



# harvest

*Gathering. Growing. Living.*

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## H A P P Y

### Fourth of July Residents!

Did you know John Adams believed that July 2 was the correct date to celebrate our country's independence, and would reportedly turn down invitations to appear at July 4th events in protest?

Here are some other fun facts about the Fourth of July:

- ▶ John Adams and Thomas Jefferson both died on July 4, 1826—the 50th anniversary of the adoption of the Declaration of Independence.
- ▶ The Fourth of July is the “biggest hot dog holiday of the year” according to TIME Magazine, with Americans reportedly consuming about 155 million of them on Independence Day alone.
- ▶ Our founding fathers feasted on different foods to celebrate the country's independence. They had turtle soup, New England poached salmon with egg sauce, green peas, and boiled new potatoes. They followed the meal with Indian pudding or Apple Pandowdy.

## Harvest Bike Rodeo

We partnered with the Northlake Police Department to host a Bike Rodeo for the Harvest kids. Northlake Police do an excellent job at making Harvest a safe and enjoyable community. Summer is a wonderful time—especially at Harvest. Kids are out riding their bikes, swimming, and playing sports. As there are a lot of vehicles on the road, we wanted to make sure our kids were safe. Northlake Police Department spent an afternoon at Harvest teaching kids how to be safe when riding their bikes. Let's look at the facts....

- ▶ Did you know that more children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport?
- ▶ Helmets can reduce the risk of severe brain injuries by 88%—yet only 45% of children 14 and under usually wear a bike helmet.

Here are some top tips that Police Officer Doug Williams taught our kids:

1. Use Your Head, Wear a Helmet. Officer Williams encouraged everyone to wear a helmet while biking as it is the single most effective safety device available to reduce head injury and death from bicycle crashes.
2. Ride Right. Tell kids to ride on the right side of the road (with traffic, not against it) and stay as far to the right as possible.
3. Use Hand Signals. Police Chief Robert Crawford and Officer Williams did a great job at teaching the Harvest kids all of the proper hand signals. Practice them with your kids so they stay fresh to mind.
4. Use Eye Contact. Teach your kids to make eye contact with drivers. Bikers should make sure drivers are paying attention and are going to stop before they cross the street.
5. At Night, Use Light. When your kids are riding at dusk, dawn or in the evening, wear bright colors and use lights...bike reflectors are handy! This helps your child be more visible to motorists.
6. Supervision. Actively watch your kids until you are comfortable that they are responsible to ride on their own.

Let's keep our kids riding safe!



02 **Harvest Kids**  
Hello Ava Martin!



03 **Gardening w/Rocky**  
Summer is here!



05 **Energy Conservation**  
Ways to a safe home





## Harvest Cares

Harvest Cares is a team of residents who are passionate about serving others...they are the heartbeat of the community and seek out ways to show

other homeowners they CARE. From welcoming new homeowners, providing meals when someone is ill, to writing encouraging notes and helping with daily tasks, Harvest Cares is here for you! if you need anything or if you are interested in helping, please reach out to Lori Watson at [le.watson@verizon.net](mailto:le.watson@verizon.net).

## NTFB North Texas Food Bank

Harvest and its community farm lend

itself to be a natural partner with the North Texas Food Bank (NTFB). In 2013, Harvest donated 10,000 meals to kick-off its partnership. Homeowners have continued to give through canned food drives, produce from the community garden, and cash donations. Recently, a group of homeowners came together to form the Harvest Volunteer Team for the NTFB. During their first meeting, homeowners brainstormed ideas for how Harvest can give back. Ideas such as Summer Volunteer Day at the Food Bank, Turkey drive, holiday volunteer opportunities, and a virtual canned food drive. Additionally, residents agreed to help take fresh produce from the Harvest gardens to the NTFB as fresh produce is on high demand.



## Camp Gladiator



Camp Gladiator is more than a fitness program, it's a community of people working together to achieve their goals, lifting each other up, challenging each other, and creating memories to last a lifetime! We have been

previewing Camp Gladiator at Harvest to provide another opportunity for homeowners to get active together! We need at least 10 people to sign up for Camp Gladiator in order to make Harvest an official Camp Gladiator location. Here are the details:

- ▶ Sign-ups for the BOLD program is either \$69/month for 12 months or \$79/month for 6 months.
- ▶ When you register, select the AUMC 8:30 MWF. This is just until they add Harvest as a location on their web site.

Interested? Visit [www.campgladiator.com/bold](http://www.campgladiator.com/bold) to sign up!

## Harvest Kids

Hello! My name is Ava Martin. I'm twelve years old and have lived in the Harvest community one year now. I love to use my imagination to create things. Over the past school year, I took an art class and fell in love with art. After experimenting with different projects and styles of art, I came across some old yarn that I had bought a long time ago. With that ball of yarn, I discovered the joy in finger knitting. All though I've only started a week ago, I've gotten the hang of it quickly. The yarn almost weaves through my fingers automatically. I encourage people of all ages to draw or knit because it is relaxing, it helps pass time, it's fun, and results in talent you never knew you had.



## Community Service Hours

Attention Harvest Teens! Are you looking for community service hours? We have several opportunities for you to earn those hours. Check out the list below and contact Page Austin ([page.austin@fsresidential.com](mailto:page.austin@fsresidential.com)) if you need hours!

- ▶ Be a reading coach! Sign up to listen to a younger child read and help develop his/her reading skills.
- ▶ Join forces with the Harvest Volunteer Team for the North Texas Food Bank. Activities could include volunteering at the food bank, taking fresh produce to a distribution center, or coordinating a community event.

## Developer's CORNER

Our 2nd phase of lots in our "core" program (AISD area) has been delivered. We delivered 90 lots this month, with an additional 148 lots to be delivered sometime in January, giving our builders some much needed inventory. We are happy to report that we have had 92 home sales from January through May. Thank you for continuing to talk and buzz about Harvest through your social media networks! In addition to the new pocket park currently under construction in Harvest Meadows, we are happy to announce that two half-court basketball courts and a sand volleyball court will be complete at Fun Fields (north of the greenhouses) later this summer.



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## Don't Forget the Sunscreen!

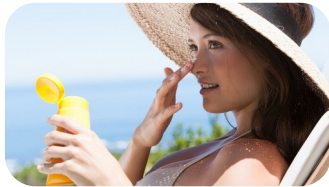
*Did you know that the sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes?*

Protection from UV radiation is important all year round, not just during the summer or at the beach. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow. Indoor tanning (using a tanning bed, booth, or sunlamp to get tan) exposes users to UV radiation.

The hours between 10 a.m. and 4 p.m. Daylight Saving Time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure outdoors in the continental United States. UV rays from sunlight are the greatest during the late spring and early summer in North America.

CDC recommends easy options for protection from UV radiation:

- ▶ Stay in the shade, especially during midday hours.
- ▶ Wear clothing that covers your arms and legs.
- ▶ Wear a hat with a wide brim to shade your face, head, ears, and neck.
- ▶ Wear sunglasses that wrap around and block both UVA and UVB rays.
- ▶ Use sunscreen with sun protection factor (SPF) 15 or higher, and both UVA and UVB protection.
- ▶ Avoid indoor tanning.



## A Word from Your General Manager



### Community Picking Day

We want to ensure that every homeowner has the opportunity to enjoy the fruit from the Harvest orchard. When the fruit is ripe and ready to be picked, we will announce a community picking day. Until then, please refrain

from picking the fruit. Be sure to tell your kids and other family members. Thanks for your help!

Additionally, as the summer heat rolls in homeowners are making their way to the pool, please park your vehicle in the parking lot on the East side of the pool. With all the construction traffic and increased traffic, try to avoid parking cars along Homestead Way to keep it as open as possible. Although tempting, please refrain from using any type of watercraft on the lake. The lake is not intended to be used for watercraft, motorized or not.

# Gardening with ROCKY



## Keeping Your Garden Alive

Summer is here and so is the heat! If you can keep your garden alive by August, you will see additional produce in September. Here are some easy ways to keep your plants in shape:

- ▶ **Don't Freak Out.** As the Texas heat rolls in, your plants may wilt but things aren't necessarily as bad as they look. Some plants can bounce back as the temperature cools in the evening. Give your garden some additional TLC during the heat waves and take a deep breath!
- ▶ **Adjust Your Watering Schedule.** We have had a lot of rain this season and most of us have been overwatering. Be sure to take your watering cues from Rocky and be ready to adjust as needed.
- ▶ **Try Using Mulch.** A surface mulch of grass clippings, straw, or rough compost will help keep the soil cool and moist while suppressing the growth of weeds. A good mulch can reduce weed emergence by 80% and reduce watering needs by 30% or more. Be sure NOT to use bark mulch...stick to only the aforementioned surface mulch.

If your garden doesn't survive the heat, don't feel bad. It happens to the best of us! You can start fresh for the fall planting season. Need ideas of what to plant in August? Here are Rocky's recommendations:

Cabbage  
Broccoli  
Eggplant  
Swiss Chard  
Kale  
Mustards  
Okra  
Spinach  
Winter Squash



Tomatoes  
Melons  
Beets  
Turnips  
Carrots  
Pumpkins  
Brussels Sprouts  
Onion for sets

## Keeping Our Community Looking Good

We need all of our resident's help in keeping our community looking its' best. Please do your part and remember to:

- ▶ Pick up after your pet and dispose of waste properly.
- ▶ Pick up litter you notice in the community and dispose of it.
- ▶ Make sure household trash is bagged, secured and disposed of in a timely and appropriate manner.

Thank you for taking pride in the appearance of our community. Your cooperation is appreciated!





# GARDENING by the MOON

July Tips For Your Harvest Landscape: Top Perennials, Annuals and Ornamental Grasses

by: Dr. Robert E. Moon

The following perennials, annuals and ornamental grasses will add color and interest to your yard and garden this summer.



## TOP 5 PERENNIALS:

**Lavender** – Hardy perennial in the mint family providing deep purple color, blooms spring to fall, grows 12-18 inches in height, thrives in full sun, fragrance is a deterrent to small rodents

**Pink Skullcap** – Hardy perennial with small leaves and pink flowers; blooms spring to fall, grows 8 to 10 inches in height, loves the Texas sun and is drought resistant, great in rock gardens or as a border planting

**Turk's Cap** – Hardy perennial that is heat and drought resistant, small red flowers in summer through fall, can grow up to 3 feet in height, attractive butterflies

**Salvia 'May Night'** – Hardy perennial that is heat and drought resistant, this variety has deep purple blooms with silvery gray foliage, blooms summer to fall, attractive to butterflies and resistant to rabbits

**Rudbeckia 'Goldsturm'** – Native Texas perennial, Goldsturm is a compact variety of Black-eyed Susan, loves the sun, deep gold daisy-like bloom with brown center, blooms throughout the summer, grows up to 3 feet in height, showy color for mass planting or planted with other perennials

**Honorable Mentions:** Butterfly Bush, Lantana, Katie Ruellia, Purple Coneflower, Autumn Joy Sedum, Angelina Sedum, Russian Sage

## TOP 5 ANNUALS:

**Angelonia** – Vigorous grower in Texas sun, drought resistant, spiky bloom comes in a variety of colors from white to purple and can be planted as a mix, grows 12 to 14 inches in height, blooms summer into fall

**Cora Vinca** – Flowers profusely from summer into fall, comes in many solid colors and mixes, mounds to a height of 12 to 14 inches, Cora variety is resistant to root disease

**Scaevola** – Heat and drought tolerant, blooms can be pink, purple or white, low growing so great as a border planting or spilling over the edge of a container

**Zinnia** – This hardy annual comes in a variety of colors mixes and heights depending upon variety, easy to grow and always a favorite in the Texas garden, blooms summer into fall

**Mandevilla or Dipladenia** – Beautiful and graceful vining annual, blooms can be white, pink or red, great for planting in beds, containers or fences, needs some protection from late afternoon sun

**Honorable Mentions:** Marigolds, Salvia, Hibiscus, Pentas, Portulaca (Rose Moss)



## TOP 5 FOLIAGE ANNUALS:



**Foxtail or Asparagus Fern** – Foxtail fern adds a spiky green interest and Asparagus fern adds a wispy green interest to the landscape when mixed with colorful annuals or perennials, vigorous grower, moderately drought tolerant

**Strapleaf Caladiums** – Strapleaf varieties can be planted in sun areas, variety of leaf colors, can be planted from bulbs in early summer

**Sweet Potato Vine** – Vigorous grower that will require trimming, thrives in Texas sun and very drought resistant, lime green and deep purple foliage makes a big impact in the landscape for few dollars

**Sun Coleus** – Easy to grow annual that also provides impact to your landscape for few dollars, for sun areas plant the sun varieties, offers stunning colored foliage in a variety of colors

**Purple Fountain Grass** – Great background plant due to 3' height, provides graceful purple foliage with a lighter purple bloom, requires little maintenance

**Honorable Mentions:** Dianella (Flax Lily), Persian Shield, Creeping Jenny, Licorice Plant

## TOP ORNAMENTAL GRASSES:

**Miscanthus** – This grass is a hardy perennial that has both heat and drought resistant, narrow green or variegated leaves, blooms make a bold fall statement in the landscape, grows up to 3 feet in height

**Mexican Feather Grass** – This grass is both heat and drought resistant, wispy green color in the spring turning to a golden brown in the fall, easy to grow and requires little maintenance, grows up to 2 feet in height



**Muhly Grass** – Hardy perennial that is heat and drought resistant, Regal Mist variety provides a beautiful, feathery pink bloom in the fall, easy to grow with little maintenance required, can grow up to 4 feet in height

**Inland Sea Oats** – Hardy perennial grows well in shade, partial sun or sun areas, oat-like seed heads turn brown during summer and fall, birds enjoy eating seed heads, can grow up to 2 feet in height

**Blue Love Grass** – Hardy Texas perennial that is very drought tolerant, blue, narrow, foliage and tan seed heads provide interest throughout the year; grows up to 2 feet in height

*Gardeners are good at nurturing, and they have a great quality of patience, they're tender. They have to be persistent.'*

Ralph Fiennes



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## 8 Summertime Energy Conservation Tips

**A** home should be a sanctuary and a safe haven. You can ensure that you and your loved ones remain out of harm's way in the precincts of your homestead. To help avoid a majority of accidents, consider making your home an accident-proof dwelling.

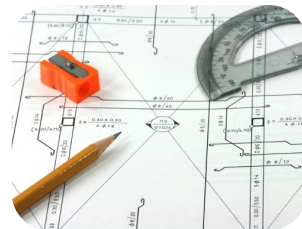
Here are 10 easy ways to make your home safe and secure. These will help you take care and protect yourself, family members and house-guests.

- 1 Cook dinner outside.** Save electricity by using a charcoal or gas grill to cook your favorite summertime meals.
- 2 Open the windows.** Instead of cranking the air conditioning on summer evenings, opt for fresh air instead. Invest in an inexpensive electric fan to circulate the air.
- 3 Light candles.** Since longer summer days afford more daylight, reconsider turning on the lights and use candles instead or as a supplement. Be sure not to leave burning candles unattended, especially around pets and children.
- 4 Modify the AC when you're not home.** Adjusting the thermostat—even by a few degrees—when you're not home can conserve a significant amount of electricity.
- 5 Turn off the electronics.** Power down the television and computer to spend time with friends and family outdoors. Splash around in your community pool or have a potluck barbeque in your backyard.
- 6 Take a walk.** Early mornings and evenings are prime times for a stroll.
- 7 Take a cool shower or bath.** For a refreshing alternative to a hot shower, reduce your hot water heater usage by bathing in cooler water a few times a week.
- 8 Limit water consumption.** Use environmentally - friendly, disposable plate ware and utensils instead of running the dishwasher and spend a little less time in the shower.



## Why We Have a Design Review Process

**L**ike many community associations, we have a set of written design review standards and processes for modifications on your home. Some homeowners mistakenly believe these standards restrict their freedom of individual expression; actually they provide a framework within which each homeowner can express individual tastes and preferences. The standards have been carefully developed to reflect a balance between individual rights and the good of the entire association—that is, property values.



OK, but why do we need processes and guidelines to maintain architectural standards? Perhaps most important, we need a basis for treating all homeowners fairly and reasonably. Written guidelines allow you and the design review committee to work from the same criteria. Sometimes architectural requirements can be complex. The guidelines show you exactly what is required, and helps you design improvements that comply with the community's standards. And then there's the application and approval part of the process. The review committee members assure you they want the paper work to be as simple as possible for everyone. The guidelines take the guesswork out of your application and their decision making. In fact, they not only provide criteria for the current committee to make appropriate decisions, but for successive committee members to make consistent decisions in the future. Without the criteria in the guidelines, the application approved today may result in construction deemed unacceptable by new committee members upon completion.

One last purpose of the guidelines is to clarify the association's authority in this area. State statutes and our governing documents give the association a legal right to enact and enforce design review standards. The guidelines spell this out so everyone understands they must comply even if they don't agree.

If you have any questions, please feel free to e-mail your General Manager, Tim Mills at [tim.mills@fsresidential.com](mailto:tim.mills@fsresidential.com).



## For The *Love* of Country

Thanks to the political television drama West Wing and author Dan Brown's book Deception Point, rumors about the Presidential Seal and the direction of the eagle's head have become widespread. Let's get the real scoop!



**Rumor:** The "West Wing" mentioned that in times of war, the Presidential Seals are replaced with an eagle whose head is turned toward the arrows. There are currently three places in the White House that feature this seal: above the Diplomatic Reception Room, outside of the East Wing, and on the HMS Resolute desk in the Oval

Office. Rumors say it was because those items were built during a time of war.

**Truth:** There is just one Seal of the President at any given time, and it does not change according to whether or not the United States is at war. However, the Seal has undergone modifications over the years where either the eagle was mistakenly turned to face the arrows or if the President wanted the eagle facing the arrows.

In 1945, President Harry Truman issued an Executive Order to permanently change the direction of the eagles' head to face towards the olive branches saying we should always pursue peace.





1300 Homestead Way  
Argyle, TX 76226

**TIM MILLS**  
GENERAL MANAGER  
817.380.7012; FAX 877.378.2388  
TIM.MILLS@FSRESIDENTIAL.COM

**PAGE AUSTIN**  
LIFESTYLE MANAGER  
PAGE.AUSTIN@FSRESIDENTIAL.COM



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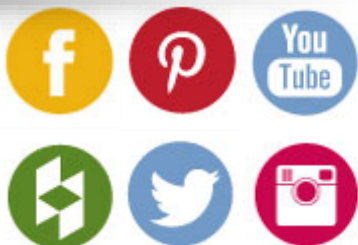
C/O FIRSTSERVICE RESIDENTIAL  
3102 OAK LAWN AVE, SUITE 202  
DALLAS, TX 75219

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## Apple Pandowdy

SERVES 10

RECIPE COURTESY MARTHA STEWART

This classic American dessert from the 19th century is “dowdied” up when dough is cut into pieces instead of being left whole.

### Ingredients

- 1 cup all-purpose flour, plus more for dusting
- Pinch of salt
- 12 tablespoons (1 1/2 sticks) unsalted butter, cold, cut into small pieces
- 3 tablespoons ice water
- 4 1/2 pounds tart, firm baking apples, such as Granny Smith or Northern Spy
- 2 tablespoons freshly squeezed lemon juice, (1 lemon)
- 3/4 cup packed light-brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon freshly grated nutmeg
- 1/4 teaspoon mace
- Pinch of ground cloves
- 1/2 cup apple cider
- 1 1/2 tablespoons granulated sugar

### Directions

1. In a food processor, combine flour, salt, and 4 tablespoons of butter, and pulse about 30 times until the mixture resembles coarse meal.
2. Add 6 more tablespoons butter to the food processor, and pulse 3 times. Pulse a few more times while drizzling in ice water. There should still be some pea-size bits of butter in mixture.
3. Turn the dough onto a piece of plastic wrap, and flatten with your palm. Spread out toward the edges, spreading dough to an 8-inch square. Slip your hand under one side of the plastic wrap, and fold a third of the dough into the middle, lifting away the plastic. Repeat, folding the other side of dough square toward the middle, like a letter. Press down on the folded dough to seal the layers. Wrap the dough in plastic, and place in the refrigerator for 1 hour.
4. Remove the chilled dough from the refrigerator. On a lightly floured work surface, roll out the dough to a thickness of 1/4 inch. Using a sharp knife, cut the dough freehand into 12 squares (2 1/2 inches each), and transfer them to a parchment-lined baking sheet. Return the squares to the refrigerator, and chill again until cold, about 30 minutes more.
5. Heat oven to 425 degrees. Meanwhile peel, quarter, and core the apples. Slice each quarter into 1/2-inch pieces. Combine the apples, lemon juice, brown sugar, cinnamon, ginger, nutmeg, mace, cloves, and apple cider into a large mixing bowl, and toss well to combine. Transfer the apple mixture to a large baking dish about 5 by 10 inches in diameter and 2 1/2 inches deep (3 1/2 quarts). Dot top of apples with the remaining 2 tablespoons butter.
6. Arrange chilled dough in a patchwork pattern over apples, allowing apples to stick out randomly between the squares. Quickly brush cold water over the squares, and sprinkle generously with sugar. Bake pandowdy until the juices start to bubble up and the pastry is light golden brown, about 30 minutes.
7. Remove pandowdy from oven, and place on a heat-resistant surface. Using the back of a metal spatula, press down dough so it is submerged slightly under apples and juices. Return pandowdy to the oven, and continue baking until the juices bubble up over the pastry, and the pastry is flaky rather than soggy, about 20 minutes. Remove pandowdy from the oven, and let stand to cool at least 30 minutes before serving. Serve with ice cream on the side.

