UPCOMING EVENT
University Area CDC
WELLNESS U
Become your best self.

Wellness U helps you become the best version of yourself! It’s the opportunity to come together, in a community of women, to gain perspective and insight into your struggles, give and receive support, and explore your relationship with yourself and others.

• The group will meet every Thursday for 6 weeks: May 2nd, May 9th, May 16th, May 23rd, May 30th, and June 6th. Meetings will take place at the Harvest Hope Center (13704 N 20th Street, Tampa, FL) from 6:00 to 8:00 PM.
• Contact Erica Nelson at (813) 558-5212 x 203 or enelson@uacdc.org for more information.

RECIPE
Pesto

Ingredients:
• 1 cup tightly packed fresh basil or cilantro leaves
• 1 cup tightly packed fresh parsley leaves
• 1 to 2 garlic cloves
• 1/2 cup olive oil
• 1/2 cup grated Parmesan cheese
• 1/4 teaspoon salt

Preparation:
In a food processor, puree all ingredients. Refrigerate for several weeks or freeze in a tightly covered container. Toss a few tablespoons pesto with hot cooked pasta.

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

Highlight of the Month

The Harvest Hope Community Garden began the construction of a second Landscape Demonstration Garden where University Area residents can learn how to landscape their homes with plants from the garden that can be propagated and shared amongst the community. This project is funded by the Sustany Foundation and the American Planning Association where over twenty volunteers came out to help build the new landscape garden for the community.

In addition, volunteers also worked in the organic vegetable garden and harvested over thirty pounds of fresh vegetables! Veterans were inspired to prepare a healthy meal in the Hope Center kitchen by making a garden salad for the group to enjoy. Together, we are planting fifteen blueberry bushes, twenty butterfly plants, and ten landscaping flax lilies.

The Harvest Hope Community Garden invites you to volunteer with us any and every Friday from 9:00-11:00am, let’s grow together!

What’s Growing in the Garden

Basil  Siberian Kale  Lettuce
Broccoli  Lacinato Kale  Arugula
Spinach  Purple Kale  Eggplants
Collard Greens  Carrots  Green Onions
Curly Leaf Kale  Jalapenos  Tomatoes
Swiss Chard Cabbage

Join us in the garden! Volunteer every Friday from 9:00 - 11:00 AM and take home fresh produce! For more information, contact Erica Nelson at (813) 558-5212 x 203 or enelson@uacdc.org

Harvest Hope Community Garden
At Harvest Hope Park
13704 North 20th St., Tampa FL 33613