UPCOMING EVENT
MASTER GARDENER WORKSHOP

Next Topic: Tomatoes & Potatoes
Monday, Feb. 25th 5:30 p.m.

WHAT'S growing on? in the
Harvest Hope Community Garden

Highlight of the Month

On Saturday, January 19th we had over forty volunteers in the Harvest Hope Community Garden for the University Area CDC’s annual Paint the Town Event. With so many amazing volunteers, we were able to accomplish some major projects in the garden. The compost area has been cleared of overgrown weeds and we are finally ready to start composting leftover food from the garden and putting the nutrients back into the plants as organic fertilizer. We also relocated the shed and made space for three seed tables where we can start plants by seed and transplant them as seedlings into the raised beds.

We have a lot of green vegetables growing in the garden including collard greens, broccoli, Swiss chard, lettuce, green onions, basil, and more! Friends from the Veteran Administration’s Healthy Teaching Kitchen visited us and cooked a delicious Harvest Hope Winter Salad for volunteers while teaching about the nutrients contained in each ingredient.

Make sure to stop by the garden on Friday mornings to pick up the ingredients for your fresh winter salad and let us know what you think!

RECIPE
Winter Garden Slaw

Ingredients:  
- 2 cups Broccoli (chopped)
- 2 cups Chinese cabbage (slice thin)
- 2 cups Edamame (shelled)
- 1 cup Carrots (shredded)
- 1 cup Starfruit (sliced)
- 1/2 cup Fresh Herbs (chopped)
- 2 tbsp Sesame seeds

Dressing:  
- 3 tbsp Lime juice (zest too!)
- 2 tbsp rice or red vinegar
- 2 tbsp Olive oil
- 2 tbsp Garlic (minced)
- 1/2 tbsp Pepper
- 1/2 tsp Salt

Directions
1. Wash and cut up all vegetables & herbs
2. Add dressing ingredients into a container with a tight fitting lid and shake well to combine.
3. To a large bowl, add vegetables and dressing, then mix to combine.
4. Next, add starfruit and sesame seeds, mix gently.
5. Serve a portion and ENJOY!