



harvest

Gathering. Growing. Living.

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Why *Donate* Produce to the North Texas Food Bank?

By Whitney Strauss, Sr. Manager of Corporate Engagement, North Texas Food Bank



Fruits and vegetables are often the most neglected foods in

the general public's diet. They are especially important for those that are food insecure and do not have access to fresh produce. Providing fresh produce shows that one cares about the health of those receiving food. All quality produce is welcome! Great produce to donate are the same types of produce with a decent shelf life (root vegetables, citrus and melons). Additional variety (berries, etc.) are also needed and bring needed nutritional value.



You're Invited to the **Inaugural Harvest SCARY FUN RUN** for Harvest neighbors & friends to benefit the North Texas Food Bank. The **SCARY FUN RUN/WALK** in costume starts at 5pm by the Harvest Lake followed by a costume contest (residents and pets). Not participating? Join your neighbors at the Hall or Biergarten at 5pm!

OCTOBER 24TH | 5-9 P.M.
HARVEST HALL/EVENT LAWN

- Fun run/walk around Harvest Lake in costumes
- Biergarten on the Event Lawn (adults only)
- Dinner provided by the Hamburger Man
- Monster Mash DJ
- Costume Contest (categories: Best, Creative, Scariest)
- Pet Costume Contest
- Scary Dessert Contest
- Games

2 lbs. per person of fresh produce gets you in (Family maximum 10 lbs.)! Or \$5/per person (\$25 family maximum).
An RSVP is required for dinner!

RSVP to HarvestRSVP@fsresidential.com

JOIN Us...[IF YOU DARE!]

Inaugural Harvest Scary Fun Run

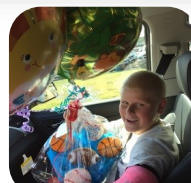
We are excited for the first annual Harvest Scary Fun Run that will benefit the North Texas Food Bank. This event is filled with fun for every age! The evening will start with a Fun Run/Walk around Harvest Lake in costume followed by a costume contest for residents and pets. The festivities will start at 5pm! Don't want to run/walk? No problem, make your way over to the Hall or Biergarten!

Fresh produce is a big need for the North Texas Food Bank. We want to help meet that need! In order to partake in the Scary Fun Run event, a donation of 2 lbs. per person of fresh produce is required at check-in (family maximum 10 lbs.), or \$5/per person (\$25 family maximum). The North Texas Food Bank will have its refrigerated truck onsite. A donation is requested for all who want to enjoy a delicious dinner catered by The Hamburger Man!

An RSVP is required for dinner! Please RSVP to HarvestRSVP@fsresidential.com.



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"Why I Do Martial Arts"

By Amy Greenwood, Harvest Homeowner



A few months ago I knew I needed to get moving. I had regained the almost 40 lbs. I had lost last year, and I was ready to bite the bullet and get back on the wagon.

Dieting isn't the problem. I can do that at home and

implement it right away in my everyday life. But exercise? I'll pass. Local options are limited (and quite boring, IMO). I needed something new and fun to get me off the couch this time, and it wasn't going to be a 5am boot camp.

I happened to be in attendance at Mark Reding's birthday party, and somehow we got onto the topic of fitness, losing weight, and needing to find something new to try. Now, I knew Mark owned Reding Martial Arts in Denton, but I wasn't at all ready for his response to my whining. He told me I should come to his Brazilian Ju-jitsu class! Whaaat? Me? Um, no thanks. I'm the least fierce person I know. But, because I was desperate to try something...ANYTHING, new, I agreed to go the following Tuesday.

I had no idea what I was in for when I walked into the studio that Tuesday morning. It wasn't a beginners class, but Mark assured me it was fine, so in I went. I almost died during the 10 minute warmup...these folks are in shape! After a bit of recovery time and a LOT of water, Mark personally started working with me and showing me a few of the most basic submissions and techniques used in BJJ. I was immediately intrigued as I learned and watched, because I could quickly see that it was a brain game as much as it was about strength. It wasn't "fighting" like UFC, and everyone was SO welcoming. Honestly, it was like one 6 minute sweaty logic puzzle. (And I've ALWAYS liked logic puzzles.)

Fast forward 6 weeks, and I am loving life in my (very pink) gi. I am burning TRIPLE the calories in one class than I ever did at boot camp or at the gym on my own. I am down 6 lbs, am thoroughly enjoying the "workout," and am getting to know some great folks in the process. While I still can't make it through an entire class, I've come a long way, and I'm looking forward to the day when I can "roll" with anyone in the room.

If you're looking for a new way to get moving, I'd highly suggest you call Mark and see what he might have for you. There are kids, men's, women's and co-Ed classes. There's Jeet Kune Do, Muay Thai, Kenpo Karate and BJJ at the studio on a regular basis. You'll be surprised...I promise.

Oh, and I wouldn't mess with me. I'm a well-trained MMA gal now. ;)

Camp Gladiator at Harvest

By Stacey Stiles, Harvest Homeowner

My name is Stacey Stiles. We have lived in Harvest for 5 months. I have been involved with Camp Gladiator (CG) for 3 years. I am CG BOLD which has many perks.

I knew that CG had convenient locations all over the Metroplex, but I was concerned about leaving my group in Flower Mound. Going to a new location with new people and a new trainer was intimidating to me.

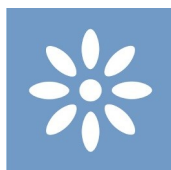
I have successfully made the change and my new CG trainer, Aunie Quinn and the new campers I have met have been very welcoming.

Three years ago when I decided to join CG, I had no idea how my life would change for the better. I have never considered myself to be an athlete. So imagine how intimidated I was to start CG. The first morning, I thought I was going to pass out and die. Through my struggles during the workout my CG trainer and many campers were cheering and encouraging me to keep going or take a breather. After that first workout I had committed myself to CG. One of the reasons I committed was how awesome the trainer and fellow campers made me feel. I have met and befriended some amazing people through CG.

If you read up on Camp Gladiator or friend them on Facebook you will hear testimony after testimony of how they have impacted lives. I can honestly say this is true for me as well. I view exercise as not only challenging, but fun now. I am human and have good and bad days too, but I can finally finish a full workout. Three years ago that was just a dream. I feel mentally, emotionally, and physically healthier since joining CG. My family can testify to this as well. They have seen a difference!

I love CG because it's affordable, family friendly, and convenient. It rarely ever cancels so there are no excuses to not do it. All four of my children have joined me when their schedules have allowed. CG is for everyone. It doesn't matter what your background is, your age, handicap, or fitness level. It's about working out at your own pace and building from there. Getting stronger, healthier and fit is the goal. I also love that it is an outdoor exercise group. No more stuffy crowded gyms.

CG fits into our Harvest Community because it will positively impact our families' lives by bringing us together in a healthy mindset. How awesome would it be for all of our children to witness their parents connecting with neighbors in a way that physically empowers them and to know our kids can join us too? It sets a positive tone to live a health conscious lifestyle for generations to come. When outsiders see a healthy thriving community, they want to be a part of it too. I look forward to the positive, healthy, like minded atmosphere we are building here at Harvest Live Smart.





Harvest *Kids* Corner

By Blake AKA "B-shizel" Kelly

Harvest is very cool.
It is so fun in this

neighborhood because there are so many kids in the neighborhood. In Harvest all of the kids always want to do something. All of us kids always want to play wiffle ball or football.

I live on 4th street. There are a lot of kids. On 4th street they always have get togethers. We have had a few block parties and stuff. I just broke my arm and all of 4th street sent me cookies and balloons to school.

Everybody is so supportive of each other in the neighborhood. On 4th street someone broke his leg and everybody on 4th street took him a care package. Everybody is so nice to each other. In my old neighborhood I didn't even meet one person in a year and a half and I knew people before we even moved in.



Soccer at Harvest

By Michael Pritchchow, Harvest Homeowner



Hi my name is Michael Pritchchow. I'm a Harvest resident and the soccer commissioner for the Argyle Youth Sports Association. This year we have had over 160 kids come out and play for the league. It has been such an amazing experience to

see all the kids of different ages getting excited to play sports. It has been an exceptionally amazing experience to see all of the Harvest resident kids that have signed up to participate in soccer. We have 30 Harvest kids playing this season.

Since Harvest has so kindly placed soccer goals out in the fun fields we have had the opportunity to host AYSA practices to help the kids get ready for the big games on Monday nights. So far Harvest hosts four practice teams during the week. Two prekindergarten/kindergarten teams and two second/third grade teams. The field is open to all Harvest residents and I love seeing so many come out and play.

AYSA will offer spring soccer for the first time this year. I hope all of the Harvest kids will sign up! If you don't know where the soccer fields are located, they are right in front of 4th street and behind the farmhouse. See you on the field!



3



GARDENING by the MOON



Fall Fertilization is Critical!

Dr. Robert E. Moon

Are you looking for healthy turf and shrubs next spring? If so, you need to start right now. Most homeowners fertilize their turf and shrubs in the spring and summer but neglect fall fertilization. Actually, fall is the best time to fertilize to provide needed nutrients for a healthy turf and shrubs in the spring.

I know it is hard to convince you that fall fertilization is even more important than spring and summer fertilization, but after the long, dog days of summer's heat and humidity, turf and shrubs needs to regain vigor before going into winter. The cooler temperature of fall stimulates turf and shrubs to grow vigorously when fertilized. This fertilization helps plants to develop deep, vigorous roots for the upcoming winter, increases winter survivability, increases density of turf and shrubs, reduces winter weed competition in turf areas, improves fall color, enhances spring recovery and prepares plants for summer's heat.

The key to fall fertilization is to apply the correct fertilizer. It is important to apply a slow-release nitrogen fertilizer such as the Harvest Fertilizer BioSol. Avoid using a fast-release fertilizer such as ammonium sulfate since this type of fertilizer will cause pollution, increase susceptibility to disease and increase the chance of winter kill. Why the Harvest Fertilizer? Because it was selected for the specific needs of the Harvest soils and it is 100 percent organic. I know, I know! It smells when first applied because it is organic, but the smell goes away in a few days but the benefit to your plants and the environment will long outlast the smell!!

For the fall fertilization, apply 12.5 pounds of the Harvest Fertilizer BioSol per 1,000 square feet to turf and shrub beds.

So this year, now that you know about the importance of fall fertilization, be a trendsetter on your street and before the end of October, fertilize your turf and shrubs. Your yard is waiting for you to take action.

Gardening with ROCKY



Farmer's Tip

Be sure to check your garden plot for aphids! I have noticed many of the garden plots have aphids. Here's a home remedy to treat your garden for aphids:

1. Quart of water
2. Mix 1 tablespoon of Ultra Ivory soap and 2 tablespoons of rubbing alcohol
3. Spray direction on aphids (be sure to flip the leaves over).

Be sure to join me in the Gardens on October 10, 17, and 24!



What I have Learned Gardening at Harvest

By Joelle Zavzavadjian

While we were house shopping a little over a year ago, if there was any doubt remaining in our minds that Harvest may not be the best fit for our family then this thought quickly vanished from my mind as soon as I saw the Community Gardens.

And poof one year later, I'm on my second fall garden. Really I think of it as an outdoor-experiment-therapy-session and a great space for me to be the mom who 'says yes to everything' for my children. Notice I didn't say I expect my garden to feed my family so, if it does, well that's just a bonus!

Gardening in Texas is a completely new experience for this Californian. The soil is practically a rock, there are bugs-a-plenty, the wind is a thief and despite her infinite wisdom Mother Nature can still be very harsh. If I can learn how to conquer most of these challenges (let's all agree there's nothing any of us can do to stop the wind) then you can too. Our master farmer, Rocky, is an invaluable resource. He's a bottomless well of growing knowledge and his passion for it is contagious.

The biggest lesson I learned from him is that fertilizing is imperative. Prepare my garden by turning the soil and letting it rest, you say? No problem. Add some sand to make the soil more porous? I'm all over it. Mix-in egg and peanut shells? Absolutely! Add fertilizer, you insist? Ye...wait, what?! That's like cheating. Not for me, thank you very much, I resisted stubbornly. Besides fertilizing can be full of harmful chemicals and that's not for my garden, I quipped.

My fall garden last year looked like that stubborn brain. My outdoor experiment was failing and my kids kept looking for the vegetables under those paltry greenish leaves. So I talked with my fellow like-minded Harvest gardeners, inquired further with Rocky about fertilizing (read swallowed pride) and was finally satisfied with a plan to use organic fertilizer, seaweed and molasses. So please learn from my lesson and fertilize whether organically or otherwise.

Green peas (their microgreens are amazing in salads), a handful of yellow squash, 4 honeydew melons, bountiful grape tomatoes and dozens (yes, you read that right!) of eggplant later my garden is growing and my children recognize that although it's hard work gardening is rewarding. Purchasing produce at the grocery store is actually quite the privilege, they understand.

I'm now anxiously awaiting our radish, Russian kale (tends to be sweeter and less bitter), lettuce medley and onions to grow. No doubt more gardening lessons are in store. Meanwhile, I'll enjoy the process, commiserate with my fellow gardeners and learn from their experiences (that's another beauty of community gardening) and glean some more wisdom from Rocky and Dr. Moon. Oh, and fertilize. Did I say you should fertilize?! Yes, do fertilize.



Learning to Grow



Before moving to Harvest, I didn't have much experience growing vegetables. In fact, it was one of the compelling reasons which helped in our decision to move here. Rocky, the resident farmer, is at the gardens regularly and hosts "Gardening with Rocky" twice a month on a Saturday. He is extremely knowledgeable, patient, and willing to offer guidance on

two different kinds of squash, turnips, carrots, and spinach, and I can't wait to enjoy them in a few weeks.

Community gardening is a wonderful learning experience for both children and adults, plus it's a great way to meet your neighbors. Although it takes some time and effort, especially since the early stages of growing require a lot of care and attention, it's so worth it! I love being able to go down to the gardens to pick lettuce for a salad or veggies for a healthy meal...and they taste SO much better than store bought produce!



- Felicia de Groot

what to plant for a particular season. Last year I planted lettuce, spinach, carrots, beets, and turnips, and it was so rewarding watching the seeds sprout and grow. I couldn't believe how many plants could actually fit into a raised bed! This year I'm growing





Cyber Threats Cyber Security



Last week, Harvest homeowner Karen Denison attended a CyberThreats &

CyberSecurity class presented by the UNT Emeritus College at Robson Ranch. Below, Karen has shared the learnings from the class.

The UNT Emeritus College is a program sponsored by UNT and offers a variety of different programs throughout the year. They meet at Robson Ranch and at the UNT campus depending on the day.

This class offered many principles that we should all know, but may forget. Below are a few important points from this class.

The **WRONG** things to do:

- ▶ Do NOT open emails from people you do not know.
- ▶ Do NOT open email from people you DO know, but only have a single picture/link and no content.
- ▶ Do NOT visit sites that your browser identifies as "Untrusted".
- ▶ Do NOT download programs from strange sites. Try to use a vendor's home site.

Some of the **RIGHT** things to do:

- ▶ Maintain physical security over your PC and smartphones. That means using passwords for access and keep out of the hands of visiting children/teens.
- ▶ Run a good Internet security package or suite. An anti-virus program alone is no longer sufficient.
- ▶ Passwords...do NOT use the same password for multiple sites. Use 12 characters: symbols, numbers, and upper/lower case letters. Change them regularly! Use a password manager that encrypts passwords. This will allow the use of complex, safer passwords.
- ▶ Perform regular back-ups and store off-site. Do NOT back-up to a drive that is connected to your network. This drive can be infected as well. Cloud-based storage is good and probably better than a disk.

The future of security is ENCRYPTION.

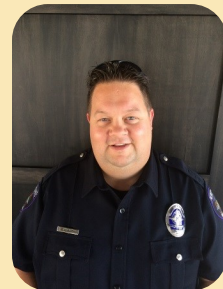


What is a *Neighborhood Watch Program* & How Does It Work?

By Officer Jason Schmidt, Northlake Police Department

The National Crime Prevention Council describes a neighborhood watch program as one of the oldest and most effective crime prevention programs in the county, bringing citizens together with local law enforcement to deter crime and make communities safer.

A neighborhood watch counts on citizens of the community to organize themselves and work with local law enforcement to keep a trained eye on their community.



Neighborhood watch programs work because it reduces opportunities for crime to occur; it doesn't rely on changing the criminal's behavior or motivation.

Tips that may benefit a Neighborhood Watch Program or contribute to its success:

- 1 Hold regular meetings to help residents get to know each other and to decide upon program strategies and activities.
 - 2 Consider linking up with an existing organization such as your local community development office, HOA, a neighboring Watch group from another municipality, or other organizations in your area. They may be able to provide an existing infrastructure that you can use.
 - 3 Canvass door to door or through your neighborhood social media groups to recruit members and to notify residents that a watch program exists.
 - 4 Ask people who seldom leave their homes to be "window watchers" who may look out for children and report unusual activities in their area of the neighborhood.
 - 5 Gather facts about crime in your neighborhood. Check police reports and learn resident perceptions about crimes. Often, resident's opinions are not supported by facts, and accurate information can reduce the fear of crime.
 - 6 Physical conditions like abandoned cars or overgrown vacant lots contribute to crime. Sponsor cleanups, encourage residents to beautify the area, and ask them to turn on outdoor lights at night.
 - 7 Watch groups are not vigilantes and should not assume the role of the police. Their duty is to ask neighbors to be alert, observant, and caring—and to report suspicious activity or crimes immediately to the police.
- Contact the Denton County Sheriff's Office by calling 911; for non-emergencies call (940) 349-1600 option 9. Be sure to follow the Town of Northlake on Facebook or sign up for emergency notifications through Nixle or CodeRed.

GOING TRICK OR TREATING?

- ▶ Swords, knives, and other costume accessories should be short, soft and flexible.
- ▶ Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- ▶ Fasten reflective tape to costumes and bags to help drivers see you.
- ▶ Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- ▶ Hold a flashlight while trick-or-treating to help you see and for others to see you. Always WALK and don't run from house to house.



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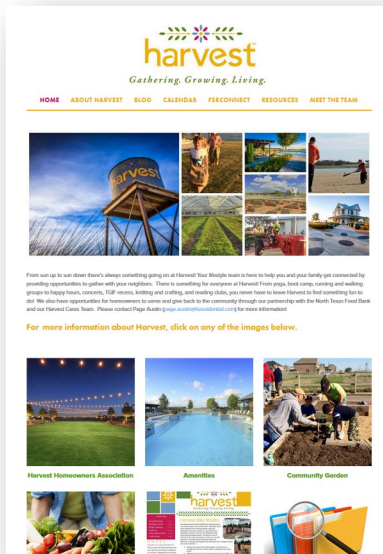
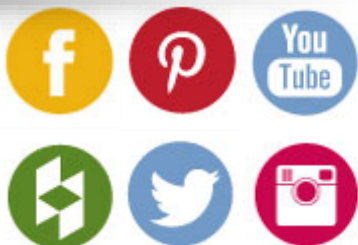
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Did you know
that Harvest
HOA now has
a website?

You can access the event calendar,
download important forms and
documents, read blog posts, see
pictures from recent events, and
much more! Be sure to visit and
explore the site today!

www.harvesthoa.com



Pumpkin Seeds



Recipe courtesy of Food Network Magazine

Directions

Seed the pumpkin:

Preheat the oven to 300 degrees F. Using a spoon, scrape the pulp and seeds out of your pumpkin into a bowl.

Clean the seeds:

Separate the seeds from the stringy pulp, rinse the seeds in a colander under cold water, then shake dry. Don't blot with paper towels; the seeds will stick.

Dry them:

Spread the seeds in a single layer on an oiled baking sheet and roast 30 minutes to dry them out.

Add spices:

Toss the seeds with olive oil, salt and your choice of spices (see below). Return to the oven and bake until crisp and golden, about 20 more minutes.

Sweet Toss with cinnamon and sugar (do not use salt in step 4).

Indian Toss with garam masala; mix with currants after roasting.

Spanish Toss with smoked paprika; mix with slivered almonds after roasting.

Italian Toss with grated parmesan and dried oregano.

Barbecue Toss with brown sugar, chipotle chile powder and ground cumin.

