

2015 First Edition



# harvest

*Gathering. Growing. Living.*



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## Harvest Better Together

**H**arvest is a place to gather, grow and live where family and community come first. Your HOA and lifestyle team are here to make Harvest the best place to live! We believe at Harvest that we are better together—it's an environment where you and your family can plug in deeply and engage in all that Harvest has to offer. Whether you enjoy relaxing by the pool, running in the park, reading by the lake, or spending time in the garden, Harvest is a place that brings life and laughter into your home!

Life within a growing community is always exciting. Change is constant. We are here to answer any questions. For questions regarding the HOA, please contact Tim Mills who serves as the General Manager of Harvest. For ideas, events, and or activities, please contact Page Austin who serves as the Harvest Lifestyle Manager.

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## Are you receiving our e-mails?

Be sure to stop by the Farmhouse, call, or email Page Austin with your email information so you can be in the know!

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## NEW to Harvest?

It's our pleasure to welcome you to Harvest! As a new homeowner, you are now a part of a unique lifestyle concept providing you an opportunity to be an integral part of continuing the Harvest legacy.

Join us for a new homeowner orientation meeting on **June 27<sup>th</sup>** from 10-11am at Harvest Hall.

Please RSVP to Page Austin via email at [page.austin@fsresidential.com](mailto:page.austin@fsresidential.com).



**02** Freedom Fest  
Thank you neighbors!



**03** Gardening by the MOON  
Enjoy gardening at Harvest



**05** Developer's Corner  
195 homes at Harvest





## Harvest Freedom Fest

Thank you to everyone who came out for the Harvest Freedom Fest. We hope you enjoyed time with your family and fellow homeowners. It was truly a wonderful sight to see families coming from all directions carrying their side dishes, pulling kiddos in wagons, and carrying their

canned goods for the North Texas Food Bank.

We were so excited about our goal of donating 1,000 cans to the North Texas Food Bank. To kick off Memorial Day weekend, the Harvest Kids participated in a canned food scavenger hunt. In one hour on a rainy Friday afternoon, the Harvest kids filled two large bins with canned goods. We were so proud of them!



It only got better from there. We were blown away by the generosity of the Harvest homeowners. Thank you all for donating canned goods and for your monetary donations. Harvest donated **1,092 cans**, which is **1,311 pounds of canned goods**. Because of your donations, the North Texas Food Bank is able to distribute **1,513 meals!!**

*Thank YOU Harvest Neighbors*

## HARVEST kids

Harvest Sports Club

Written by Rylan (age 11) and Tucker Conner (age 9)

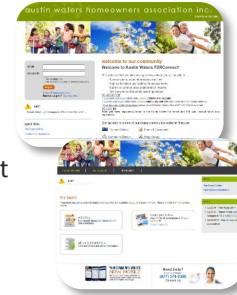


**M**y brother and I like to play all sports and we are starting a sports club so the kids at Harvest can get together and play sports. We thought it would be fun to do this because we would like to get a lot of people involved. We will meet on **Tuesdays and Fridays around 1:00 pm at the Soccer Field** starting the first week school is out and then throughout the summer. We are going to try and play a lot of different sports, just depending on what we feel like playing that day. We just want this to be an opportunity for us all to have fun and get together, show up if you can, just something to do and we would like others to join.

## FSRCONNECT

FirstService Residential hosts a website for your community at [texas.fsrconnect.com/harvestresidential](http://texas.fsrconnect.com/harvestresidential). You can:

- Check your balance
- Fill out forms & submit
- Submit a Work Order
- Access community calendars
- Access current and past community newsletters
- Send a message to the association manager
- Access community forms and documents



To log into the site, enter your email address and password in the box on the left side of the screen and click the "login" button.

If you have not previously registered to use the site, you can obtain a registration code by contacting Tim Mills at 940.640.3322 ext 1 or by email [tim.mills@fsresidential.com](mailto:tim.mills@fsresidential.com). There will be a FSRConnect training on **Saturday, June 27th at 11 am** at Harvest Hall. Please RSVP to Page Austin at [page.austin@fsresidential.com](mailto:page.austin@fsresidential.com).

## Harvest COMMUNITY Library

Written by Hannah Wood



I am Hannah Wood and I am starting the first Harvest Community Library. I am a Girl Scout and I am trying to earn my Silver Award. I have already received my bronze award which was 20 hours of community service helping the Humane Society. The Silver Award is the same

type of award but 50 hours. I think it is important for kids to read and enjoy books. I think it is important to read because it makes you smarter and it informs you about things you don't know.

I am going to be doing several fundraisers to help raise the money for supplies to build the library. This will be a take-a-book and leave-a-book library. To get started, we will need book donations. There will be a box at the Farmhouse labeled "Harvest Library" where you can donate your books so we can stock the library. I would like to start doing bake sales and lemonade stand sales on the weekends when it starts to get nicer outside.

The Harvest Community Library will be a great thing to have in the neighborhood. I look forward to reading new books!







## June Tips for your Harvest Landscape

By Dr. Robert E. Moon

**H**opefully, you have had your irrigation controller turned to the off position since there has been no need for irrigation since last October. It is unusual to have your controller turned off for this long in the spring. Be prepared to turn the irrigation back on for the health of your plants. More information to come on when and frequency.



Summer is almost here! When you turn your controller back on, perform a trial run and check each zone to make sure you have no leaks. Make all needed repairs. Remember, leaks waste water, over-water the area around the leak and run up your water bill. Leaks also cause the entire irrigation system to lose pressure and operate inefficiently.

Re-mulch all your bed areas with a brown, hardwood mulch to conserve moisture and help control weeds throughout the summer. Home Depot and other retailers have Scott's Brown Mulch that is excellent.

The rain has also created a problem with fire ants in your turf and beds. These ants have been building mounds higher and higher to escape the water. Now that you know they are in your yard, be prepared to control these pests with the Texas Two Step program. I have adapted this information with organic controls for Harvest.

**First step**, spot treat active fire ant mounds with Orange Guard Fire Ant Killer, Neem Oil, Green Light Fire Ant Control, Advion or Conserve SC.

**Second step**, is to follow this treatment with a second application for control for fire ants that remain active after first step. You can use the same product again or try one of the other products listed. Repeat as needed through the season.

All the recent rains may cause some of your drought resistant plants to die. If so, now is a good time to make needed replacements. I have noticed some of the street trees have died and you will need to replace these trees with a 3-inch caliper of the same variety of tree that was originally planted. There is a designated tree species for each street at Harvest, so make sure your replacement is correct for your street.

Take time to enjoy your beautiful surroundings at Harvest. Good Gardening!

# Gardening with ROCKY



### Watering Tip

Once the rain stops and the Texas heat rolls in, you will need to start watering twice a week.

### Garden Tip

Be sure to pick fruit as it ripens and cut your leafy greens before they get too big.

As you probably know, we just harvested the winter wheat grass by the Farmhouse. Now the soil is nice and ready for the next crop....the loofah gourd.

**Did you know that the loofah gourd is part of the cucumber (Cucurbitaceae) family?**



It is first a vegetable and second a sponge. If you harvest the loofah gourd in the early stage, it will look like a small green cucumber. As the plant fully develops it becomes very fibrous. This is the state that it becomes a sponge.

Loofahs are extremely vigorous plant; vines can reach lengths of 15 feet or more! They make an excellent summer screen plant, as they will thoroughly cover every inch of fencing available to them. The plants flower and set fruit all season.

Rocky will be planting the loofah gourds soon and we look to harvest them in August so stay tuned!





# How to Avoid VIOLATIONS

**D**id you know that each year a majority of communities issue nearly 500 violations to homeowners for not being in compliance with their community documents?

The good news—many violations can be avoided. Most homeowners bought their home because they were impressed with the maintenance and upkeep of each and every home in the community. Below are just a few things you can do to maintain the appearance of your home and to stay off the radar of those pesky violation notices:



## Put your trash cans away WEDNESDAY night.

If you have kids, this is a great chore to teach them responsibility and gives you a minute to look over their homework.

**Add mulch to your flower beds twice a year.** Mulch is an inexpensive way to give your flower beds a healthy and fresh look.

**Mow and edge your yard.** Don't wait until you get the letter to do it. During the growing season, it is best to mow every week. It's also great exercise for men and women and a great chore for kids!

**Put basketball goals away.** These should always be stored out of view when not in use.

**Remove items from the exterior of your home.** Please do not use the front of your house to store bags of trash, mulch, kids bikes, ladders, tires, etc. These types of items can bring down the appearance of your home.

**Replace any missing pickets on your fence.** As our houses age, maintaining your fence has a big impact on your home's curb appeal.

**Do not store any recreational vehicles or boats on your property in view.** If for some reason you have to keep it at your house for a few days, please contact your manager so they don't have to contact you.

*Let's all work together to keep our community beautiful and a nice place to live. You and your neighbors are the ones that can make that happen!*



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# What's Hot & What's Not in Health & Fitness

The full list of top 20 trends is available here: [http://journals.lww.com/acsm-healthfitness/Fulltext/2014/11000/WORLDWIDE\\_SURVEY\\_OF\\_FITNESS\\_TRENDS\\_FOR\\_2015\\_5.aspx](http://journals.lww.com/acsm-healthfitness/Fulltext/2014/11000/WORLDWIDE_SURVEY_OF_FITNESS_TRENDS_FOR_2015_5.aspx)

**Have you been looking for new fitness routines or ways to work getting fit into your daily routine?**

For the last nine years, the American College of Sports Medicine (ACSM) has researched and released results of their annual survey that monitors and forecasts industry trends in health & fitness.

The results are based on survey responses from thousands of fitness professionals working in public & private health clubs, residential communities and corporate fitness environments, etc. Below are a few of the top trends from ACSM to watch for during 2015.

*To access additional trends and supporting information on the ACSM survey, please click on the link at the top of this page.*

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## Body Weight Training:

Body weight training uses minimal equipment making it more affordable. Not limited to just push-ups and pull-ups, this trend allows people to get "back to the basics."

## High-Intensity Interval Training (HIIT):

HIIT involves short bursts of activity followed by a short period of rest or recovery. These exercise programs are usually performed in less than 30 minutes.

## Educated and Experienced Fitness Professionals.

Given the large number of organizations offering health and fitness certifications, it's important that consumers choose professionals certified through programs that are accredited by the National Commission for Certifying Agencies (NCCA).

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**Strength Training.** Strength training remains a central emphasis for many health clubs. Incorporating strength training is an essential part of a complete exercise program for all physical activity levels and genders. (The other essential components are aerobic exercise and flexibility.)

## Personal Training.

More and more students are majoring in kinesiology, which indicates that they are preparing themselves for careers in allied health fields such as personal training. Education, training and proper credentialing for personal trainers have become increasingly important to the health and fitness facilities that employ them.

**Exercise and Weight Loss.** In addition to nutrition, exercise is a key component of a proper weight loss program. Health and fitness professionals who provide weight loss programs are increasingly incorporating regular exercise and caloric restriction for better weight control in their clients.

**Yoga.** Based on ancient tradition, yoga utilizes a series of specific bodily postures practiced for health and relaxation. This includes Power Yoga, Yogalates, Bikram, Ashtanga, Vinyasa, Kripalu, Anurara, Kundalini, Sivananda and others.

**Fitness Programs for Older Adults.** As the baby boom generation ages into retirement, some of these people have more discretionary money than their younger counterparts and are looking for ways to stay healthy and enhance their quality of life. Therefore, many health and fitness professionals are taking the time to create age-appropriate fitness programs to keep older adults healthy and active.

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## 8 Easy Ways to Make Your Home Safe

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 Keep interiors and exteriors well lit.**  
This is important at nighttime and also in winters when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.

**2 NEVER leave electrical problems pending.**  
The slightest fluctuation should be attended immediately. Make it a cardinal rule to switch off appliances after use.

**3 Working smoke alarms are a necessity!**  
Check your batteries regularly and practice regular safety drills with your family to ensure awareness of procedures.

**4 Practice ordinary appliance safety.**  
Especially with kids around. Make electrical outlets safe by child proofing them with safety plugging. Keep sharp objects like scissors, knives, weapons and match boxes out of reach.

**5 Ensure locks and bolts on doors and windows are working properly and tamper-proof them.**  
Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.

**6 Do not share your family's working or school hours.** Teach family members to avoid telling people about schedules and routines. Do not put personal information online.

**7 Be aware that the risk of accidents goes up when you are getting maintenance or repair work done.** Ensure safety and precaution and be prepared to react quickly to accidents or injuries.

**8 Avoid repair work of appliances you're not familiar with or that involve undue risk.** Many home accidents are the result of improper tampering with tools like lawnmowers and trimmers.

## Developer's Corner

The Harvest Way extension North to Homestead Way is almost complete which means the trail and landscape around the lake will be finished! Additionally, we are working on the completion of a park in Harvest Meadows which will include a playground and a trail. As our community grows, we thought it would be interesting to provide you with a quick snap shot of Harvest.



We have sold 205 homes at Harvest and have 150 families have moved in. Around 30% of our buyers are in their 30s, 30% are in their 40s, and 30% are 50+ age range. We have approximately 200 kids at Harvest, with an average age of 8. We also have about 50 couples who are empty nesters. Drumroll please, so far our very own Wade Delk has sold 13 homes in Harvest making him our #1 realtor! Also of interest, 23% of Harvest residents relocated from outside of Texas!

## When to Call Your HOA?



After regular business hours, your management company has a very efficient emergency response system in place in order to respond to appropriate emergencies, which are situations that can cause damage to property.

Our management company can do little about your neighbor's dog barking at 3:00 am, but a call to the neighbor or, as a last resort, to the local police about the disturbance may help get immediate attention. The best way for this kind of a situation to be handled in the long term, is for you and your affected neighbors to report it to Tim Mills, your General Manager.

Prowlers and vandals are best handled by the local law enforcement officials. That is not to say that your HOA does not want to know about this activity. They do, in order to monitor the community, but the quickest, most effective response and enforcement will come from the Police or Sheriff's Department.

A rule of thumb to remember is, if it is a property threatening situation and can be addressed by one of the contractors, please CALL your HOA.

## DIY Household Tip

**Loose Screws:** If a screw is so loose that it's barely gripping, remove it, wrap its threads with a few strands of steel wool, and screw it back into its old hole. If a screw has been ripped out of its hole entirely and the hole is too big for the threads to gain hold, slide a wooden match into the hole and then replace the screw.







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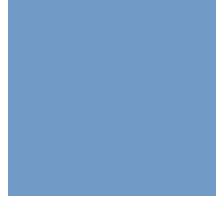
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After-Hours Property Emergencies  
877.378.2388



WE ARE SOCIAL



## Help shape the future of your COMMUNITY

### Committees Need Your Help!

We have established some committees at Harvest such as Harvest Hospitality and The North Texas Food Bank Volunteer Team but we are still in need of many volunteers! Help shape the future of YOUR neighborhood! You choose how much time you can contribute—if you're only able to volunteer a few hours, we will gladly accept your participation.

### Why volunteer?

You have a vested interest in your investment. By becoming involved in your community, you can take an active role in maintaining property values and ensuring your community's quality of living. Serving also allows you to get out and socialize and network with your neighbors—it can even be fun!

### How do I sign up?

To sign up, contact Page Austin at 940.648.3322 ext 2 or by email at [page.austin@fsresidential.com](mailto:page.austin@fsresidential.com).



## Watermelon Feta Salad

RECIPE COURTESY GARNISHWITHLEMON.COM

This cool, refreshing salad has a wonderful mix of flavor that compliments any spring brunch menu or office potluck.

Serves 4-6

7 cups of cubed watermelon, chilled  
and well drained

1 tablespoon rice vinegar

4 ounces crumbled feta cheese

1 cup loosely packed fresh mint leaves, coarsely chopped

Kosher or sea salt

Freshly ground pepper



Gently toss melon with rice vinegar, feta cheese and mint. Season with salt and pepper. Serve immediately

This salad is best served right away. The vinegar starts to break down the watermelon if made too far in advance.