

2015 December
Edition



harvest

Gathering. Growing. Living.



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Happy Holidays!

Your management team wishes you and your family a happy, healthy holiday season and all the best in 2016!



"May your walls know joy, may every room hold laughter, and every window open to great possibility."

— Mary Anne Radmacher



Turnips, Turnips, and more Turnips!

We hope you have enjoyed seeing all of the crops in the garden by the Farmhouse. This fall we planted broccoli, swiss chard, white turnips, sugar peas, white onions, and black kale. We recently harvested the turnips with the help of several homeowners. Our first crop was made available to the community and the remaining turnips were donated to the North Texas Food Bank. A big shout out to Harvest homeowner Renee Simmons who turned her car into the Harvest turnip truck and drove 292 pounds of turnips to the food bank!! Did you know that 1.2 pounds of food is equivalent to 1 meal? So that 292 pounds provided the North Texas Food Bank with 243 meals! To date, Harvest has provided more than 15,880 meals to those in need.

In addition to the turnips, Renee harvested several pounds of carrots from the Harvest gardens designated for the North Texas Food Bank.



Holiday Meal Baskets



This holiday season we have the opportunity to provide food items to families in need through the North Texas Food Bank's Holiday Meal Basket program. On **Saturday, December 12 at 2pm**, we will gather at the Hall to assemble Holiday Meal Baskets. Below are items that are needed to make up a meal basket. If you supply the items, we will supply the baskets! Feel free to get creative! Have your family make a card, bring a bow or other items to decorate

your basket. This is a family affair and a great way to get your children involved!

Here are the items that are needed:

- Stuffing/Dressing
- Gravy Mix
- Cranberry Sauce
- Green Beans
- Corn Bread/Biscuit Mix
- Cooking Oil
- Sweet Potatoes



The North Texas Food Bank will pick up the baskets and deliver them with turkeys.

Safe Families for Children

Many Harvest homeowners are involved with an organization called Safe Families for Children. This organization offers a sanctuary to thousands of children. When crisis strikes, many of us rely on relatives and friends for support but for some parents, there isn't a safety net. Often problems such as drug addiction, domestic abuse, incarceration, or illness can be debilitating, making it impossible for parents to care for their children. Here are just a few stories from your neighbors on how Safe Families for Children has impacted their lives.



By Brock Trant

I love being a BIG brother now! Every day it gives me something to do. Sometimes it gets really hard with all the chores and helping out, but we always manage to find a way to solve all the problems. The boys have been great and awesome. I really love feeding the baby. I like playing games with Rashad too. I love reading and praying with Rashad every night. It's great to see his love for Jesus growing every day.

By Michelle Conner

Our family is a host family with the organization Safe Families for Children and I am the Denton county ministry team leader. We hosted 2 little ones, Michael and Mattea, over the summer and many of you got to meet them. The entire community was so welcoming and wonderful. These 2 sweet kids loved being a part of our village and we loved having them. It has been an eye opening experience for our family with many ups and downs. It is definitely not always easy but we feel that God has grown us and stretched us in ways that we probably needed to be. We have become aware of the many families that are struggling right in our own back yard. We



have all learned compassion and patience. We have learned to LOVE in ways we never knew possible. And we have learned a lot about grace and mercy. It is messy but in a good way. We continue to learn how to see the families through God's eyes not our own. As the team leader for the area, it has been amazing to see our community step up in ways that I never even imagined. When we have a need for diapers, furniture, clothes, baby equipment, babysitting, really anything.....you all have stepped up and filled it almost immediately. It is humbling to live in a community that is so willing to step up and serve others. If you are interested in learning more or want to get involved, contact me at safefamiliesdentoncounty@gmail.com.

By Dana Trant

Safe Families For Children has impacted our family in so many ways that we never could have imagined. We have felt called to this area of ministry for so many years, and in God's perfect timing, we began hosting our first family Oct. 31. From the moment we discovered we were hosting the children, our families, our co-workers and our neighbors here in Harvest have been beyond supportive. From overwhelming us with items for the children to collecting and meeting our Mom's personal needs....love, grace and support has been revealed time and time again. The day to day routine has changed for us, no doubt. But the JOY that has resulted from our participation EXCEEDS any additional efforts in planning and lost sleep (LOL). Brock having the opportunity to be a BIG brother and share his world with the boys has been so rewarding to see as a parent. And to see the love of a father extended to the boys from Jon makes my heart smile. Our family has been changed by this experience and we are so grateful.



Developer's Corner



We are excited about the new amenities that are coming to Harvest! Below are the renderings for the amenity west of the event lawn that will feature the following:

- Workout facility & Yoga lawn
- Meeting spaces & Management offices
- Water play area
- Sandbox in a back of a pick-up truck
- Climbing feature
- Outdoor kitchen featuring a fireplace and television



The new park will feature the following:

- Half-court basketball
- Giant Connect 4 & Giant Chess
- "Built in" games such as washers, goat ring toss, ladder golf, and horseshoes
- Over ½ mile of perimeter trail (combination of sidewalk and trail)
- Outdoor pavilion featuring benches, bike racks, and flexible seating

Construction will start January 1st and will be completed in approximately 10 months. We would also like to announce a new park! It's the Harvest North Linear Park located between 4th Street and Tree Line. Construction is already underway! It is expected to





From Your General Manager *Rules for the Holidays*

The holidays are just around the corner, and for many people, that means lots of festivities with friends and loved ones. With all of the merriment that's sure to ensue, it's important that residents who are hosting celebrations are not only considerate of their neighbors, but also take note of the association's rules. A complete listing of our association rules and regulations can be found in our Covenants, Conditions and Restrictions (CC&Rs), but here are a few key items to look up that are particularly pertinent during the holiday season:



Outdoor Decorations: Decking the halls with seasonal ornaments is a great way to bring the holiday spirit home. Many love to spread the joy by decorating the outside of their homes and front yards as well, but before you scurry up that ladder to hang the

decorative lights along the side of your roof, take a quick peek at the CC&Rs to find out the guidelines for outdoor decorations, as well as the guidelines for flags and signs if you plan on decorating with those. This will help make sure your outdoor winter wonderland isn't an association violation.

Parties: We hope you all have plenty of chances to eat, drink and be merry this holiday season. If you plan on hosting a large get-together or party, there are a few things you'll want to keep in mind. First, keep the revelry and noise to a minimum, and wind the party down at a reasonable time—you don't want your celebrating to interfere with your neighbors' attempts to get visions of sugar plums dancing in their heads. Check your CC&Rs to find out what the association deems acceptable noise levels and what the quiet hours are, as well as guidelines for hosting parties.



Parking: The holidays bring many people together, and that means extra cars will need to be parked. To make sure your guests are covered, look at the CC&Rs to find out the rules on visitor parking in the association, including where they can park.



Overnight Guests: It wouldn't be the holidays without Uncle Marv and Aunt Ethel bunking in little Jimmy's room. Of course, depending on how long your overnight guests are staying, you may need to let the association know. The CC&Rs will give you a breakdown on the rules for both short-term and long-term guests, so take a look at them before you break out the extra cot.



Following the association's rules and regulations helps ensure that all of our residents can enjoy this special time of year, so please help us by doing your part. **Stay safe and have a wonderful holiday season.**

Cardening the Moon



Neem Oil

A safe, non-toxic friend
for your landscape

Dr. Robert E. Moon

It is difficult to find a safe, non-toxic pesticide for your garden and landscape that is also friendly to the environment and still effective. Neem Oil is your friend and a good answer for all these concerns. It means you can keep only one product in your garage for control of most insects, some diseases and mites. This information is especially important now, because if you will treat with Neem Oil during the dormant season, you will reap benefits throughout the spring and summer!!

What is Neem Oil? It comes from the seed of the *Azadirachta indica* tree, a common ornamental shade tree in South Asia and India. You can find Neem Oil in wax, oil and soap but for gardeners, it has anti-fungal and pesticide properties.

Is it safe for humans and animals? The highest concentration currently sold on the market is 3%. When used properly it is non-toxic but I don't think you want to drink it! If you use it in your garden, I recommend washing any produce before consumption, but I know you do that anyway.

Is it safe for the environment? Studies have shown that if used appropriately, beneficial insects such as bees butterflies and ladybugs are safe since Neem Oil does not target bugs that do not chew on leaves. No residue is left in the soil.

Is it effective? This is the good news. Neem Oil works as a systemic insecticide when used as a soil drench. It will control aphids, mealybugs, scale and whiteflies and many more insects. It can be used as a fungicide to control powdery mildew, root rot, black spot and sooty mold. It also controls mites and has some effect on nematodes in the soil. I encourage you to spray all trees, shrubs and ground cover in the winter with Neem Oil for the control of overwintering insects, mites and some diseases. This treatment will greatly help you next spring and summer in your landscape and garden. When applying, follow label instructions and be sure to coat the surface of all leaves.

Once you get to know Neem Oil, I think you will be friends for life!

Improve Life in Harvest Right Now!

Neighborhoods flourish when the people who live there feel a connection to their community. Creating that sense of belonging and community pride can be as simple as picking up litter or taking a walk around the block.

Report crime and nuisances promptly. Whether the issue is vandalism, graffiti, or something much more serious, police and management need to hear about the problem so they can look for a solution.

Personal connections make a profound difference. Meet the people who live on your block and greet them by name. Neighbors who know each other are better able to help in an emergency or discuss community concerns as they arise. Knowing your neighbors also helps form a safe and supportive environment for the community.

Turn your porch light on. Crime is statistically lower in neighborhoods that are well lit. It also makes the streets more welcome to residents who are out for a walk in the evening.



Join us for another exciting semester with new classes and topics for everyone!

Spring classes run February-April and are taught by distinguished university faculty and local area professionals. For a flat fee of \$75, you may take as many classes as your heart desires.

For more information about the UNT Emeritus College visit, call.unt.edu/emericuscollege or call (940)-369-7293.

Check out these Emeritus College classes happening in Spring 2016:

- Current Challenges to U.S. Democracy
- Riding With the Texas Rangers
- Migrants at the Gates of Europe
- Newspapers and the Digital World
- Nutrition: Myths, Taboos, and Legends
- Brief History of Early Jazz
- Improving Our Digital Photography
- The Story of Oedipus
- Leaping the Language Barrier
- Introduction to Genealogy

TRAVEL LEARN



Expand your horizons with a Travel Learn adventure in 2016:

Machu Picchu, Cusco & the Sacred Valley

March 28 – April 2, 2016

From the Sacred Valley of the Inca to the magical heights of Machu Picchu, join us as we uncover this culturally rich region of the Peruvian Andes. Step back in time to the glory of the Incan empire as you stroll the cobblestone streets of Cusco, explore the massive stone fortress at Ollantaytambo, and wind your way through the sacred ruins of Machu Picchu.

River Cruise: The Danube

May 25 – June 3, 2016

Beginning in Prague, set sail down the Danube —an ancient waterway distinguished with more UNESCO World Heritage Sites than any other in Europe. During this eight day trip from Prague to Budapest, we'll visit numerous historical sites such as the Kaiserburg Imperial Castle and Melk Abbey near Vienna. Join us in sampling some of Germany's famous beers, experiencing the Vienna Opera House, and reliving scenes from The Sound of Music.

For more information or to explore other tours visit the Travel Learn website at call.unt.edu/TravelLearn.

Harvest Moms

By Alyssa Kinnersley



**DECORATING DEN
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Fall into Entertaining

By Jennifer Manley,
Interior Decorator,
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Interiors

As the leaves turn colors, the air cools, and school begins our attention turns to entertaining. Fall welcomes football and the holiday season.

Each year, we are challenged to come up with unique decorating ideas for the various holidays. From birthdays to football parties, Halloween to Christmas, we search for something other than the same old balloons and ghosts, turkeys and garland to fill our tables. Here are few ideas to get you started thinking about creative centerpieces and holiday decorating.

Even if you are just having a few guests over to watch a football game, you can get creative with the decorating. Paint a green table runner with yard lines in white acrylic paint, and use a football as a centerpiece. Consider serving hot dogs and beer for the true stadium experience.

For the winter holidays such as Christmas and Hanukkah, you will see candles and angels, poinsettias and pine trees. You can bring a winter wonderland right into your home. Spray paint a small branch white, and before it dries, sprinkle it with clear or silver glitter. Use this as an elegant centerpiece on a green or burgundy tablecloth. Another easy idea is to collect small gold or silver bowl, and fill any spaces with metallic roses. To add color to your table use various sizes of glass vases, fill with fresh cranberries and water then place a floating tea light on top. This will give your centerpiece a beautiful pop of color. Keep in mind candles at the dinner table should never have a fragrance. Here's wishing you a world of creativity in developing your holiday decorations. Allow your imagination to run wild, and you will be amazed at the clever centerpieces you can dream up!



Once we got settled in Harvest, I began looking around for activities for my kids as well as neighborhood friends. I created Harvest Moms on Facebook as

a way to share recommendations for family friendly things to do in the area, get advice, and encourage and support one another. If you'd like to get involved, simply ask to join the group online!

Have a fun idea? Simply post on the site and invite others to join you!

Know of an event in the area? Share it with the group!

Being from out of state, it has been invaluable to hear from other mothers about fun places and things to do with my little ones. My hope is that mothers and their kids will make lasting friendships and explore all the fun family activities in the area.



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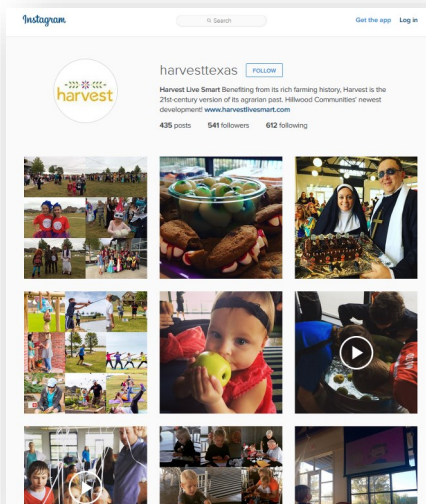
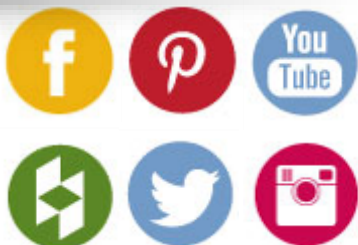
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Are you
following
@HarvestTexas
on Instagram?



We're posting fun stuff to Instagram these days. Be sure to follow us and join in on the conversation! Be sure to use our hashtag **#HarvestBetterTogether**.

instagram.com/harvesttexas



Lemon-Garlic Swiss Chard

Recipe Courtesy of: Cooking Light



Did you know that Swiss Chard is one of the most nutritious vegetables in the world?

It has numerous health benefits such as positively impacting blood sugar, working as an antioxidant, and supporting bone health! Lemon-Garlic Swiss Chard is a zesty side dish that pairs nicely with steak or seared scallops and is ready in just minutes!

Ingredients

1 tablespoon extra-virgin olive oil
1 tablespoon minced garlic
12 cups Swiss chard, chopped
(about 10 ounces)



2 tablespoons water
1 1/2 teaspoons fresh lemon juice
4 teaspoons shaved fresh Parmesan Cheese
1/8 teaspoon freshly ground black pepper

Preparation

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add garlic; sauté 2 minutes or until garlic begins to brown. Add Swiss chard and 2 tablespoons water to pan; cook 3 minutes or until chard wilts. Stir in lemon juice and pepper. Sprinkle with cheese.

VARIATION 1 Quick Caramelized Onions: Heat a large nonstick skillet over medium heat. Add 1 teaspoon olive oil; swirl to coat. Add 2 cups sliced yellow onion and a dash of baking soda; cook 10 minutes or until browned. Add 12 cups chopped Swiss chard and 2 tablespoons water to pan; cook 3 minutes or until chard wilts. Stir in 2 teaspoons sherry vinegar and 1/4 teaspoon freshly ground black pepper. Serves 4 (serving size: about 1/2 cup) CALORIES 64; FAT 1.4g (sat 0.2g); SODIUM 253mg

VARIATION 2 Golden Raisins and Pine Nuts: Heat a large nonstick skillet over medium heat. Add 3 tablespoons pine nuts to pan; cook 3 minutes or until browned, stirring frequently. Remove nuts from pan. Add 1/4 cup golden raisins and 1/4 cup water to pan; cook 1 minute. Add 12 cups chopped Swiss chard; cook 3 minutes or until chard wilts. Stir in 2 teaspoons white wine vinegar. Sprinkle with pine nuts. Serves 4 (serving size: about 1/2 cup) CALORIES 90; FAT 4.6g (sat 0.4g); SODIUM 231mg

VARIATION 3 Warm Bacon Vinaigrette: Heat a medium nonstick skillet over medium heat. Add 2 slices applewood-smoked bacon to pan; cook until crisp. Remove bacon from pan; crumble. Remove pan from heat. Add 2 teaspoons cider vinegar and 1/4 teaspoon freshly ground black pepper to pan, stirring with a whisk. Pour vinegar mixture over 6 cups chopped Swiss chard; toss. Serves 4 (serving size: about 1/2 cup) CALORIES 39; FAT 2.4g (sat 0.9g); SODIUM 225mg