



The Giving Garden Of Carrollton

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January—March 2019

From the Board by Barbara Henderson

So excited to be back involved with the Giving Garden!! I love to garden, but truly believe the best thing that grows in a community garden is, well, "community."

I remember the early days of the Giving Garden when we started in 2010. The beds were planted in late April. By May, little sprouts were coming up. Before long, all kinds of new veggies were appearing! Fresh tomatoes on the vine in June, and we watered and waited with much anticipation. But then came July - bringing with it all the heat of Texas summers. By August, we were dealing with the bugs, birds, and the bunnies.

Thankfully, there are several master gardeners in the group! They started a little support group for us to meet weekly at Escape coffee shop, so we could encourage one another. We brought pictures of the bugs we found in the garden and they looked over their resource books and gave us advice. It was more than enough to keep us going! By the next year, I was amazed to see chard, broccoli and fresh greens growing underneath nets surrounded by ice in the middle of winter! (If I had to pick just one favorite veggie, I think it must be arugula - just for its taste.) From those earliest days of the garden, we could not have imagined what the Giving Garden would grow to become and I am awed by the number of people it continues to serve! I have visited a number of community gardens in the metroplex over time and have found that gardeners tend to be very open, friendly people, who love to tell you about what they grow, what has worked for them, and what they might do differently next time.

In the process, I discovered a passion for community gardens and their impact on local communities. It is thrilling to see community gardens springing up all over this area! Christian Community Action (CCA) used to have its own community garden, which has since been bulldozed. Very sad! It had an arbor in the center of the garden, with these words inscribed: "My Father is the Master Gardener, and I am the True Vine!" That is the vision I hold on to - a wellspring of inspiration for gardening and I believe that community is intended to make a garden flourish!

I look forward to being in the garden and getting to know everyone better! You may see my husband, Chuck, there too! He is also a former Giving Garden member as well!

Note: Barbara and Chuck were among the first original garden members and had bed 14. We are so glad to have her on the board.

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Spring Orientation

We had the biggest crowd ever (about 30 people) at our Spring Orientation Meeting/ Work Day on February 16th. As always, we enjoyed visiting with each other, picking out seeds, taking home planting charts, buying T shirts, winning door prizes, and hearing from our presenters.

Rebecca and Bunny from the Horizon UU Church joined us for the meeting. They are starting their own community garden down the road from us and will be installing 18 beds in early March. We enjoyed our two speakers, Colin Blackmon from the North Texas Food Bank, and Carol Rowley from the Denton County Master Gardeners Assoc., who presented a program on "Beneficial Insects".



Here is the link to Carol's presentation:

<https://drive.google.com/drive/folders/1ho8v1AR8wwuV2Jds158w4HgHwKbDTdid?usp=sharing>

February Work Day

It was a productive day and with some hard work from gardeners and volunteers, we spread compost on all the beds and even cleaned up some of the brush piles. We also interviewed and signed up a new garden member, Tina Mixon, and met a volunteer, Melanie Meijering, who subsequently adopted our last vacant bed. It was certainly a cold day but thankfully no wind. There were a few drops of rain here and there, but most folks hung in until about 1:00pm. A long morning but very rewarding!



Meet the Gardener ... Tina Mixon (Bed #31)



- Tina lives in Carrollton with her husband, is a twin, and has an 11 year old Border Collie
- She joined The Giving Garden in late February 2019
- Tina is a CODA Consulting, Senior Executive Assistant and works from home
- Tina joined the Giving Garden because she wanted a place to learn how to garden vegetables and a place where a lot of produce gets donated to others in need
- Tina says she's a beginner vegetable gardener but has experience growing flowers
- Her favorite hobby besides gardening is tinkering around with her '63 VW Bug
- Corn is Tina's favorite vegetable
- The three adjectives friends and family would use to describe Tina are: loyal, compassionate and adventurous – so her friends always tell her!
- Tina's favorite thing about the garden is the amount of food donated to those in need

- The last movie she saw was "Pillow Talk".
- Tina wishes she could sing and fly a plane
- Her inspiration for gardening is watching something you put into the ground come to life and be so pretty. Being able to give back - that truly is important to Tina
- if Tina could travel anywhere it would be to Alaska
- If she could meet any three people, they would be: George Burns and his wife Gracie Allen and her mom's father.

Meet the Gardener ... Rachel Giuliano (Bed #32)



- Rachel lives in Dallas with her cat named Blue and a dog named Bella.
 - She joined The Giving Garden in January 2018 and is a beginner gardener
 - Rachel works as a server at Campisi's and is a habitual volunteer in her free time
 - She joined the Giving Garden to have a place where she can grow her own produce and be able to put food on her table and the tables of others by using the gift God has given us - the earth
 - Her favorite hobbies besides gardening are reading and volunteering
 - The Tomato is Rachel's favorite vegetable
 - Rachel's favorite thing about the garden is seeing the amount of food donated increase each week
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- The three adjectives friends and family would use to describe Rachel are: determined, methodical, thoughtful
 - The last movie she saw was "John Wick 2"
 - Her inspiration for gardening is 1) I love to be able to grow my own produce and would love to be able to grow all my own produce and live off the land. 2) Seeing the changes in the garden on an almost daily basis and knowing that we are helping feed those who need it. 3) Knowing where my produce comes from and that I helped nurture the plants that nurture me
 - If Rachel could travel anywhere it would be to Ireland and Italy
 - If she could meet any three people, they would be: JFK, Abraham Lincoln, Queen Elizabeth
 - Rachel wishes she could: 1.) learn canning 2) change the globe

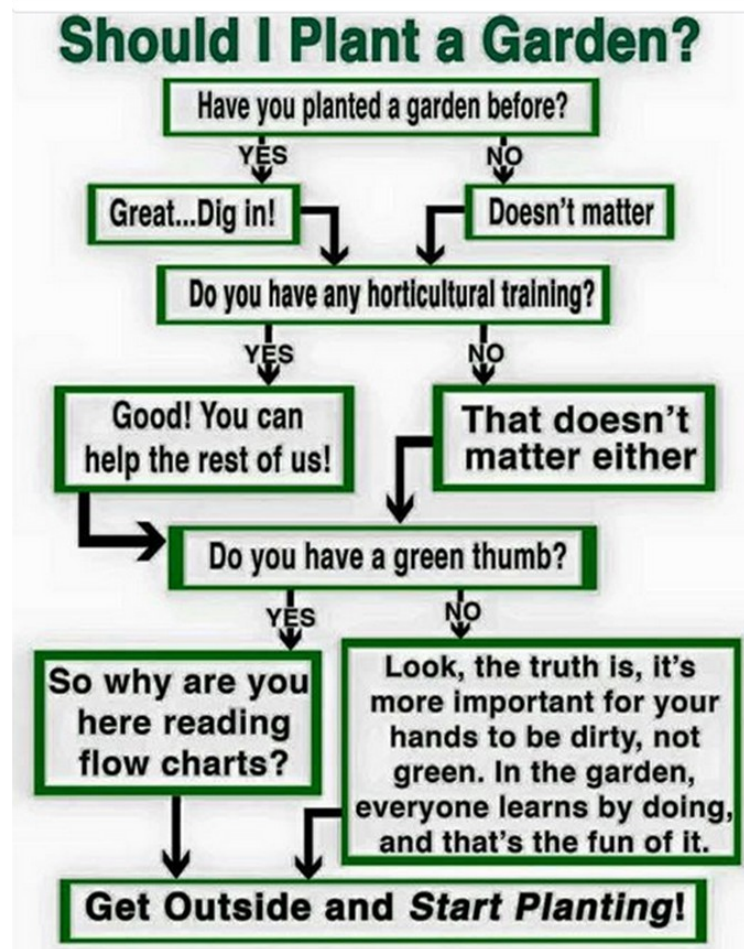
3 P's — Plant Planning in the Pergola

The first 3 P's meeting was held on Sunday, 2/24, and many members attended. Since we were almost at the end of the window to plant the cool season crops, it was a good time to kick off this new initiative. Martha Grizzel came up with the idea of holding some quick get togethers in the garden to discuss best planting times for vegetable varieties, share seeds and plants, and helpful tips.

Martha and I handed out seed tapes and transplants and gave some tips on how to plant them.

Many of the plants we recommended, like the white turnips, will mature in about 40 days so they will still be able to plant tomatoes and peppers, etc. after these finish. We hope this effort will result in a much more productive harvest season for the Giving Garden.

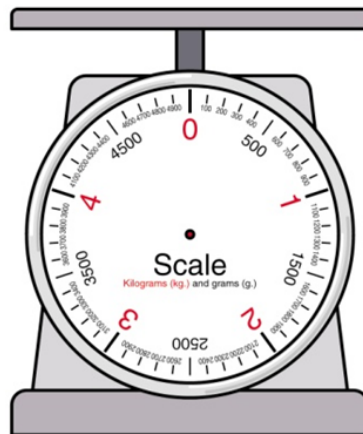
Helpful Tip: If transplant is dry, water it before removing it from pot. Dig hole at same depth as pot; put about a teaspoon of basic starter fertilizer, worm castings or bone meal in bottom of planting hole and then add plant. Add soil around plant and water well.



Harvest Update

Total For 2018

2,219 Lbs



In 2018, we donated 2,219 lbs. of fresh organic produce to Christian Community Action's food pantry and Aldersgate UMC Food Share. Since inception, the garden has donated a total of 15,903 lbs. – nearly 8 tons to help feed our community!

The CCA is affiliated with the North Texas Food Bank, and in Jan. 2016, we started reporting CCA donations to the NTFB. Here are some facts shared by Colin Blackmon in our February meeting:

1.2 lbs = 1 meal

3.6 lbs = 3 meals

Combined Total from Giving Garden Since Jan '16:

- 6,646 pounds
- 5,538 meals
- At 3 meals/Day = 1,846 days of food =
 - Family of 5 ate for 1 year
 - or
 - 1 person ate for 5 years

April To Do List from Central Texas Gardener

Plant: herbs

- Basil, catnip/catmint, fennel, oregano, thyme, rosemary, Mexican mint marigold, peppermint (in pots), lemongrass, lemon balm, lemon verbena, bay laurel

Plant: food crops

- Chard, cucumber, eggplant, mustard, peppers, tomatillos (you need at least two!), tomatoes, beans, cantaloupe

Fertilize

- Mulch as you cut back dormant perennials. Fertilize with slow-release granular late in the month or as dormant perennials leaf out (Native Plant bed)

Insects

- Watch for aphids and spider mites. It's easy to spray them off with a hard blast of water. Be sure to get the undersides of the leaves.
- Ladybugs and green lacewings will be chomping down those aphids, so watch for them and their larvae.
- Aphids and other insects can create sooty mold on plants, a fungus that develops from their secretions (honeydew). Wash off the culprits and the leaves. Remove damaged leaves to the trash (not the compost pile).
- Watch for tomato hornworms on tomatoes: squish or spray the plants with Bt (*Bacillus thuringiensis*), a natural caterpillar control that won't harm you or pets—only caterpillars!
- Walk the garden in early morning to pick off stink bugs and tomato Hornworms from tomatoes. Check under the leaves for eggs.
- Destroy grasshoppers while young. If you wait, you won't be able to deal with them. Effective baits include Nolo Bait or Semaspore. Both contain a protozoa called *Nosema locustae* which is impregnated in bran flakes sweetened with sugar. Apply by hand or with a rotary spreader, early in the morning, when grasshoppers are feeding.

Other tasks

- Watch for powdery mildew. Apply a natural fungicide like Serenade if necessary. Generally, it goes away naturally. Avoid watering leaves at night.
- WEED! Do not let weeds go to seed. Do not apply chemicals: pull them up before they set seed. Dig deep to get the roots of nutgrass and Bermuda.
- Plant flowers in your vegetable garden to encourage bee pollinators.

Roasted Cauliflower with Parsley and Pine Nuts

Submitted by Laura Margadonna



Serves 4
Prep time: 5 minutes
Cook time: 30 Minutes



Ingredients

- 1 small head cauliflower, cut into small florets
- ¼ cup olive oil
- Sea salt
- Freshly ground pepper
- 4 cloves garlic minced
- Zest and juice of 1 lemon
- ¼ cup roughly chopped fresh parsley
- ¼ cup roughly chopped

Instructions

1. Preheat oven to 400°F.
2. Cut the cauliflower into florets. In a large bowl mix together cauliflower, olive oil, salt, pepper, garlic and lemon zest.
3. Spread out in one even layer on a sheet pan and cook for 30 minutes or until cauliflower is soft and deeply browned on the bottom.
4. While the cauliflower is cooking, place the pine nuts in a small saute pan on low heat to toast them. Once they become fragrant and golden brown set them aside in a small bowl.
5. When the cauliflower is finished, toss with the chopped parsley, lemon juice and pine nuts. Enjoy immediately.

Per serving calories: 192; Fat: 18g; Protein: 2g; Total carbs: 7g; Fiber: 3g; Net carbs: 4g

Citizen's Night, February 26th

Not sure why we all looked so serious!





Left to right: Joe Grizzel, Laura Margadonna, Kim Lester, Stan Basnett, Vicki Pippin and Martha Grizzel

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 was 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.

MARK YOUR CALENDAR

First Harvest — Food Share

When: Saturday, 04/27

Time: 7:30 am

Birthday Celebrations



3/18 Lyn Martin

5/26 Nathan Murugesh

4/4 Cindy Baxley

6/19 Tejas Murugesh

4/14 Maria Amosson

6/22 Carolyn Rice

4/17 Bill Rich

6/24 Debbie Rich

4/22 Angie Kalsch

6/26 Lisa Ingalls

4/26 Vicki Pippin

6/27 Melanie Meijering