

2016 May Edition



# harvest

*Gathering. Growing. Living.*



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## LiveSmart Principle: Technology



At Harvest, homeowners can use their mobile device to

manage their thermostat, security system, front door camera, lights, and more. You can even be automatically prompted to change your filters or take out the trash.

Our technology partner is HomePro, who strives to enhance the places people live, love, laugh, and work. Last

month, HomePro held a Harvest community cook-out. Members of their staff spent time with homeowners answering questions and providing information on additional services. If you ever need assistance with your HomePro services, call 972.245.5777 option 4. They are ready to assist you!

# SAVE THE DATE!

**Saturday, June 4th**  
**3-6 pm**

**Harvest's Hello To Summer Bash**

Summer is coming quickly! Join us for bubble soccer, live music, food trucks, and more!

*Did you know?*



There is only one Friday the 13<sup>th</sup> this year and it happens to be in May! Very little is known about the origins of the day's notoriety. Some historians believe that the superstitions surrounding it arose in the late 19<sup>th</sup> century. The first documented mention of the day can be found in a biography of Italian composer Gioachino Rossini, who died on a Friday 13<sup>th</sup>. A 1907 book, *Friday the Thirteenth*, by American businessman Thomas Lawson may have further perpetuated the superstition.

Others believe that the myth has Biblical origins. Jesus

was crucified on a Friday and there were 13 guests at the Last Supper the night before the crucifixion. Another account suggests that the day has been associated with misfortune since 1307, when on a Friday the 13<sup>th</sup> the French king gave the orders to arrest hundreds of Knights Templar.

The fear of Friday the 13<sup>th</sup> is very real...there is even a scientific name called friggatriskaidekaphobia. Now say that 10 times really fast!! Experts say that friggatriskaidekaphobia affects millions of people and estimate that businesses, especially airlines suffer from severe

losses on Friday the 13<sup>th</sup>.

Triskaidekaphobia, or the fear of the number 13 is even more widespread. So much so that many high-rise buildings, hotels and hospitals skip the 13th floor and many airports do not have gates numbered 13. In many parts of the world, having 13 people at the dinner table is considered bad luck.

*source: timeanddate.com*



**02** **FitMom - Stroller Strides**  
Every Thursday at 9:30am



**03** **The Problem with Bullying**  
What is bullying exactly?

# Peaceful Outdoor Sanctuaries

by Jennifer Manley, Decorating Den

As our patios and porches are becoming more sophisticated and refined, today's homeowners are driven to find peaceful sanctuaries as a prescription for their stressful lives.

Creating your perfect outdoor space will be the result of the successful combination of many design elements – landscaping,

your personal “wish list.” You may be amazed at how long this list might become!

Think about incorporating your year round needs. Do you frequently entertain outdoors? Do you spend time outdoors in the evenings simply relaxing? Is an outdoor grilling season a year round requirement for you? Do you enjoy planning simple family meals outdoors?

Sunbrella. This company's collection of fabrics is colorful, design oriented, and totally durable. Sunbrella features gorgeous fabrics manufactured to resist fading from ultraviolet rays, mildewing from damp conditions, and odor absorption. It is just the ultimate outdoor upholstery or drapery fabric that will be used and enjoyed by your family for years. And of course, Sunbrella Fabrics are carried by Decorating Den Interiors.

Once you've accessed your needs, then planning your outdoor space becomes much easier. Think about incorporating these simple ideas:

**Comfortable Furniture!** This should be most important element in your design. Today's outdoor furnishings have been manufactured to withstand all that Mother Nature can bestow. The age of folding, vinyl strapped furniture is definitely now obsolete. Many furniture pieces of today look identical to indoor furniture, but have been constructed and designed to stand up to all the outdoor elements.

**Fabulous Fabrics!** The biggest name in outdoor fabrics today is

**Let there be Light!** Be sure to consider incorporating various types of lighting in your outdoor space design, just as you would inside your home. Landscape lighting, overhead lighting, ceiling fans, sconces and decorative side table lighting are all GREAT ideas. Develop a creative lighting plan to help you create a space with increased ambiance and functionality.

Remember to create a space that is perfect for you and your needs. This is a space where memories will be made – so please consider it an important investment...both financially and emotionally.



stonework, carpentry, furnishings, lighting and accessories. Careful pre-planning will be the key to the creation of your personal sanctuary, so begin with creating

## Fit4Mom – Stroller Strides

Fit4Mom help moms make strides in fitness, motherhood, and life. They now offer a class at Harvest every Thursday at 9:30am. Read Harvest Homeowner, **Kimber Shoppa's** experience with Fit4Mom.

“I was attracted to Fit4Mom because I knew there would be moms like me who are looking to stay fit regardless of hectic schedules. Fit4Mom is unique in the fact that they incorporate our kiddos in the workout. I love that. It's hard to find a place that offers childcare much less letting them be a part of the experience! When I arrived for my first class, I didn't know what to expect. There were several moms that already knew each other, but they welcomed me right in! It was a fun experience and the moms were so friendly that I felt like I have been working out with them months. We definitely worked up a sweat and the way the workout is structured you get to know each of the moms during the class. If I could give one piece of advice to other moms: don't be afraid to show up alone! They are great moms and they will make you feel right at home!”



Did you know that earthworms are a gardener's best friend? As earthworms move through the soil, they make tunnels. These tunnels allow air and water to get to the roots of your plants. Try them out in your garden!





# The Problem with Bullying



**"Anyone can be a bully, but it takes a brave, kind person to stand up against a bully and defend others"**  
- Officer Joseph Schwanz



What is bullying exactly? Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. Bullying includes actions such as making threats, spread rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

There are many roles that kids can play. Kids can bully others, they can be bullied, or they may witness bullying. When kids are involved in bullying, they often play more than one role. It is important to understand the multiple roles kids play in order to effectively prevent and respond to bullying.

Parents have an important role in preventing bullying. They can:

- Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- Model how to treat others with kindness and respect.

A great resource on bullying is [www.stopbullying.gov](http://www.stopbullying.gov). This web site is filled with information that can help you talk to your child about bullying.

## U.S. Marshals



Last month, we had a U.S. Marshal come to TGIF to talk about the important role they play in our government. For example, did you know that the U.S. Marshals Service is the nation's oldest and most versatile federal law enforcement agency? Federal Marshals have served the country since 1789, often in unseen but critical ways.

What are the duties of a U.S. Marshal? So glad you asked that question! As we found out at TGIF, duties include: protecting the federal judiciary, apprehending federal fugitives, managing and selling seized assets acquired by criminals through illegal activities, housing and transporting federal prisoners, and operating the Witness Security Program.

Harvest kiddos and parents enjoyed learning about the U.S. Marshals... especially trying on the gear!



After my son Tristan was diagnosed with his neurological and emotional disorders, I was relieved that we finally knew what was causing him to be different than the other kids and why he has struggled. At the same time, I wished that I had other parents and families that I could share this experience with. I looked for support groups in the area, but there were not many. I longed to find play groups and friends for

## Harvest SK Support Group

By Shanna Medrano, Harvest Homeowner

Tristan who would understand him and would want to be his friend. I knew there were children out there with the same issues.

Family support has been vital. It was very hard to talk to friends and neighbors about my son's condition as they couldn't understand or relate to how I was feeling and what we were going through. That is why I think a **Harvest SK (special kids) Support Group** is so important.

The Harvest SK Support Group will be for the whole family. My goal is to create a safe and loving environment where the kids can feel comfortable with their SK friends and the families can get the support they need

to deal with issues and challenges they face. Our first meeting will be on Saturday, May 21, at 3pm at my home. If you have a SK, we would love to have you and your family attend.

For those who don't have a SK, I would love to encourage you to talk to your children about SK. Let them know that these kids have the same desires as any other kid. They want to be accepted, have friends, and fit in. I know that every family has their own issues/struggles, but families with an SK child face struggles that you do not and probably will never fully understand. Compassion and understanding really do make a difference. Our SK has a lot to offer if given the chance!



# General Manager's Corner



With the opening of the pool, please take time to review and familiarize yourself with the pool rules. You can find them at [www.harvesthoa.com](http://www.harvesthoa.com) and posted at the pool. If you have not yet picked up your pool fobs, please stop by the Farmhouse! For those who have not yet moved into Harvest, we will have "New Homeowner" pool days

(second and fourth Saturday of the month). Be sure to pick up your pool pass from your builders.

## Just a few reminders:

1. The minimum age for non-accompanied swimmers is 14, no exceptions.
2. Each home is allowed 4 guests. If you plan to have more guests, you will need to fill out a pool party reservation form, which can be found online ([www.harvesthoa.com](http://www.harvesthoa.com)) or at the Farmhouse.
3. NO GLASS allowed in the pool area.

We will have a pool ambassador at the gate to ensure only homeowners and your guests are using the pool. Last year, we had several visitors from the surrounding area that were not residents of Harvest that were stopped at the gate or shortly after entering by the ambassadors. Please do not be offended if they ask you to sign in, number in your group, etc. Remember, these ambassadors are not lifeguards or security guards.

Happy swimming!



# Gardening by the Moon

By Dr. Robert E. Moon

## Spring Gardening Checklist May Watering Schedule

May watering recommendation is to water once every 7-10 days.

**Spray Heads:** 12-20 minutes

**Rotor Heads:** 30-45 minutes

**Bubbler Heads:** 5-10 minutes

**Drip:** 30-45 minutes

If you are like me, you like to work from a list and have the satisfaction of checking off items on the list as they are completed so here is your spring gardening checklist.

- ☑ Fertilize your turf, shrubs and trees with Harvest Fertilizer. I know that it smells but the plants love it. With all the rain, take advantage of a rain event and fertilize before rain. This is especially true in areas where you have drip irrigation because it will help water in the fertilizer. This fertilizer will make your plants healthy and give the added benefit of not polluting the environment or the lake. This fertilizer is totally organic.
- ☑ Plant annual and perennial color for summer enjoyment.
- ☑ Create pots of color in your landscape to add beauty. Make sure all pots have drainage holes in the bottom before planting. When planting pots, remember you need thriller, filler and spiller plants.
- ☑ Control weeds growing in turf with a weed controller labeled

for southern grasses. All of you have bermudagrass turf in your yard.

- ☑ Mulch your beds with as much as 2" of brown mulch to conserve moisture and help with weed control. Do not use black or red mulches that do not look natural.
- ☑ Monitor your irrigation system during these rain events to keep from using too much water and overwatering your plants.
- ☑ Control fire ants in your yard with a fire ant control product that you can purchase at any home store or garden center. Especially treat around your foundation to keep fire ants out of your house.
- ☑ Remember that the organic product, Neem Oil, is a good control for most outdoor insects and diseases for all your plants.

Enjoy keeping your landscape beautiful this summer!

# Developer's Corner



There is a lot of activity happening around Harvest! From the new pavilion that will feature giant size games and seating, to the new amenity by the event lawn.

In the coming weeks, the Farmhouse will get a makeover that includes a new paint job.

**Fun Fact:** Did you know that all of the storm drains in the community connect underground and collect rain water that funnels into the 11 acre lake? That water is then used to irrigate common areas of the community. If you like numbers, check these out: 32 acres (35% of total open space) are irrigated by the Harvest Lake; that's roughly 47,000,000 gallons of water a year; total savings to the HOA is \$232,650 vs. city water. How's that for sustainability!







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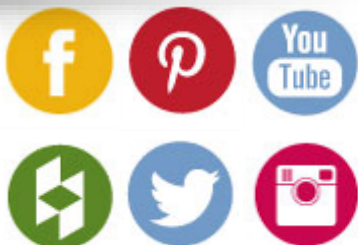
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# Turnip Curry

*Recipe by Cris Comerford, White House Executive Chef*

## Ingredients

2 tbsp coconut oil  
1 small onion, diced into ¼ inch size  
1 tsp minced ginger  
3 cloves garlic, minced  
1 tbsp ground cumin  
1 tbsp curry powder  
1 (15 oz) can chickpeas, drained  
1 turnip, peeled and diced ½ inch

1 red bell pepper, diced 1/2 inch  
1 lb French beans, cut into 1 inch  
1 (15 oz) can tomato sauce  
1 cup vegetable stock  
1 cup coconut milk  
Salt and pepper to taste  
Pinch of red pepper flakes  
½ cup cilantro, chiffonade  
6 each whole wheat roti (optional)



## Directions

In a medium sized saucepan, over a medium heat, drizzle the coconut oil.

Add the onion, ginger, garlic, cumin and curry powder. Stir until fragrant and the onion has turned translucent.

Add the turnip and let soften for about five minutes. Add the chickpeas, red bell pepper, French beans, tomato sauce, vegetable stock and coconut milk.

Season with salt and pepper and pepper flakes. Let simmer for about half an hour to a low heat, until the vegetables are tender the broth has thickened.

Adjust seasoning if necessary. Ladle into individual bowls and top with cilantro chiffonade. Served with a warmed roti.