

# AOVS URBAN FARM NEWSLETTER



FEB 2019  
ISSUE 7

## What's Growing?

### 2019 SEASON

We have officially begun seeding for the 2019 season and wanted to let y'all know what's in store this year.

Memphis sits in a heat pocket in the corner of Tennessee, and so Hardiness Zone maps identify our region as 8a.

The estimated last frost date for this area is April 15. We use that information to help us develop a crop plan that involves both planting seeds in the greenhouse and direct seeding into the fields as soon as possible.

### DID YOU KNOW?

Working on farms has been proven to promote mental and physical health for veterans by improving life satisfaction, optimism, and even feelings of loneliness (Greenleaf & Roessger, 2016).

### SPRING

Radishes  
Arugula

Mustard  
Lettuce

Bok Choi  
Chard

### SUMMER

Tomatoes  
Cucumbers  
Cherry  
Tomatoes

Yellow Squash  
Sweet Potatoes  
Hot Peppers  
Sweet Peppers

Zucchini  
Watermelon  
Purple Hull Peas  
Basil

### FALL

Broccoli  
Cauliflower  
Parsnips  
Collards  
Turnips  
Cabbage

Radishes  
Beets  
Carrots  
Kale  
Arugula  
Chard

Mustard  
Spinach  
Lettuce  
Mustard  
Bok Choi

## Farm Update

### FEBRUARY

This month on the farm, things are slowing way down before they speed back up. Our winter crops are coming to the end of their life cycle.

In response to longer days days, many of the greens have decided it's time to flower and regenerate themselves by using all their stored energy to make seed.

If we don't mow the plants down, the seeds will spread and the greens will reseed themselves for the next season.



In the photo above, you can see a broccoli plant that has begun to go through this flowering process, also known as "bolting."



# Featured Vegetable

## LETTUCE →

Whenever you can, it is suggested to eat lettuce that has been grown without chemicals and harsh pesticides. These toxins can remain in the lettuce leaves.

*Lettuce grown on the AOVs Urban Farm is not treated with any chemicals.*

It's worth noting that dark red and green lettuces have more nutritional benefits than white or light green lettuce (like romaine or iceberg).

Because lettuce is almost always eaten raw, it has many micronutrients that our body needs not found in cooked or processed food. Lettuce also contains *lactucarium* -- which naturally induces relaxation and sleep. Eating a salad as a late night snack may actually help you sleep better!



Memphis Tilth has partnered with AOVs to build an urban farm and garden project in an effort to serve, educate, and empower AOVs residents. Memphis Tilth is a nonprofit collective housing like-missioned initiatives for land, food, people, and place.  
[memphistilth.org](http://memphistilth.org)



## Featured Recipe

### SALAD BUCKET

If you've met me or been in one of our kitchen classes, you know I love a good bucket\*! Especially when it's filled with lots of fresh produce from the AOVs Urban Farm. (\*bucket: ball jar or any other non-plastic, reusable container full of deliciousness.)

1. Add your dressing to the bottom of a medium-large jar to avoid sogginess if you want to make your bucket in advance.
2. Now enter crisp ingredients such as chopped radishes, carrots, beets, red cabbage, onion, or any other heartier veg.

3. Next peak around in your fridge--do you have leftover broccoli, black beans, cheese, boiled eggs, or rice? Throw 'em in! (You definitely don't need to use all those ingredients if you prefer a simpler bucket.)

4. Finally, pack in some AOVs farm-fresh lettuce greens and some nuts if you want. Seal it up and you'll have salad buckets on deck for a week if you make a few in advance.

**Yum yum gimme some! -Dusty Faron Levesque, Community Kitchen Coordinator**

#### Questions about the AOVs Urban Farm?

Contact Becca Hart, Community Garden Organizer  
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