UPCOMING EVENT

MASTER GARDENER WORKSHOP

Next Topic: Food Preservation

Saturday, Dec. 1st
10:00 AM

ARTHENIA L. JOYNER UNIVERSITY AREA COMMUNITY LIBRARY

Join us and learn how to make your food last longer, with preservation tips such as: freezing, sugaring, salting, drying, smoking, sealing and pickling.

Free | Register at uacdc.org/mgws

RECIPE

Caprese Skewers

Ingredients:
- 30 grape or cherry tomatoes
- 30 fresh basil leaves
- Mozzarella cheese, cut into 30 (1/2-inch) cubes
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 10, 6-inch wooden toothpicks

Highlight of the Month

The Harvest Hope Community Garden is in full bloom! Just in the last few months we’ve planted for fall, reconstructed new raised beds, built a landscape demonstration garden, hosted Master Gardener workshops, and started hosting healthy teaching kitchen cooking classes. Dieters from the Veterans Administration Hospital volunteered their time to cook for us with ingredients from the garden. While they were showing us how to cook, they also taught about the nutritional benefits from each dish followed by a tasting. We had caprese appetizers with sun gold tomatoes from the garden, Thai basil, mozzarella and balsamic. We also enjoyed homemade Jamaican Sorrel tea (also known as the Florida Cranberry) that was so delicious and a great way to get in the Holiday spirit. The Sorrel tea smells like the holidays with its fresh orange peel and cinnamon sticks. Thank you to everyone who has contributed to the Harvest Hope Community Garden. We are looking forward to some exciting things coming up in the garden this upcoming New Year. Make sure to stop by the garden and harvest some Sorrel before it’s gone in winter. The Harvest Hope Community Garden would like to wish everyone a healthy and happy holiday season and a Happy New Year.

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) 556-5212 x 203 or enelson@uacdc.org

HARVEST HOPE COMMUNITY GARDEN
AT HARVEST HOPE PARK
13704 North 20th St., Tampa FL 33613