

2016 March
Edition



harvest

Gathering. Growing. Living.

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#HarvestGreen

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Environmental Stewardship #HARVESTGREEN



Harvest is designed with plenty of green space from its 11-acre lake, 1.5 mile central park to its soccer fields and Orchard. We utilize these spaces on a daily basis for community gatherings such as kickball, club soccer, flag football, family relays, sand volleyball, yappy hours, and more!



In April, we will be launching the Harvest Sprouts and Junior Gardener Program. This program will help children develop a love of gardening, respect for the environment, and a passion for giving back. We found that research shows that kids tend to both try and eat more vegetables when they grow them themselves! For more information on the program, email your Lifestyle Manager, Page Austin, at page.austin@fsresidential.com.



Chocolatier Mad Scientist?



Last month, Harvest welcomed Yeli with Yelibelly Chocolates for

a chocolate and wine pairing event. Yeli is a unique chocolatier that takes unusual ingredients like wasabi, habanero, and toasted Hawaiian coconut and mixes it with chocolate. Yeli found that you can be creative when it comes to chocolate! She brought various creations for Harvest residents to try, including chocolate from all over the world like Ghana, Madagascar, Ecuador, and Belgium. Yeli taught residents how to really taste and savor the flavors of each piece of chocolate.

Interesting Fact:

Did you know that the average American consumes 12 lbs. of chocolate each year and more than \$75 billion worldwide is spent on chocolate annually?



Gardening by the Moon: Texas Two Step Fire Ant Treatment

By Dr. Robert E. Moon

If you do not like cohabitating with Texas fire ants, now is the time for you to use the tried and true, Texas Two-Step. No, I am not referring to the dance. I do not recommend dancing or stomping on any fire ant bed. The ants always win! But if you use the Texas Two-Step method of control, you will no longer need to watch every step as you walk and work in your yard and garden and it will prevent mounds around your foundation where ants can enter your home.

Fire ants start to become active in the spring when temperatures warm to 65 degrees and during periods of heavy rain to protect their

beds. Once temperatures warm, ants start building beds, foraging for food and producing young. Purchase your control materials now and watch for the first signs of activity and then Texas Two Step with the Ants.



Texas Two Step Method for fire ant control - First step, apply a product containing a food source and an insecticide. Spread the

bait over the entire yard and the ant workers will carry the bait back to the mounds. There are organic baits on the market - Safer Brand Fire Ant Bait and Green Light Fire Ant Control with Conserve. Second step, treat individual mounds that remain active by drenching with Safer Brand Fire Ant Mound Drench or Citrex Fire Ant Killer. The above products or similar products can be purchased at Home Depot or Lowe's or you can order online. Turn off irrigation system and avoid rainy weather when applying products.

Bet You Didn't Know: History of St. Patrick's Day



Who Is Saint Patrick? Was He Even Irish?

Did you know that Saint Patrick wasn't even Irish? He was born in Britain in 5th century and was part of the Roman Empire. At 16, Saint Patrick was kidnapped by Irish raiders and spent six years in captivity. Years later, he converted to Christianity and returned to Ireland to be a Christian missionary. It was centuries after he died (March 17, 461) that he was honored as the patron saint of Ireland.

So Where Did the Shamrock Come From? Why Do We Wear Green on March 17?

Saint Patrick often used a shamrock to explain the Trinity. In the 18th century, people would wear on their lapel on March 17 to signify their Irish Christian pride. That tradition led to people wearing green on March 17, a popular custom still done today.

An interesting fact is the tradition of St. Paddy's Day Parades. The tradition of parades actually started in America. It really took off after great potato famine in 1840s where hundreds and thousands of Irish people started pouring into New York City, Boston, and other American cities. The actual first recorded parade was in New York in 1762, when Irish soldiers serving with the British marched to a tavern a few blocks in lower Manhattan. Today, the New York City's St. Paddy's Parade is the largest and longest parade with more than 3,000,000 spectators and 200,000 participants!

University of North Texas Travel and Learn Program



At the University of North Texas, we take extended learning to a whole new level with mind-expanding trips to places around the world. Join the UNT Travel Learn program for tours of far-off places such as Machu Picchu,

the Isle of Capri, the Galapagos Islands, and filming locations of Downton Abbey. Each trip offers a unique educational opportunity to broaden your horizons as you travel the world alongside a member of the UNT faculty. Our customized itineraries combine leisure and sightseeing along with UNT's commitment to lifelong learning.

For our full 2016-17 trip schedule, or to book a trip, visit <https://lifelong.unt.edu/TravelLearn>.

Lucca to Siena: A Pilgrim's Way May 22-28, 2016 | September 18-24, 2016

Pack your bags and prepare to travel because you don't want to miss this wonderful trip through Italy! We'll begin our walk in Lucca to bring out the distinct Tuscan feel of Italy. For more than 1,000 years, pilgrims have walked the Via Francigena, once the major pilgrimage route from Northern Europe to the Holy See at Rome. In 990AD, Sigeric the Serious, Archbishop of Canterbury in England, walked to Rome and wrote an account of the Way. We follow Sigeric's route in Italy between the cities of Lucca and Siena. Taste the wine of Italian vineyards, see the countryside and farmlands, and visit historical monasteries and abbeys.

For more information visit:
<https://lifelong.unt.edu/TravelLearn/2016/LuccaSiena>



Yorkshire Dales: Fells and Dales of James Herriot Country May 15-21, 2016 | October 9-15, 2016



Seemingly untouched by time, travel through James Herriot country in England. Our trip begins exploring Yorkshire Dales National park followed by a tour of Castle Bolton, the former home of Mary Queen of Scots. You will also get the chance to see some of England's top racehorses in action, visit

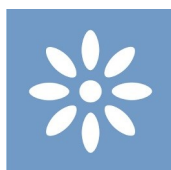
King Richard III's home village, and taste some famous Wensleydale cheese. Don't miss out on these enchanting locations.

For more information visit:
<https://lifelong.unt.edu/TravelLearn/2016/Yorkshire>

River Cruise: The Danube May 25-June 23, 2016

UNT Travel Learn and Orbridge have partnered up to bring you the chance to travel through Europe by ship. Cruise down the Danube as the ship makes stops in Germany to view the Kaiserburg Imperial Castle in Nuremberg, sample the craft beer at the oldest brewery in Bravia, and an exclusive sightseeing tour of Schönbrunn Palace. Travel through the Czech Republic, Germany, Austria, and Hungary. Come aboard with us for this amazing opportunity!

For more information visit:
<https://lifelong.unt.edu/TravelLearn/2016/Danube>





Plant an Indoor Herb Garden

What you'll need to get started:

- Pots with drainage holes
- Gravel
- Fresh soil (sold in bags at your local home improvement store)
- Herb seed packets (best herbs for cooking and growing indoors: oregano, rosemary, basil, mint, chives, sage and thyme)
- Plant markers or make your own

Creating Your Herb Garden

Fill the bottom of each pot with 3/4-inch gravel, then fill completely with high-quality soil. Gently press seeds into soil 1/4 inch deep. Pots should be at least six inches in diameter for a single herb. To grow multiple herbs together, say three, you'll need a pot about ten inches in diameter.

Find a Happy Place for Your Garden

For your herbs to thrive indoors, they need as much natural light as possible. Place them in a sunny spot near a window where they'll get at least 4 hours of sun daily. Six to eight hours of light per day is optimal, and windows facing south or southwest offer the best exposure. If you can't get light from the sun, buy a few reflector lights with compact florescent bulbs from your local home improvement store. The lights should be placed about four to six inches away from the plants. If you see brown spots on the foliage, it means the plants are getting too much light. If the plants are growing longer stems and fewer leaves, they are not getting enough light.

Simply adjust the plant's exposure to light and rotate them weekly for even growth.

When to Water

Overwatering is the biggest mistake you can make when nurturing your plants. Let your herbs dry out completely between watering. You can check the plant's moisture level by putting your finger into the dirt all the way down to the root system. To water, put the plants in your sink or a large container and water from the base. Do not water the leaves or the top of the pot. Let the water soak through the pot's base and repeat again. Once the water has drained completely, you can return the pots to their saucers where the plants will continue to drain.

The Importance of Drainage

To avoid root rot, you will need to provide your garden with proper drainage. Clay pots are great for allowing proper drainage. However, be aware that they can dry out quickly, especially when exposed to winter radiator or forced air heating. For this reason, you may want to consider a plastic or glazed container. Place a saucer under your pot to catch excess water and to protect surfaces. Also, don't forget to remove any standing water that collects in the saucers.

The saucer should not be clay since it will allow the moisture to pass through; use plastic, glass or metal instead.

All great cooks and healthy eaters know that the tastiest meals are made with the freshest herbs. With a bit of preparation, you can have fresh herbs grown right inside your house in only a matter of weeks. Here's how...

Comfort is Key

Just like you, most indoor herbs are most comfortable around 65 to 70 degree temperatures. When growing herbs, it is important to remember that both air conditioning and heating leads to dry air, which can stunt their growth. Give your plants a weekly spray shower to keep them happy and healthy.

Fertilizing Your Plants

Your plants will tell you if and when they need to be fed. If they stop growing, they probably need food. It's the same thing with turning yellow. If you've ruled out watering issues, your plants may simply need to be fed. Use a fertilizer like fish emulsion or liquid seaweed. Both promote leaf growth.

The Kindest Cut

Your herbs are there to be eaten, so don't worry about cutting them. Cutting them actually encourages growth. Just be sure not to cut more than one-third off the stem. Happy gardening!



Harvest Kids: Gracie Murray



Gracie (age 10) always had a love for music. She is always singing! Gracie started taking voice lessons at the Frisco School of Music before she turned eight years old and has recently started playing the guitar. Her love of music has continued to grow! She now attends Lone Star Music Academy where she is focusing on writing her own songs. It was Gracie's cousin, Kelly, who inspired her to pursue her dreams in music. Kelly has a beautiful voice, writes her own music, and has tried out for American Idol. When we asked Gracie what famous person she most admired, she said Carrie Underwood. Gracie's dream is to be a professional singer/song writer.

We look forward to hearing more of Gracie's music around Harvest and wish her all the best!



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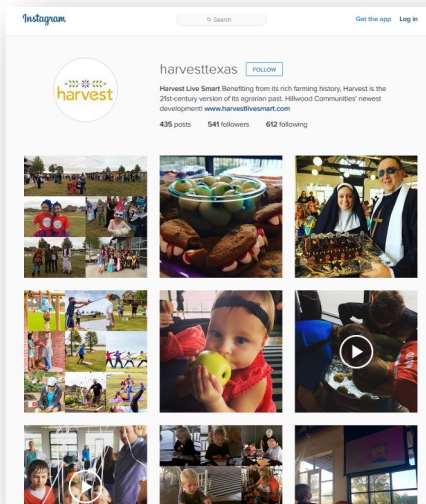
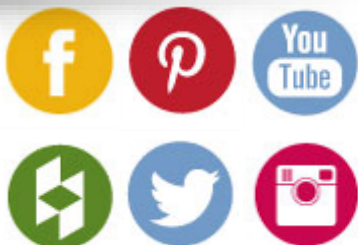
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Irish Soda Bread

Recipe Courtesy of: Betty Crocker Recipe



Whether or not you're Irish, this classic quick bread recipe brings great taste into your kitchen.

- 10 min Prep Time
- 55 minutes total time
- 1 serving

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

Directions

Heat oven to 375°F. Grease cookie sheet.

Cut butter into flour, sugar, baking soda, baking powder and salt in large bowl, using pastry blender or crisscrossing 2 knives, until mixture resembles fine crumbs. Stir in raisins and just enough buttermilk so dough leaves side of bowl.

Turn dough onto lightly floured surface. Knead 1 to 2 minutes or until smooth. Shape into round loaf, about 6 1/2 inches in diameter. Place on cookie sheet. Cut an X shape about 1/2 inch deep through loaf with floured knife.

Bake 35 to 45 minutes or until golden brown. Brush with butter or margarine, softened, if desired.

