull them out of the soil. Carrots store for many weeks. You can also plan to can, freeze or dry carrots.

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SWEDISH BAKED BEETS

Prep Time: 10 minutes
Cook Time: 60 minutes
Serves: 4-6

Ingredients

- 6-8 small beets
- 2 medium red onions
- 1/4 cup olive oil
- 1 tablespoon fresh dill
- Salt and pepper to taste
- Sour cream (optional)

Preparation

1. Preheat oven to 350 degrees.
2. Scrub and rinse beets. Pat all produce dry.
3. Wrap unpeeled beets in foil; drizzle with oil; season with salt and pepper.
4. Close the foil, put in a roasting pan and roast until tender. This may take up to an hour based on the size of your beets.
5. Peel and slice red onion into chunky wedges.
6. Put the onion wedges in a pan, drizzle with oil, season with salt and pepper and roast for 23-30 minutes until the tips are slightly singed.
7. When the beets are tender, peel them and cut into bite-sized

wedges.

8. Place on a serving dish with the onions and top with fresh dill.
9. Serve hot with sour cream on the side.

Substitutions

- Use Golden or Chioggia beets for a variety in color.
- White onion may be used instead of red.
- Substitute parsley for the dill.
- Add some horseradish for a spicy kick.

MARCH TO-DO

- Early March—sow the last round of spinach, turnips, mustard, beets and carrots.
- Add compost and other soil amendments to the garden.
- Mid-to late March, direct sow corn, squash, and cucumbers. Transplant tomatoes and peppers.
- Plant carnations, daisies, marigolds, petunias and snapdragons for pollinators.



Swedish Baked Beets



STORIES FROM THE GARDEN

Melanie England, 5th grade teacher, is working hard to revive the school garden at TA Sims Elementary School, but she needs help! She has a few supplies, support from another teacher and a herd of students to help with the work. After a quick email request from Becca Knutson (TAFB) multiple gardeners from around the city offered supplies, manpower and support for England's garden. What a great example of the generosity of the DFW garden community!

The T.A. Sims garden club began to meet on February 23rd and will continue with the support of our amazing community. If you would like to donate time or materials, please contact Melanie at melanie.england@fwisd.org.



TARRANT COUNTY
FOOD POLICY COUNCIL

Carrots, Peas and Corn (cont.)

Peas are also direct seeded into the soil. Peas require something to climb. A small trellis works great. I use small wrought iron fence sections that push into the soil to support the fence. Welded wire fencing works great. Tie the welded wire to fence posts for support. Fence posts are available where welded wire fencing is sold. Free-standing small and large wooden trellises are available at most garden centers or feed stores. You can also make a trellis using twine woven between fence posts like cedar posts or branches from trees that require pruning. Harvest peas as the pea pod swells with peas. Once the peas are large enough to harvest, you need to harvest daily. After picking pea pods, wash the pods and store in refrigerator. Harvest peas out of pods when you are ready to; prepare either raw or cooked.

Corn is easy to grow. Direct seed into soil at recommended spacing. Many good varieties of sweet corn and popcorn grow in the area. In fact, Tarrant County was at one time a major source for corn and wheat. There are a few areas where corn and wheat are still grown. Corn stalks grow 2 to 4 ears per plant. Corn is a good example of a monoecious plant with separate male and female flowers. The flowers on the top of the stalk are the male (staminate) flowers. These male flowers shed pollen as the wind blows. The pollen drops on the female flowers and pollination and fertilization takes place. The female (pistillate) flowers are on the stalks. The silks are the pistils.

Harvest corn when the corn ears have grown thick and silks have turned brown. Pick corn early in the morning. Store in refrigerator. Plant seeds for several weeks to extend the harvest. If you later want to use the corn stalks as a poles for growing pole beans as recommended in 'Three Sister Plantings,' do not pull up all stalks up after harvest. Wait to plant pole beans later in the spring.



Left: Bolted (flowering) carrot plant.
Center: Peas growing on a trellis.
Right: Three Sister's Bed



Local Resources

Veggie Transplants & Soil Amendments

- Archie's Gardenland (Fort Worth)
- Calloway's (Fort Worth, Arlington, Hurst)
- Redenta's (Arlington)

Free Seeds:

- TAFB
- Contact Seed Companies

Bulk Soil/Compost:

- Living Earth
- Silver Creek

Garden Curriculum:

- CGUA Website

