

OCTOBER 2019

WHAT'S GROWING ON?

TCFPC Community Gardens and Urban Agriculture Working Group



Meeting Minutes - 9.12.19

The Community Gardens and Urban Agriculture Working Group met on September 12, 2019 to discuss ongoing projects and announce any new topics. Ten people were in attendance.

Alyssa Witt from Texas A&M AgriLife Extension presented on the new Learn, Grow, Eat & GO! curriculum modified from previous versions for preschool children. Alyssa will continue with the curriculum in the fall at several Child Care Associates facilities. It should be available to the public in Spring 2020.

Support Grow Southeast Farmers - The farmers of Grow Southeast are in need of many volunteers to install irrigation, build garden boxes, transport the tractor, and provide soil testing. To sign up, visit: <https://www.signupgenius.com/go/70A0448A9AC22A3FC1-grow2>

Promote Local Farms and Gardens - Now that school is back in session, it is easier to collect data about school gardens in Tarrant County. Volunteers are needed to call schools for garden information.

Facilitate Community Partnerships - Opal's Farm is receiving food waste from Sur la Table in Fort Worth and two school gardens have signed on to receive coffee grounds from Starbucks. The next step is finding a group of volunteers willing to manage compost piles at community gardens in the area.

The next CGUA meeting will be held on Thursday, Nov. 14th from 3:00-4:30pm at Tarrant Area Food Bank (2525 Cullen St.) in the Rodriguez Room, 2nd floor Dr. Gina Alexander from TCU will present on her work with nursing students and school gardens. Join us!

UNTHSC Community Garden 5th Anniversary

BY CELINA ESEKAWU

2019 marks the five-year anniversary of the UNT Health Science Center Community Garden. After requests from students and faculty on campus, the UNTHSC Sustainability Committee began planning the garden in 2012. We broke ground in 2014 and with help from 40 volunteers, we built 16 plots. Currently, we have 35 plots utilized by community members, staff, and students.

The garden has a variety of sustainable inputs including rain barrels for water harvesting, compost bins, and repurposed picnic tables. We promote the use of regenerative practices such as sheet mulching, no pesticides, organic composting, and growing native plants and wildflowers.

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EVENTS

10/2, 6-7:30PM

Kitchen Garden Cooking School Demo -Mushrooms
TARRANTAREAFOOD
BANK.EVENTBRITE.COM

10/4, 10AM

TAFB Learning Garden Tour
TARRANTAREAFOOD
BANK.EVENTBRITE.COM

10/4 & 10/5

Botanic Garden Plant Sale
FWBG.ORG/EVENTS

10/10, 6:00PM
Compost 101

FORTWORTHTEXAS.GOV/
COMPOSTOUTPOST

10/13, 11AM-4PM

Lola's Local Farmers Market
LOLA'S TRAILER PARK

10/13, 5-7PM

Ridglea Christian Church & TAFB Fall Festival
TAFB LEARNING GARDEN

SATURDAYS 8AM-12PM

Cowtown Farmers Market
3821 SOUTHWEST BLVD.





"Autumn is a second spring when every leaf is a flower."

ALBERT CAMUS



October To-Do

Remove warm weather crops as they finish out for the year. Cut them from the garden to let the root ball break down and return to the soil.

Add a fresh layer of compost before planting fall crops.

Plant any remaining broccoli, cauliflower, kale and cabbage transplants early in the month.

Continue to direct-seed spinach, lettuce, peas, arugula, radishes, carrots, turnips, beets and rutabaga throughout the month.

Continue to cover bare areas with mulch to conserve water and prepare crops for cooler weather.

Broadcast wildflower seeds throughout perennial beds late in the month.

UNTHSC (continued)

In our five years, we have donated 1313 lbs of our produce to the Northside Intercommunity Agency and our UNTHSC Student Food Pantry. Additionally, we have diverted 10,000 lbs of food waste and 182 gallons of coffee grounds into our compost.

In 2019, gardeners were delighted to get our first fruit harvest from our pear and plum trees. We have hosted several student volunteer workdays and community group tours. We educated the community about sustainability and community gardens through our Earth Day event and Lunch and Learn workshops. Overall, it has been a successful year!

Join us in celebrating five years of sowing and growing. Our anniversary event is October 17th from 11:00am-1:00pm at the UNTHSC Community Garden (3621 W. 7th). For more information, visit:

<https://www.unthsc.edu/operations/sustainability/community-garden/>.

GROW Southeast Facilitator Profile - Roderick F. Miles Jr.

BY CAROLINE LANGSTON, SUZANNE YOST, SAM HINCKLEY

Mr. Roderick Miles Jr. has spent almost his whole life in Fort Worth. He graduated from OD Wyatt high school in 1990. He studied Psychology in Little Rock, Arkansas because of his interests in people and their emotional health and welfare. He spent time working for the State of Texas as well as Big Brothers, Big Sisters, a nonprofit that mentors children, where he was the recruitment manager. After spending nine years there, he accepted a job as the Executive Administrator for Commissioner Brooks in Tarrant County.



“I didn’t go looking for nonprofit work,” Roderick says, “it kind of found me.” Roderick is the mastermind behind the idea for GROW Southeast. He came up with the concept after a constituent brought up the idea of farming to address the problem of food deserts in the area. He began to think of ways to bring in partners. The first person he contacted was Linda Fulmer, and three years ago GROW Southeast was officially formed.

The mission is to help farmers operate at a sustainable level in urban Fort Worth. The dream is to create an “incubator” that provides a learning space for up and coming farmers, along with anyone interested in farming. Roderick wants GROW Southeast to not only be about food access, but entrepreneurship. Its goal is to be a path toward economic opportunity for all citizens of southeast Fort Worth.

Once the farms are producing, he would love to see a farmer’s market that will play a role in equipping individuals with the tools and resources to make a living with their farms. In addition, he wants to continue, through GROW Southeast, to encourage the people who are looking to develop their own farm or who have a passion to see Fort Worth thrive.





COMPOSTING BEGINNINGS

BY Harrison Gibson

Composting is nothing new. This tried and true agricultural practice of reusing decayed organic waste to replete soil nutrients has been found in cultures, countries, and civilizations around the world for as long as history has been recorded, with the first written records of "organic recycling" dating back to clay tablets from Mesopotamia around 2344 BC. The more modern method of composting, purposely layering organic matter in an efficient fashion, was popularized by British agronomist Sir Albert Howard in the early 20th century.

Composting has come a long way since then, but it has been and still is an effective solution for reducing and reusing waste, whether that be in a backyard garden, farm, or in a city's waste management program. Tune in next month to take a look a modern composting, how to learn more, and what to do with those leftover Halloween pumpkins.

For an interesting read, check out *The Soil and Health* by Sir Albert Howard.



Pear & Pesto Grilled Cheese

Recipe from: Hannah Lamar

Ingredients:

- Your favorite bread
- Mozzarella, brie, or any other melty cheese
- A local, ripe pear (red, green, bosc - up to you!)
- Your favorite pesto, bonus points for homemade and homegrown basil
- Butter or olive oil

Directions:

- Layer cheese on your sliced bread and broil in the oven for 1-2 minutes, or until the cheese is melted.
- Spread your desired amount of pesto atop the melted cheese.
- Slice your pear thinly and layer on top of pesto, then sandwich the slices of bread together
- Heat butter or olive oil in a pan and grill your sandwich until the bread is golden and crispy. Enjoy!

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>

