

# AOVS URBAN FARM NEWSLETTER

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## Farm Update OCTOBER

Summer on the farm was filled with both challenges and opportunities. While Spring and early summer were unseasonably wet, summer included a 40 day drought with high temperatures and no rain (not to mention 90 degree days well into October!). Despite the heat, weeds, and pests that come with this, it has been a bountiful successful summer!

The dry period after a wet Spring led to a great flower season on the farm. With cut flowers and cover crops available this year, our new bee hives gave us over 5 gallons of honey at our first harvest. We expect a similar harvest this fall.

In fact, we are planning to up our flower game for next year. This fall we broke ground and planted cover crops on 250ft of flower growing space in the wellness garden. Expanding our flower production will be a great opportunity to increase revenue (our flowers sell great at the market), provide more food for the bees, and create more jobs for residents at the farm. Stay tuned for more information about how you can get involved or contact Becca Hart at 774-6768 ext. 607.



**Top:** Hakurei turnips and French Breakfast radishes sell out quickly at market; **Bottom:** Farmer Trainee Troy Pegues cultivates with the tractor, baby collards take root in the raised beds at Court Ave., volunteers fill the beds at the farm, and rocks painted by residents to decorate the wellness garden



# Featured Vegetable

## Sweet Potatoes →

Sweet potatoes are rich in beta-carotene, the antioxidant responsible for the vegetable's bright orange color. This antioxidant is beneficial for eye health and may help prevent vision loss.

Beta-carotene is transformed in your body into Vitamin A which supports a strong immune system and gut health. Sweet potatoes also contain Vitamin B6 which is vital for cognitive development and a sharp mind. Eating a healthy diet with lots of sweet potatoes can help lower LDL cholesterol and manage blood pressure.

Orange sweet potatoes are often mislabeled in grocery stores as yams. Yams are mainly grown in Asia and Africa, drier and starchier than sweet potatoes, and usually only found in international markets. There are sweet potatoes with white flesh and those with orange flesh. Orange flesh sweets only began being sold in stores a couple decades ago and in an effort to market them differently, producers started selling them as yams!



## Featured Recipe

### ROASTED SWEET POTATOES

- 1 lb. sweet potatoes cut in cubes
- 1 tbsp. olive oil
- Salt and pepper

Preheat oven to 450°. On a baking sheet, toss sweet potatoes with oil and season with salt and pepper. Roast until tender, about 30 to 35 minutes. Give the pan a shake half way through so that all sides of the potatoes get crispy.

**Yum yum gimme some! - Dusty**

*Faron Levesque, Community Kitchen Coordinator*

### MASHED SWEET POTATOES

- 2 sweet potatoes
- 1/3 cup milk
- 5 tablespoons butter melted
- Salt and pepper
- Cooking spray

Preheat the oven to 400°. Prick sweets a few times with a fork and place them on baking pan that has been coated with cooking spray. Bake for 1 hour. Let cool slightly then peel off the skins. Mix the potato, milk, butter and salt in the bowl with a masher or fork. Enjoy!

#### 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)

