

AOVS URBAN FARM NEWSLETTER

JULY 2018
ISSUE 1

Resident Spotlight

JESSE JENKINS

Jenkins is a resident of 2226 Ball Rd and one of the participants in the first ever *AOVS Community Co-op* class series. This class is uniquely designed to teach AOVS veterans dynamic food skills in the garden and in the kitchen. Jenkins calls the class "a great, fun learning experience" in addition to noting the therapeutic and calming effects he has noticed from being around nature.

Jenkins served 12 years in the United States Navy and has been a member of Alpha Omega for 4 years. He has worked security for Ball Rd for the last 18 months. He admires the farm and the sky on clear nights while making rounds on the third shift.

Jenkins is a fan of using farm fresh produce in fish salads, atop burgers, and even just munching on raw veggies. His favorite vegetable? Onions.



Top: Chef Dusty enjoys a delicious stock with featured resident Jesse Jenkins during the kitchen class. Bottom left: Ball Rd residents. Bottom right: Black eyed peas and okra thrive after a recent rain storm. Bottom left: AOVS hens looking for veggie scraps.

Farm Update JULY

We are excited to launch the AOVS Urban Farm Newsletter! We hope this will provide a way for Alpha Omega staff and residents to keep up to date with all the happenings on the farm at Ball Rd. Look for a newsletter at the beginning of every month.

During this summer season, we are growing tomatoes, peppers, sugar snap peas, cucumbers, basil, oregano, sweet potatoes, okra, black eyed peas, and butternut squash.

In addition to vegetables and a few fruit trees, we have 11 hens, 1 rooster, and 2 bee hives. The hens are fairly young, but should be laying eggs by September.

Over the next month, we will be building a 20x36' greenhouse to extend our growing seasons. We're also adding siding to our 6 raised beds to make them wheelchair accessible. We will begin planting our fall crops towards the end of the summer season.

Upcoming Events

Volunteer Day
at AOVS Farm

August 1st,
8am-11am

No experience
necessary

Featured Vegetable

LIPSTICK PEPPERS



Lipstick peppers contain vitamin A (good for vision, the immune system, and vital organ function), vitamin C (helps the body form and maintain connective tissue, including bones, blood vessels, and skin), calcium (supports healthy bones and teeth), and potassium (aids in normalizing blood pressure and supports healthy muscle and nerve function).

Most peppers start out green. As the seeds inside the peppers mature, the flesh color changes to red, orange, or yellow.

Ripened peppers are actually higher in vitamin A and vitamin C than green peppers, but there is a catch to allowing all the fruit to color up. The longer you leave ripening peppers on the plants, the less interest the plants show in putting on more buds and blossoms.



Featured Recipe

GOAT CHEESE 'N GREENS STUFFED LIPSTICK PEPPERS

4-6oz goat cheese
2 tablespoons olive oil
1 garlic clove, minced
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
3-4 lipstick peppers
4 sweet potato greens
1/3 cup fresh basil

Slice peppers in half lengthwise. Remove seeds and ribs. De-stem and finely chop greens. (Kale or any other green can be substituted.) Mix all the ingredients in a small bowl. Stuff each pepper pretty tightly. Place stuffing side up on a parchment- or aluminum-lined cookie sheet. Roast for about 20 minutes on 375 degrees, or until the stuffing starts to brown. Garnish with chopped basil.



Yum yum
gimme some!
-Dusty



Memphis Tilth holds a three-year contract to build an urban farm and garden project with Alpha Omega Veterans Services to serve, educate, and empower AOVs residents. Memphis Tilth is a nonprofit collective housing like-missioned initiatives for land, food, people, and place.