

AOVS URBAN FARM NEWSLETTER



OCT 2018
ISSUE 3

Resident Spotlight

FELIX PIRTLE

Felix Pirtle has a view of the AOVS Urban Farm from his room. While the treetops block some of the view, he sees enough to know "it looks like a cat had kittens out there" -- because the farm is *constantly* growing.

Pirtle spent 5 years in the Marines, but before that, he spent plenty of time working on farms and in nurseries. Pirtle helps out the AOVS farm by composting coffee grounds every morning. The farm team collects veggie scraps, coffee grounds, and eggshells from all AOVS sites to add to our pile.

These days, Pirtle lives a more tranquil lifestyle. He takes time to check out the farm each day because he says it's a nice pick me up. If you would like to enjoy the farm's goodness or learn how you can be involved, please join us at one of our events this month. No experience necessary!

Upcoming Events

AOVS Farm Club Meeting

Wed, Oct 10, 11am-12pm
Farm chats & farm snacks

AOVS Farm Open House

Friday, Oct 19, 4-6pm
Food trucks & lawn games



Left: AOVS Urban Farm sells at the Cooper Young Farmer's market. Top Right: The finished greenhouse will be home to many plants through the winter. Bottom right: Zinnia flower bouquets arranged by AOVS residents.

Farm Update

OCTOBER

Happy fall y'all! This past week the weather quickly changed from summer to fall, and on the farm we are grateful for a respite from the heat. For the last month we have been getting fall starts planted in the field so get ready for lots of roots and greens.

Just before the fall season rolled in, the farm team mowed down the buckwheat and cow pea cover crop in one section of the field (we have 3 sections). The clippings will act as mulch on top of the beds. We will then add compost (for a boost of

nutrients) and molasses (the sugars will encourage the soil bacteria to incorporate the clippings and compost into the earth). After the rain this week, we will drag giant black tarps over the beds and let them sit for the winter season. Come February, we will take the tarps off and plant our spring crops into these nutrient-rich beds.

We use this process of cover-cropping to nurture the land that gives us so much. Growing vegetables depletes the soil of different nutrients, so every couple of seasons we need to give the soil time to rest and recover. Healthy soil produces the best vegetables!

Featured Vegetable

ARUGULA →

Arugula is a dark green, leafy vegetable that is native to the Mediterranean. It has a distinct peppery bite similar to mustard greens. It grows in cooler weather (spring and fall in Memphis) and too much heat can actually intensify the bitter flavor.

Arugula can be eaten raw or cooked, making it an excellent addition to any kitchen. Try it raw by mixing it with other greens in a salad, add a kick of flavor to BLTs or pizzas, or lightly saute in a pan with olive oil to eat with fish. The sharpness of arugula pairs especially well with dried fruit, roasted beets, or goat cheese.

Arugula is nutrient dense; providing high amounts of carotenoids (promote eye health), vitamin C (boosts immunity), vitamin K (prevents blood clots, helps bone health), and folate (protects an aging brain from cognitive decline).



Featured Recipe

ARUGULA SALSA

Arugula is a staple in my fridge. I put it on top of pizza, sandwiches, eggs, and love its peppery goodness as a simple side salad with just olive oil, balsamic vinegar, a little freshly grated parmesan, and a dusting of salt and pepper. To mix things up a bit, I came up with this beautifully weird and delicious salsa recipe that doesn't require heavy machinery. Check it out!

3-4 tomatoes, finely chopped
 2 garlic cloves, finely chopped
 3-4 cups of arugula leaves, finely chopped
 ¼ cup coarse breadcrumbs
 Juice of half lemon (or lemon zest)
 1 tablespoon capers, finely chopped (optional)
 1 tablespoon red wine vinegar (or your choice vinegar)
 ¾ cup extra virgin olive oil
 ¼ cup parmesan, finely grated

Mix arugula, tomatoes, garlic, lemon juice, breadcrumbs, capers (if using) and vinegar in a small bowl. Slowly drizzle in ¾ cup of oil, stirring gently to incorporate into the salsa, then add parmesan

Yum yum gimme some! -Dusty

Questions about the AOVs Urban Farm?

Contact Becca Hart, Community Garden Organizer
 becca@memphistolth.org



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