

AOVS URBAN FARM NEWSLETTER

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Farm Update SEPTEMBER

We've got a couple new additions to the farm landscape this summer. Just this week we finished building the third caterpillar tunnel (pictured right). These tunnels look similar to the greenhouse, but are used to grow row crops in the ground- as opposed to starting seeds in trays like you do in a greenhouse.

As you can see, the tunnels are covered in shade cloth to keep the temperature down inside. The plastic sides are rolled up to increase ventilation. This allows us to create a more climate controlled environment for our fall greens and lettuces. These veggies are sensitive to heat and would not withstand the late summer sun in our region.

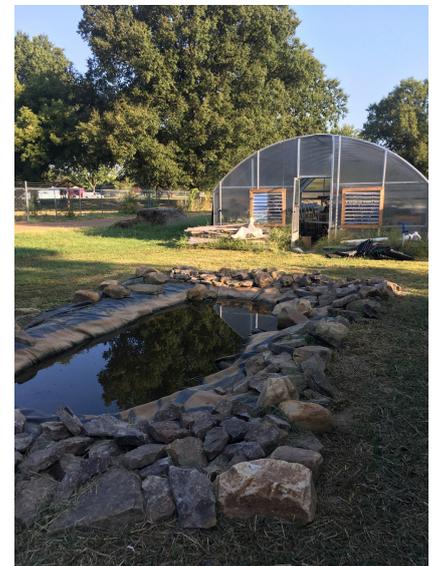
The caterpillar tunnels will also allow us to extend our seasons in the winter and spring as well. By taking the shade cloth down and rolling down the plastic sides to the ground, we will be able to keep crops significantly warmer than they would be in the field.

We have also added a bog garden in front of the greenhouse and in the wellness garden. These areas had drainage challenges and would retain standing water after a rain. By digging out the space for a small pond, we have been able to work with the natural landscape and create a space for the water to pool.



As we transition into fall, we have been turning over beds and planting like crazy. We have carrots, turnips, radishes, cabbage, kale, collards, lettuce, swiss chard, and arugula sizing up in the field, eagerly awaiting cooler temperatures.

The last of our summer crops that are hanging on are okra, tomatoes, squash, cucumbers and butternut squash.



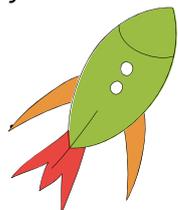
Featured Vegetable

SWISS CHARD

Swiss chard looks very similar to rhubarb but it is actually a delicious leafy green member of the beet family. Unlike rhubarb, the leaves are not at all poisonous and the whole plant can be used.

This vegetable is an excellent source of vitamins K, A, and C, as well as a good source of magnesium, potassium, iron, and dietary fiber. Nutrients found in swiss chard are beneficial for eye health and can reduce allergic and inflammatory reactions. Chard also contains a significant amount of potassium, magnesium, calcium, copper.

In addition to the assortment of colors chard comes in, it also goes by several names: silverbeet, sea beet, spinach beet, crab beet, and strawberry spinach. And because swiss chard is quite the superfood, NASA has actually been growing this crop on the International Space Station in space for several years!



Featured Recipe

SWISS CHARD BREAKFAST BOWL

- 1 bunch swiss chard (remove and coarsely chop stems)
- ½ lb radishes sliced
- 1 small onion sliced
- 2 cloves garlic minced
- 2 Tbsp olive oil
- 2 large eggs
- Salt and pepper to taste

Cook until swiss chard is tender and add salt/pepper to taste. Distribute evenly into a small bowls. In the same skillet, on medium heat, crack and fry eggs. Place eggs on top of the swiss chard medley and enjoy (especially with hot sauce)!

On medium heat, add oil, garlic, onion, and radishes to skillet. Cook until veggies are tender. Add swiss chard to skillet, and toss to make sure that all ingredients are mixed.

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

Questions about the AOVs Urban Farm?

Contact Becca Hart, Community Garden Organizer
becca@memphistolth.org or 774-6768 ext. 607



Memphis Tilth has partnered with AOVs to build an urban farm and garden project in an effort to share knowledge and build power with AOVs residents. Memphis Tilth is a nonprofit collective housing like-missioned initiatives for land, food, people, and place.

memphistolth.org

