

2016 April Edition



harvest

Gathering. Growing. Living.

What's Inside

Harvest Sprouts/Junior Gardeners
Gardening by the Moon
Harvest Cancer Support Group
Harvest Moves
Green Chili Corn Dip

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!

LiveSmart Principle Spotlight: Sense of Community



TGIF!

We have embraced the phrase

"there's always something going on at Harvest."

An average month at Harvest provides many opportunities to connect with neighbors. We create "sticky" environments where neighbors can gather, build friendships, and gain a sense of belonging. The photos above are just samples of the many events we do each month!



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Tip Toeing through
the Tulips
First Tulip Field in Texas



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Developer's Corner
Fire Station Scheduled
to open late 2018.



Tip Toeing Through the

Tulips

Last month, Harvest neighbors met at the Farmhouse and carpoled to the first tulip field in Texas!

A little history about the Texas Tulip Field...

Pieter Koeman brought the joy of Holland tulips to Texas in 2011. Pieter's father had a horticultural farm in Holland 40 years ago. His family specialized in tulip bulb production, growing tulips in greenhouses. After several years, their farm grew to 80 acres and produced tens of millions of tulips each winter. The Koeman family would sell their tulips at flower auctions in the Netherlands.

In 2011 Pieter's father passed away, so he and his family decided to change course and come to Texas. They found the perfect fusion of fertile soil, country charm, nice weather, and rolling hills north of Dallas. More importantly, they are able to actually meet the people who buy their tulips!



Harvest Sprouts & Junior Gardeners Program



We have never had a garden before and one thing we fell in love with about Harvest is the farm and garden beds available to be rented by the community. I think it is very important to grow your own food - it is as local as it gets! The kids will learn where food comes from and it is so important for promoting a healthy lifestyle. We get complete control over what we are eating. Also, it is a great family activity and great way to teach kids about being responsible. The whole family, including the kids, are taking care of the garden on a daily basis.

Gardening has been an adventure so far and very exciting as well as fun for our family. We had no idea what we are doing, so it was definitely intimidating at first. We just got different fruits and veggies seeds and pre-planted in a container with help from other residents and Rocky. In a few short weeks, we were so excited to see that our seeds had grown into small plants and it was so much easier than we thought it might be. We were lucky that it had rained a bunch before we planted, so we could easily turn our soil and we were surprised that we needed very little to get started.

Rocky has been an amazing resource and we enjoy talking to him and getting tips about keeping our plants growing and we are hopeful to eat some corn, carrots, cucumbers,

tomatoes and watermelon soon! I have already learned a ton and will continue to learn through this process.

By Kristina Smith, Harvest Homeowner

My favorite thing in Harvest is gardening and it is fun. You should probably try it when you get here or if you are already here! This is why I want to do junior gardening because I like the idea of growing plants and I like to learn about how to grow plants and it is fun. Do you want to know my favorite fruit that I have growing? It is watermelon. I like it because it is sweet and juicy. Do you want to know my favorite vegetable that I am growing - carrots. I eat them everyday and I like them because they taste good and they are crunchy. This is how I got interested in gardening. My Nana has a garden at her house that she lets me and my brother help her pick the fruits and vegetables and it was fun and when we go back there I am going to tell her I am growing a garden in my neighborhood and I can't wait for my Aunt and Nana to see it when they are here in a couple of weeks! I am most looking forward to growing, picking and eating yummy food. I think kids should garden because they will have their own fresh fruits and veggies to eat.

By Annabelle Smith, age 7

Gardening by the Moon

The trees at Harvest are a vital part of the community planning so that their beauty will set the desired atmosphere for years to come. With proper care these trees will grow and thrive turning this vast prairie land into a virtual man-made forest providing shade, cooling and year-round beauty.

For these trees to remain healthy and vigorous, there are maintenance items that need to be observed. The number one item is to keep the tree's root flare free of soil cover. The trees in front of your home between the street and sidewalk should not have stone edging installed with soil added on top of the root ball. This practice is very detrimental to tree health and in many cases, causes the tree to lose vigor. It can also cause death due to bark deterioration. Edging around trees can contribute to water holding around the tree preventing needed root/air exchange that is essential for healthy root growth. It also makes it more difficult to provide needed nutrients to roots. Just remember, tree feeder roots are shallow and they do not like to be covered.

The mulch rings around trees can also be eliminated after the first 2 years. The rings are there for establishment but once trees are established, rake the mulch rings level and let the grass grow up to the trunk. You will see that the common areas at Harvest will be maintained in the same way to provide health and vigor to all trees.

My tip for this month, do not sacrifice your tree for stone edging. In fact, don't sacrifice your time, money or sore back muscles. Your trees will thank you.



Harvest Cancer Support Group

Cancer is a Word, not a Sentence

By Kristi Sanders, Harvest Homeowner

My life changed forever the morning of September 10, 2014, when I was informed I had breast cancer. I decided quickly that no matter what my future holds, I will NEVER give up! Over the next few weeks, my family and I went through a lot of emotions, many conversations, several appointments with various doctors/surgeons, and a lot of research. After my first surgery, it was determined I needed weekly chemotherapy treatments for five months, followed by six weeks of daily radiation treatments, and then take daily hormone blocking medication for ten years. I was a little devastated at first, but then I decided to view it from a different perspective. In addition to surgery, I had been given three ways to fight my type of cancer, whereas many patients only have one or two.

I have been blessed in so many ways throughout my Journey. My husband Brent has been the most supportive, loving person I could ever ask for. He has been the one I lean on daily, plus his constant encouragement has been amazing! Our two sons, now ages 16 and 20, have also been wonderful. They've taken me to chemo, prepared meals, and even did extra house cleaning and laundry. Many other family members and friends contributed by also taking me to chemo and bringing food to our family. More importantly, they provided love, support, and prayers.

Cancer really is just a word, a very ugly word, but it doesn't have to be a sentence if you don't allow it. It's been over a year and a half since my Journey began, and now that my reconstruction is complete, I'm ready to "pay it forward." Every day on this beautiful Earth is a blessing, and I refuse to waste the gift of life. That is why I started the Harvest Cancer Support Group last month. This group is for any cancer patient, survivor, or caregiver, men and women, and for all types of cancer. We are currently meeting monthly, but we can meet more often if needed. The purpose of this group is to help meet the needs of patients, survivors, caregivers, and their families, whether they need to talk, receive meals, transportation, companionship, etc. I have been blessed with tons of love, support, and prayers, and I need to pass this on to others.

If your life has been directly affected by cancer, please join us!



Harvest Moves

Regular physical activity is one of the most important things you can do for your health. According to the Centers for Disease Control, it can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and MOOD
- Improve your ability to do daily activities and prevent falls, if you are an older adult
- Increase your changes of living longer



At Harvest, we want to help you get moving! We do this through walking/running clubs, yoga, Camp Gladiator, and spaces where you can safely run/walk. Despite all the opportunities to be active, life can get in the way. Read Harvest homeowner Jordan Gentle's motivating approach to healthy living.

"As an athlete, it's ingrained in me that you have to go BIG or go HOME. My performance must be perfect. But when you have kids (or you must be an adult) it's not always possible. It's not so much that you fail to plan it's often that your plans fail. I LIKE to get all of my reps in and I LIKE to finish all of my circuits and I PREFER to go to the gym and do the most weight at the advanced level. The truth is life happens and a little something is better than a big nothing. Health and fitness isn't about doing it all, it's about doing the little that you can. One meal, one exercise, one little change, because forfeiting at the expense of perfection does not excuse failure, it births it."

— Jordan Gentle, Harvest Homeowner

Harvest U: Self-Defense

Self-Defense is more than knowing how to fight back against a physical attack.

It's a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable you to successfully prevent, escape, resist and survive an assault.



Is self-defense training a guarantee that you will be safe? No, but it helps you participate in your own safety and to do what is necessary to reduce risk and become empowered to act, rather than to be acted upon.

We bring self-defense classes to Harvest to help our homeowners think in terms of options and choices; to develop their awareness and assertiveness skills; and to provide practice for physical self-defense techniques. Our goal is to change the way you think about violence prevention, help you deal with your fears and enable you to feel more empowered in your life.

Harvest homeowners Kim and Mark Reding own a martial arts studio in Denton and have graciously offered free self-defense classes for their neighbors at Harvest.

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Developer's Corner

Fire Station: the land has been donated for a fire station at the Southeast corner of Old Justin Road and future Cleveland Gibbs. Opening is scheduled for late 2018.



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Girl Scouts: An Interview with Harvest Homeowner Sara Richardson



Why are you and your daughter involved in the girl scouts?

Amy Kate became interested in Girl Scouts because she was new to school in

Argyle and one of her friends invited her to join the Brownie troop. She had a great year as a second grader in Brownies and said she'd like to do it again the next year.

What made you become a troop leader?

The wonderful troop leader, who is also a teacher at her school asked if there were any volunteers to be the troop leader, so I said yes. We've had a great year with the 3rd grade Brownie troop and have earned several badges and sold Girl Scout cookies.

What have you learned during your time as a troop leader?

I've learned that scouting is clearly a process of growth. Most of the girls are participating for social interaction and they are learning how to navigate their relationships with

each other and find what they're passionate about. My favorite activity of the year was the first project we did back in the fall – the girls worked on the My Promise, My Faith pin. The project had them draw correlations between the Girl Scout Law and their faith. Many of the girls thoroughly embraced the project and interview mentors and created a reminder for themselves about their faith and being a Girl Scout. Here's a copy of the law:

What does your daughter love most about the girl scouts?

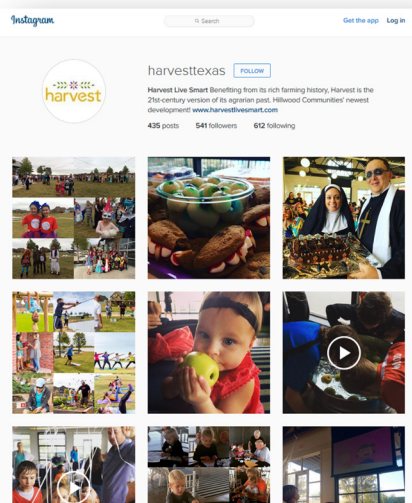
Amy Kate loves selling Girl Scout cookies!

Favorite girl scout cookie (both you and your daughter)?

Amy Kate's favorite is Thin Mints and my favorite is Samoas.

How can others get involved?

Contact Kelsey Brown at Girl Scouts of Northeast Texas at kbrown@gsnetx.org for information about joining a troop in this area or to volunteer.



Are you following @HarvestTexas on Instagram?



We're posting fun stuff to Instagram these days. Be sure to follow us and join in on the conversation!

Be sure to use our hashtag
#HarvestBetterTogether.

[instagram.com/harvesttexas](https://www.instagram.com/harvesttexas)



Green Chili Corn Dip

By Mary Faught Shannon, Daughter of John Donald and Lucy Faught

Ingredients

- 1 cup mayonnaise
- ½ cup Parmesan cheese
- 2 cups Monterey Jack cheese
- 2 cans Mexicorn, drained
- 1 can chopped green chilies, drained
- 4oz. jar pimento, diced
- 1 can sliced ripe olives



Directions

Mix all ingredients except olives. Pour into baking dish; top with olives. Bake at 325 degrees for 25 minutes, or until hot and bubbly. Serve with tortilla chips.

