

# AOVS URBAN FARM NEWSLETTER

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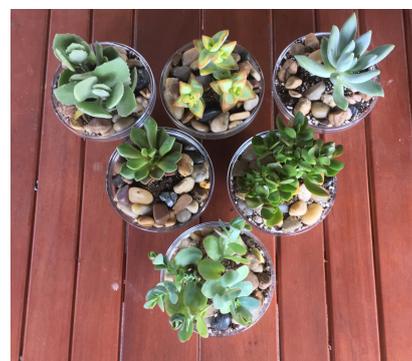
## Farm Update

### JULY

The heat has really settled in over the past few weeks and we certainly are feeling it on the farm. We start early in the mornings and spend the afternoon working indoors to survive the warmest hours of the day. We have invested in cool vests to wear which hold 4 ice packs at a time. This helps keep our body temperature down and allows us to recover faster after coming in from the field.

The crops are also affected by the rising temperatures. We don't grow lettuce or greens in the summer because they typically don't survive the heat (although we are experimenting growing arugula under shade cloth- we'll let you know how that goes). Even tomato plants, which thrive in the heat, don't do well in extreme temperatures and will stop setting fruit when daytime temps are above 90 and nighttime lows are above 75.

For now, we endure the heat & look forward to more summer crops like watermelon and okra on the horizon!



### DID YOU KNOW?

Tomatoes:  
vegetable or fruit?

Tomatoes are in fact  
fruits because they have  
seeds and are grown  
from a flowering plant.



## AOVS Community Co-op

When we refer to farm related activities as part of a 'co-op' (short for cooperative), it is because we want to operate this thing we are doing together with y'all- and all share the benefits of the farm experience.

We value each AOVs resident, and hope y'all will share your knowledge and experience with us just as much as we hope to share knowledge with you.

We care about exposing folks to the tools necessary to build holistic, sustainable, and healthy relationships with their food and the environment. We want to build a strong community.

We hope to do this through things like planting seeds, making flower bouquets, exploring the Memphis food system, remembering history, and of course, sharing meals together.

# Featured Vegetable

## HEIRLOOM TOMATOES



You may have noticed that the tomatoes we are growing at the farm are 'not your average tom.' While we are growing some traditional red slicers, most of our varieties are heirloom varieties (sometimes called heritage). These tomatoes are from seeds that have been saved and passed down for generations. The plants are not as disease resistant as other hybrid tomatoes that have been specifically bred for characteristics like fruit size and resistance, but we think the flavor of these tomatoes is totally worth it.

Tomatoes are rich in lycopene, which is a powerful antioxidant that supports eye health, heart health, aids in sun protection, and may lower the risk of certain types of cancer. Some studies have found tomatoes to be particularly beneficial for those with type 2 diabetes. What's more is a single tomato can provide up to 40% of your daily recommended dose of vitamin C!

Tomatoes like to be left out on the counter, not in the fridge (but once sliced, store in the fridge). Heirlooms have a short shelf life, so be sure to use within a couple days.



## Featured Recipe

### TOMATO PIE

- 4 tomatoes, peeled and sliced
- 10 fresh basil leaves, chopped
- 1/2 cup chopped green onion
- 1 (9-inch) prebaked deep dish pie shell
- 1 cup grated mozzarella
- 1 cup grated cheddar
- 1 cup mayonnaise
- Salt and pepper

Preheat oven to 350 degrees F. Place the tomatoes in a colander in the sink in 1 layer. Sprinkle with salt and allow to drain for 10 minutes.

Layer the tomato slices, basil, and onion in pie shell. Season with salt and pepper. Combine the grated cheeses and mayonnaise together. Spread mixture on top of the tomatoes and bake for 30 minutes or until lightly browned. Cut into slices and serve warm.



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

