

# AOVS URBAN FARM NEWSLETTER

JAN 2019  
ISSUE 6



## A Year in Review



### 2018 SEASON

It's hard to even remember what the Depot location at Ball Rd looked like before the farm was there... but just one year ago, we had not even broken ground on the project.

When we look back on this year, we are proud of all that has been accomplished and grateful for the support of so many AOVS veterans and staff members. Every time you eat AOVS veggies or tell a fellow resident something you learned from the farm, you are helping us grow!

### DID YOU KNOW?

By composting food "waste" last year, we reduced carbon emissions released into the atmosphere by an amount equivalent to 65 days of average household electricity use.



## Farm Update

### JANUARY

This time of year our plants are growing a little more slowly... but aren't we all? As a farmer I have come to cherish the way the winter months roll in. It is a much needed reminder to slow my pace and reflect on the past season. It is too easy to become stressed and busy during the peak summer months and forget to acknowledge the beauty and bounty that surrounds us on the farm. But the winter stillness allows us to

take a deep breath and meditate not just on the season behind us, but also the season before us.

And while the weather is still cold and wintry, we are quickly preparing for spring! We will begin seeding starts in the green house this week and will start planting in the field in mid-February.

We look forward to this season and hope to have even more events, workshops, and classes this year... stay tuned!



# Featured Vegetable

## RADISHES →

Many people don't know that the radish is quite a worldly vegetable. It is thought to have originated in China. Historians also tell us that radishes were grown in ancient Egypt for their luscious green tops, even before the pyramids were built. Then, in 1544, a botanist in Germany recorded a monstrous radish, weighing in at 100 lbs!

Radishes are actually one of the top vitamin C packed foods, with a serving of radishes containing nearly 30% of the daily requirement. Vitamin C helps limit damage done to cartilage in the body meaning it is especially important for anyone with arthritis or joint pain.

It is also worth noting, radishes are one of the most gratifying vegetables to grow because many varieties are ready to be harvested just 4 weeks after seeding!



# Featured Recipe

## CRISPY ROASTED RADISHES

- 1 bunch radishes (rinse, remove stems and leaves, and cut into halves)
- 3-4 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder

Preheat oven to 400°

Toss radishes in an oven-safe dish with olive oil and spices. Roast for 30-40 minutes until golden and crispy. The insides of the radishes will remain soft and creamy!

**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  
 becca@memphistilth.org or 774-6768 ext. 607

