

# AOVS URBAN FARM NEWSLETTER



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ISSUE 9

## Farm Update

### APRIL

Spring is always a particularly busy time on a farm because at the same time we will be harvesting for spring we will be planting and prepping for summer. We have already started tomatoes and peppers in the greenhouse.

When we prepare a soil mix for greenhouse plantings, we make sure to use a recipe that will provide the seeds with the nutrients they need to thrive. Some key ingredients are:

- Compost: provides nutritious organic matter
- Coconut coir: adds stability to soil structure, retains water and nutrients
- Perlite: tiny bits of volcanic material for ideal drainage and aeration
- Bone meal: provides phosphorous and calcium

### DID YOU KNOW?

Drinking turnip juice helps to calm nerves and helps to remove body odor.

Take 1-cup of fresh red cherries, one medium sized sweet potato, and 1/2 of a large turnip. Put ingredients into the blender and extract the juice. Refrigerate and drink chilled on a sunny day!



## Wellness Wheel

I've said it before and I'll say it again: human beings are not so different from plants. We need to build a foundation for wellness so that we can be our best selves. This wellness wheel identifies 7 areas that need nurturing:

- Physical: nutrition, exercise, and sleep
- Social: building healthy relationships
- Environmental: understanding your responsibility for the quality of air, water, and land around us
- Financial: taking steps to live within your means, paying your debts, creating a budget, and making wise spending decisions

- Spiritual: what you can do to establish peace and harmony in your life?
- Emotional: think self-awareness, coping skills, and regulating your emotional responses
- Intellectual: think about the kinds of conversations you have, the type of TV shows you watch, and what you're feeding your brain

These dimensions might not seem related at first glance, but they are interconnected and important to a well-rounded and balanced lifestyle. Wellness is not merely the absence of illness – it is striving for positive physical, mental and social well-being in everything you do.



# Featured Vegetable

## TURNIPS →

Turnips, and other cruciferous vegetables like cabbage and cauliflower, have been associated with a lower risk for cancer. Turnips also contain dietary nitrates that are helpful in lowering blood pressure. Turnips contain significant amount of Vitamin C (good for your immune system) and Vitamin K (good for fighting inflammation). But actually, the greens have 3x more of the vitamins than the roots!

Turnips are super versatile. Dice and skewer them to try turnips on the grill. Try grating the roots to add to your coleslaw.



*Our turnips are loving the warmer weather!*



## Featured Recipe

### TURNIP GRATIN

- 1 stick unsalted butter
- 8-10 turnips, left unpeeled
- 3 tbsp. fresh thyme
- 1 1/2 tbsp. fresh sage
- 4 1/2 tsp. salt
- 1 tsp. cayenne pepper
- 3 cups heavy cream
- 3 cups grated Parmesan cheese

Pre-heat oven to 450. Slice turnips very thinly. Melt butter in large cast iron skillet and layer turnips with salt, sage, thyme, and cayenne pepper on each layer. Cook 10 minutes on stove top. Add cream and cook in the oven for 20-25 minutes. Remove and add Parmesan; cook 10 minutes or until brown and bubbly.

Serve warm in your cast iron but make sure to wrap a towel of an oven mitt around your cast iron handle so you don't burn anybody's hands up.

And of course, don't forget to save those greens to boil with onions and a ham hock for a delicious side!

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

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)

#### Questions about the AOVS Urban Farm?

Contact Becca Hart, Community Garden Organizer  
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