

DECEMBER 2019

WHAT'S GROWING ON?

TCFPC Community Gardens and Urban Agriculture Working Group



CGUA Meeting Minutes - 11.14.19

The Community Gardens and Urban Agriculture Working Group met on November 14, 2019 to discuss ongoing projects and announce any new topics. Ten people were in attendance.

Dr. Gina Alexander from TCU presented on her Nursing students' work with Morningside Elementary School and their garden. The students taught lessons on nutrition, food preparation, and gardening. The school has an extensive garden with a group of excited teachers ready to make it a success.

Support Grow Southeast Farmers - Maudia has received her certificate of occupancy. All of the farmers have winter crops in the ground. Volunteers are still needed. To sign up, visit: <https://www.signupgenius.com/go/70Ao448A9AC22A3FC1-grow2>

Promote Local Farms and Gardens - Community garden tours have been tentatively scheduled for May 2020 and will be organized by CGUA members (a couple more volunteers needed, please!). The school garden list is being updated regularly and will be added to the Local Food Map by TAFB nutrition interns. To help school gardens, CGUA members will begin drafting resources for sustainable planting plans.

Facilitate Community Partnerships - Master Composters will receive a list of community gardens interested having composting volunteers. This should increase the amount of food waste we are able to divert and process.

The next CGUA meeting will be held on Thursday, Jan. 16th from 3:00-4:30pm at Tarrant Area Food Bank (2525 Cullen St.) in the Rodriguez Room, 2nd floor. Join us!

CGUA's Work: 2019 in a Nutshell

BY BECCA KNUTSON

As 2019 comes to a close, it is a great time to reflect on all of the good work we've done this year. Let's take a look at the accomplishments of our members and the working group as a whole.

The farmers and steering committee of Grow Southeast have made exceptional progress throughout the year. Opal's Farm received funding from Unity Unlimited and began planting in early spring. Farm manager Gregory Joel has been working hard to plow, plant, irrigate, and harvest with the help of a few loyal volunteers. While there have been setbacks, the farm continues to make great progress. Iris had the grand opening of Lady Butterfly Urban Farms in April and continues to add to her colorful garden. Greater Mt. Tabor, Friends of Cobb Park, Miss Maudia and the newest addition to the group, Steve Nunez, have been navigating the Urban Ag. ordinance to get their certificates.

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EVENTS

12/4, 6-7:30pM

Kitchen Garden Cooking School Demo - Sweet Potatoes

TARRANTAREAFOOD BANK.EVENTBRITE.COM

SATURDAYS 8AM-12PM

Cowtown Farmers Market
3821 SOUTHWEST BLVD.





"In seed time
learn, in harvest
teach, in winter
enjoy."

WILLIAM BLAKE



December To-Do

Watch the weather forecast and prepare your frost protection for cold nights.

Plant crops such as arugula, kale, cabbage, chard, spinach, lettuce, carrots, and garlic.

Plant transplant herbs, including: lavender, oregano, rosemary, sage, parsley, coriander, dill and fennel.

Plant bulbs for Spring, like tulips and hyacinth.

Prune shade trees to remove dead, damaged, and rotted leaves.

Cut off the tops of spent perennials, leaving the roots in the ground.

Mulch all bare soil, and add an element of compost if possible.

Enjoy the holidays!

Nutshell (continued)

Dave's Food Justice students did wonderful work to support gardens and farms in the area again this year. They worked with Grow Southeast to gather grower profiles that told the story of everyone involved. One group helped Refugee Services of TX set up a community garden at Altamesa Church of Christ. Another group worked with TAFB to collect stories about how gardening has impacted the lives of volunteers and participants. The group working with YMCA Camp Carter wrote a garden curriculum adapted from CGUA's Backyard Gardening curriculum. At Harmony Science Academy, a group helped set up a school garden.

CGUA members have been making great progress on mapping school gardens this year. Barb has been leading the group and updating her complete list of Tarrant County schools. Soon, TAFB interns will update the Local Food Map that lives on the TCFPC website.

Thanks to a collaboration between Blue Zones and the Cowtown Farmers Market, the market can now accept SNAP benefits again. What a tremendous accomplishment and service for our community!

Several members of the group have been working to connect businesses with food waste to community gardens who can compost or use the waste. Most of the collection has been from coffee shops. Since April, we've diverted over 600 gallons of coffee grounds from the landfill!

One happening I am grateful for this year is the addition of Harrison as another editor to this newsletter. He provides great content, beautiful photos and delicious recipes!

As we close out the year and look forward to the next, let's keep this momentum going and look for more ways we can support our community of growers and get others involved in the work of the Tarrant County Food Policy Council. Thank you to all of the CGUA members for your hard work and dedication to our projects!



DONATING GARDEN PRODUCE

By **Becca Knutson**

Did you know that you can donate fruits and vegetables from your backyard garden to your local food pantry? This is a great option for gardeners who have more than they can use.

To donate your produce, visit <https://tafb.org/find-food/> to find a pantry near you. You can also check with churches or other organizations that may offer a weekly meal. After you choose your pantry, give them a call to check on their hours and how often they host clients. This will help you decide when to donate. Then, make sure to ask if they can accept and store fresh produce safely.

Before bringing your produce to the pantry, wash it well, bag it, and label it. The pantry volunteers and clients will be so excited to see what you've grown. What a wonderful gift to share with your hungry neighbors!





Pumpkin Bread Recipe

Recipe Adapted from *Bon Appétit* Magazine

Ingredients

- Nonstick vegetable oil spray
- 2½ cups all-purpose flour
- 2 tsp. ground cinnamon
- 2 tsp. kosher salt
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. freshly grated nutmeg
- ¼ tsp. ground cloves
- 2 large eggs
- 2 cups of your own puréed pumpkin (or 1 15-oz. can pumpkin purée)
- 1 Tbsp. plus 1 tsp finely grated ginger (or ½ tsp. ground ginger)
- 1½ cups plus 1 Tbsp. sugar
- 1 cup extra-virgin olive oil
- ½ cup raw pumpkin seed



Instructions

- Preheat oven to 325°. Line the bottom of a loaf pan with parchment paper.
- Whisk flour, cinnamon, kosher salt, baking powder, baking soda, nutmeg, and cloves in a medium bowl. (Add in ground ginger here if not using fresh).
- Whisk eggs, pumpkin purée, ginger, and 1½ cups sugar in a large bowl. Stream in oil, whisking constantly until mixture is smooth. Gently add the dry ingredients into egg mixture until no dry spots remain, making sure not to overmix.
- Transfer batter to the loaf pan; smooth top with a spatula. Scatter pumpkin seeds over batter, pressing lightly to adhere. Sprinkle seeds with remaining 1 Tbsp. sugar. Bake bread, rotating pan once halfway through, until a tester inserted into the center comes out clean, 80–90 minutes.

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>

