



# The Giving Garden

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## From the Board by Terri Barrett



*Cle'Tse Searle (CCA) left , Terri Barrett, and Pastor Lyle Benson*

On March 17<sup>th</sup>, Cle'Tse Searle of Christian Community Action (CCA) visited The Giving Garden and was surprised to learn about all of the efforts underway to provide organic, nutritious food for the people in our community.

CCA has recently undergone some reorganization and shifting of responsibilities and so, in her new role with church relations, Cle'Tse was happy to learn about all we are doing to help others.

Cle'Tse advised us that we should not only consider CCA as a partner to help those in our community, but that while working closely with one another, we can also benefit

each other. CCA has access to influential contacts within our community as well as volunteers, and it may even be able to lend financial support to our garden through grants. We pledged to work more closely with one another in the future.



*Terri Barrett explains to Cle'Tse Searle (CCA) how The Giving Garden operates*

**Christian Community Action (CCA)** was formed in 1973 in Lewisville, Texas. The organization is a faith-based nonprofit agency dedicated to assisting lower income families in communities throughout Collin, Dallas, Denton, Tarrant, and Wise counties. The Food Pantry, a self-selection grocery store is one of many programs and services offered by CCA. See stats below from CCA Winter 2014 Newsletter.

Annual Need: \$410,000.00

Serves: 22,000 visits annually

## Inside this issue:

Message from the Board	1
Garden Activity	2-3
Learning About Tomatoes	4
Garden Tips	5
Check your knowledge	5
Pest Check	6
Leafy Veggies	7
Meet Gardeners	8-9
Giving Garden Recipes	10
Financials	11

## *All Garden Work Days—January and February*



Thanks to Lisa Ingalls for coordinating student volunteers from Hebron and Creekview High Schools. Also, Steve Barrett, General Manager of Arborlogical Services for donating mulch. Located in Wylie, Texas, Arborlogical Services has been a leader in the tree service industry and recognized for their award winning Arborists and Tree Climbers.



# Giving Garden Updates

The **Giving Garden** was featured in the “Neighbors Go” section of the *Dallas Morning News* this month! To read the full article go to:

<http://www.dallasnews.com/news/community-news/carrollton-farmers-branch/headlines/20140321-carrollton-churches-donate-community-garden-produce-to-food-programs.ece?ssimg=1533550#ssStory1533556>

Thanks to **Sprouts** at Josey and Hebron for donating 50 reusable grocery bags for use in delivering harvest .

## Season Kickoff Spring Orientation March 3rd

The *Giving Garden*'s Spring Orientation was held on March 1<sup>st</sup>. New and seasoned gardeners attended and learned about the birth of the Giving Garden, operations, and various programs.

The weather was great so many gardeners prepared their soil and got a start on spring planting.



From December to March, there are for many of us three gardens: the garden outdoors, the garden of pots and bowls in the house and the garden of the “mind's eye”  
- Katherine S. White

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# Tomatoes - Determinate, Indeterminate, Semi-determinate

By Laura Margadonna

Determinate tomatoes mean they will stop growing, are bushy, and get about 3 feet tall. Examples of this type include 'Bush Big Boy', 'Roma', and 'Bush Early Girl'.

Indeterminate tomatoes don't stop growing, and produce a lot of suckers from the main stem of the plant. If conditions are good, those suckers can flower and set fruit. Examples of this type of growth habit include 'Big Beef' (most of the beefsteak types), 'Early Girl', and 'Big Boy' and many of the Cherry and grape tomatoes like 'Super Sweet 100', 'Yellow Pear', and 'Juliet'.

Semi-determinate (sometimes referred to as vigorous determinate) plants have habits of both. Examples would be 'Celebrity' and 'Terenzo Hybrid'.

So which do you choose to grow? It all depends upon the variety of tomato you want to grow. One isn't better than another; they simply have a different growth habit. The tag on the seedlings or seed packet will tell you what you have.

I have grown both types of tomatoes, and no matter what kind they are, I find that they usually grow so tall that they do require the support of a cage or stakes.

If you do choose to stake, cage, or trellis your plants, do so when they are small, so you don't damage branches or roots. For the ties to attach the plants to the cages, use some soft cloth or green growing tape, try not to use anything that will girdle the stem like wire or string. Old pantyhose or knee highs cut in strips work really well.

To view a video on this subject go to: [www.burpee.com/vegetables/tomatoes/tomatoes-determinate-and-indeterminate-types-article10648.html](http://www.burpee.com/vegetables/tomatoes/tomatoes-determinate-and-indeterminate-types-article10648.html)



Determinate tomato 'Bush'



Indeterminate tomato 'Brandywine'



Semi-determinate 'tomato'

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## Did you Know ..... Parsley

**Pairs well with:** lemon zest, mint, garlic, capers, fish, beef

**May help:** Prevent cancer

University of Missouri scientists found that this herb can actually inhibit breast cancer-cell growth, reported Holly Pevzner in the September/October 2011 issue of Eating Well Magazine. In the study, animals that were given apigenin, a compound abundant in parsley (and in celery), boosted their resistance to developing cancerous tumors. Experts recommend adding a couple pinches of minced fresh parsley to your dishes.



### *Test Your Knowledge*

This insect is the larvae form of a beneficial insect. Can you identify this mystery bug? See answer at end of newsletter.



Hint: It loves to eat aphids

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# Pest Check by *Kimberly Schofield*

## What is making you itch this summer?

As we begin to be more active outdoors, we need to remember to protect ourselves from chiggers, which are small red mites. Chiggers develop through four lifestages: egg, larva, nymph and adult. Six-legged larvae hatch from eggs and climb up onto vegetation so they can crawl onto a passing host. This is the only stage that feeds on humans and animals.

Chigger larvae prefer to bite people in places where clothing fits tightly over the skin, such as around the waistline, under socks, or where the skin is thin or creased, such as

*Chigger bites. Photo by Michael Merchant, professor and Extension entomologist, Texas A&M University.*

around the ankles or on the backs of knees. A chigger larva inserts its mouthparts into a skin pore or hair follicle, and then injects a digestive fluid to dissolve skin cells. This results in itchy, reddish welts on the skin. After feeding, the larva drops off of the host to molt into an eight-legged nymph. The nymph then molts into an adult. Chigger nymphs and adults feed on eggs of springtails, isopods, and mosquitoes. Under favorable conditions, most chiggers complete their development from egg to adult in 40 to 70 day.

## Prevention of Chigger Bites

Avoid sitting on the ground when camping, picnicking, or working outdoors. Wear tightly woven socks, long pants, long-sleeved shirts, and high shoes. Also tuck pant legs inside boots, and button cuffs and collars as tightly as possible to prevent chiggers from climbing inside your clothes. Apply repellents such as DEET or permethrin to both the skin and clothing. Powdered sulfur is another repellent that can be dusted around the opening of your pants, socks, and boots or rubbed on skin, such as over legs, arms and waist.

### Garden Tip:

**Free Soil Amendment:** Placing banana peels in planting holes provides a slow release of potassium.

## Leafy Veggies by Laura Margadonna



Leafy vegetables are brimming with fiber along with vitamins, minerals, and plant-based substances that may help protect you from heart disease, diabetes, and perhaps even cancer.

**Spinach**, in addition to iron, contains a blend of Vitamins A, B, C, E, and K. All that and it has calcium and lutein which helps prevent age-related macular degeneration of the eyes, and magnesium which promotes healthy brain function and strong bones and muscles.

**Kale** is packed with vitamins A, B9, C and K, and calcium and lutein plus a few more nutrients including potassium which is important in brain and nerve function and helps maintain a normal blood pressure.

**Swiss Chard** is filled with vitamins A, C and K, calcium, iron, lutein, potassium and zeaxanthin.

**Broccoli** is high in vitamins A and B and Calcium, and one cup contains 100% of the daily requirements of vitamins C and K.

**Collard** greens are bursting with vitamins A, B, C and K, plus lutein and zeaxanthin, an antioxidant that, like lutein, is believed to slow macular degeneration. It's one of the best plant-based sources for calcium and a surprisingly high source of protein, which helps the body burn fat instead of muscle for healthy weight loss. A 1/2-cup serving of cooked collard greens contains 150 percent of your recommended daily allowance (RDA) of vitamin A and 30 percent of the RDA of vitamin C.

For more information click on the following links:

<http://www.webmd.com/diet/healthy-kitchen-11/leafy-greens-rated>

<http://www.thedailygreen.com/healthy-eating/eat-safe/vitamin-k-superfoods-47073104>



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## ***Meet the Gardener .... Will Stevens***



I wanted to join The Giving Garden to continue my love of gardening, learn more about gardening in Texas, make new friendships, and give back to the community.

*(l to r) Reagan, Rebecca, McKenna, Wendy, Will and Skyler*

- My favorite thing about belonging to the Giving Garden is getting to know the other gardeners.
- My favorite hobby besides gardening is cooking and canning.
- The three adjectives my family and friends would use to describe me are friendly, funny, and fastidious.
- My favorite vegetable are (all) peppers.
- The last movie I saw was Captain Phillips.
- What inspires me to garden is I enjoy watching things grow and being self sufficient.
- My favorite hobby besides gardening is: cooking and canning.
- If I could travel anywhere I would go scuba diving in the Red Sea; it's supposed to be some of the best diving.



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## Meet the Gardener .... Vicki Pippin



I wanted to join The Giving Garden as we will be moving from a house with a garden spot into a townhome with no yard so this will give us the opportunity to keep gardening.

- My favorite thing about belonging to the Giving Garden is sharing our bounty with others.
- The three adjectives my family and friends would use to describe me are hardworker, organized, and frugal.
- My favorite vegetable is okra.
- The last movie I saw was Captain Phillips.
- What inspires me to garden is that I love having fresh vegetables to eat.
- If I could meet any three people, living or dead, they would be Warren Buffett, Bill Gates, and Carol Burnett.
- If I could travel anywhere I would go to Africa.
- I wish I knew how to crochet.

## **Eggplant Stacks** *from Cook Yourself Thin*



### **Ingredients**

4 eggplants, thinly sliced into rounds, about 2 pounds  
4 tablespoons extra virgin olive oil  
4 tablespoons balsamic vinegar  
1 lemon, juiced  
1 1/4 cups pesto sauce, store-bought or homemade  
4 -5 tomatoes, thinly sliced  
1 1/4 cups feta, crumbled  
1/2 cup basil, chopped  
salt and pepper

### **Directions**

1. Lay the eggplant slices on a sheet pan; lightly sprinkle with salt and pepper.
2. Mix together the olive oil, balsamic vinegar and lemon juice, and lightly brush the eggplant slices.
3. Heat the broiler or grill pan, or low gas grill. Grill or broil the eggplant, turning over occasionally, until eggplant is very tender, 6 to 10 minutes; do not let them burn. Cook low and slow for sweetness. Remove and reserve.

Preheat oven to 350 degrees.

4. On baking pan, arrange 4 of the largest eggplant rounds side by side and spread each with a thin layer of pesto, then top each with largest tomato rounds. Season tomatoes with salt and pepper, and top each with about 1 tablespoon feta and a pinch of chopped basil. Continue to layer, ending with cheese.
5. Bake in the oven (or on the grill) until cheese begins to melt, about 3 to 4 minutes. Garnish with fresh lemons.

Total Time: 17 mins

Prep Time: 5 mins

Cook Time: 12 mins

Serving size is 2 stacks per person, 596 calories

## **The Giving Garden Board Members**

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## **About The Giving Garden of Carrollton**

*The Giving Garden of Carrollton is a non-profit community garden that is jointly developed by Keep Carrollton Beautiful and Aldersgate United Methodist Church (AUMC). The goal for the community garden is to provide a sustainable community garden opportunity for the citizens of Carrollton, without regard to demographic or socioeconomic status.*

### **Finance Update by Doug Forbes**

The finance committee met on March 20th to discuss upcoming projects, garden needs, and estimated costs. We prioritized each item to present at the upcoming April board meeting. Present at the meeting were Doug, Cindy, Kirsten and Willie.

## **Test Your Knowledge**

### **Mystery Bug Answer**

The Ladybug's popularity is due in large part to their cute appearance. That's why their images are on so many products (think baby clothes). And even novice gardeners know not to harm them when they see them on plants. But what most people don't realize is that it is their larvae that do most of the aphid-eating.