

# AOVS URBAN FARM NEWSLETTER



NOV 2018  
ISSUE 4

## Homegrown By Heroes

### ALPHA OMEGA VETS

The AOVS Urban Farm recently received the Homegrown By Heroes label. Homegrown by Heroes (HGH) is the official farmer veteran branding program of America. This label informs consumers that agricultural products donning the logo were produced by and for US military veterans.

We are certainly proud of this recognition and proud to be working alongside AOVS residents. Agriculture provides many benefits for veterans: service, purpose, structure, vocational opportunities, and even therapy. The farmer population in the US is aging quickly - but veterans, with their unique training and dedication, seem to be well equipped for the task. Look for more opportunities over the next year to become involved on the AOVS Urban Farm!



## Upcoming Events

### AOVS Farmsgiving!

Tues, Nov 20, 2-4pm

Join us to enjoy the bountiful harvest from this season. Bring a dish or just bring yourself!



Left: Rickie Dodson harvests kale for fellow residents. Top Right: The farm team speaks at the AOVS Urban Farm Open House last month. Bottom right: Residents sell produce at the Cooper Young Farmer's Market!

## Farm Update NOVEMBER

This month we broke ground on the Wellness Garden at the north end of the property at the Depot location (Ball Road). While part of the AOVS farm project, the Wellness Garden will be a separate area dedicated to trees, shrubs, native plants, and flowers that appeal to the 5 senses.

In addition to lots of birds and butterflies, there will be plenty of seating and shade in the garden. All AOVS veterans will be welcome to visit the garden to relax and enjoy the scenery.

Another new addition to the farm is an expanded orchard. We have been able to acquire plum trees, blueberry bushes, and blackberry canes. The farm team spent last week digging up old roots and leveling the ground near the fence line at the Depot location. We will be digging holes this week and hope to have the orchard planted out by the first week of November. The trees and shrubs should be in full production within 2 years.

# Featured Vegetable

## BUTTERNUT SQUASH



We had a very productive crop of butternut squash this season. In fact, we harvested 700 lbs from just 100 bed feet on the farm!

Butternut squash is rich in potassium which can help decrease blood pressure. It is loaded with vitamin A (good for eyesight), vitamin C (good for your immune system), keeps bones strong, and even has anti-inflammatory effects.

One of the great things about butternut squash is its versatility. It can be roasted in the oven, inside flesh scooped out, and made into soup. Or it can be peeled and cubed to be sauteed with other veggies. Roasted butternut squash also makes an excellent filling for pie when mixed with eggs, butter, cinnamon, and sugar.

Be sure to scoop out the seeds when preparing butternut. You can save the seeds for next year's planting!



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.

[memphistolth.org](http://memphistolth.org).



## Featured Recipe

### SLOW COOKER BUTTERNUT SQUASH CHILI

1 tablespoon olive oil  
 1 pound ground turkey  
 1 onion, diced  
 2 diced fire-roasted diced tomatoes  
 1 can red kidney beans  
 1 can black beans  
 1 red bell pepper, chopped  
 1 poblano pepper, chopped  
 2 chipotle peppers, chopped  
 3 cloves garlic, minced  
 1 tablespoon chili powder  
 2 teaspoons smoked paprika  
 2 teaspoons ground cumin  
 2 teaspoons dried oregano  
 4 cups diced butternut squash  
 1/4 cup cilantro leaves

Heat olive oil in a large skillet over medium high heat. Add ground turkey and onion. Cook until turkey has browned, about 3-5 minutes, making sure to crumble the turkey as it cooks. Place ground turkey mixture into a 6-qt slow cooker. Stir in tomatoes, beans, peppers, garlic, chili powder, paprika, cumin and oregano; season with salt and pepper, to taste. Without stirring, top with butternut squash in an even layer. Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours. Gently fold in squash; stir in cilantro. Serve immediately.

**Yum yum gimme some! -Dusty**

#### Questions about the AOVS Urban Farm?

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