

2016 October  
Edition



# harvest

*Gathering. Growing. Living.*



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Emeritus College  
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## LiveSmart Principle: Healthy Living



Harvest is a walkable community with trails and parks for you to enjoy. We want to help our neighbors achieve and maintain a healthy lifestyle. We do this through nutrition seminars, Camp Gladiator, yoga, Fit4Mom, walking and running groups. Be sure to jump in and take advantage of all the opportunities right outside your front door!



## Featured Article: Farming is a Life-long Lesson

Meet Doug Swafford, owner of Doug's Country Market. In August, we worked with Doug and his team to bring a weekly farmer's market to Harvest. Doug's farming and ranching roots go way back. His father, Marvin, was known around town as Ponder's right hand man and Doug picked up many of his father's traits. His father owned the cotton gin and grain elevator in town. As early as four years old, Doug learned to drive a tractor so he could help.

As on most farms the day starts early. Five am is when Doug would start his chores of gathering the eggs and feeding the animals. His summers were spent mending fences, bailing hay, and working cattle or hogs. As he grew, so did his love for farming.

Doug learned how to create a healthy, sustainable food supply the right way—no hormones or antibiotics—and uses the same techniques today. His goal with Doug's Country Market is to produce lean, clean foods for his customers. If you have been around Harvest on a Saturday morning, you will find Doug's Country Market at the Red Barn selling locally grown, farm-fresh produce such as vine ripe tomatoes, tender green beans, spring beets, juicy apples and cantaloupes, and more. Our homeowners have raved about the homemade salsas, jams, fresh baked breads, gourmet tamales, and Amish cheeses.

Be sure to stop by the Red Barn on Saturdays from 8-11am to see the selection for yourself! While it's not necessary to pre-order meats, eggs, etc., it does help to ensure you get what you need! To pre-order, visit [www.dougscountrymarket.com](http://www.dougscountrymarket.com).



02 October is Breast Cancer  
AWARENESS MONTH



03 Gardening by  
the MOON



# October is BREAST CANCER AWARENESS



With October being breast cancer awareness month, we wanted to share how our homeowners come together to support and care for one another. Last April, Kristi and Brent Sanders, Harvest homeowners, started the Harvest Cancer Support Group. Homeowners meet on a monthly basis to share experiences, encourage each other, and walk alongside each other during their journey. They celebrate the wins and embrace the trials together. Speaking of celebrations, Larry Moss finished his radiation treatments and is doing very well! Congratulations Larry for completing your treatments...you have come a LONG way and your newly regrown hair looks terrific!!



## Read a personal story from Harvest homeowners Jane and Dale Revell:

Many of us have a date on the calendar which holds great personal significance for us. A milestone birthday, a wedding, a baby's arrival are all reason to celebrate. It can also be a sad event which molds our feelings and future. Our family has one special day which has shaped who we were then and who we are now.

Oct. 16, 1984, we received the diagnosis no family wants to hear - Dale at 34 years of age had Non Hodgkins Lymphoma - advanced and extensive. Life expectancy? Possibly 6 months. With two children - ages 5 and 7 - and a career on the executive fast track at Ford Motor Company, his future suddenly became very unsure at best. For the next 7 years, our family battled the assault with chemo and radiation treatments on a repetitive cycle. Printed space does not allow for more details here, but use your imagination. It was very difficult!

After exhausting all possible chemo/radiation regiments available, we were faced with a huge decision for Dale to undergo a complicated, new, experimental procedure - a Peripheral Stem Cell Bone Marrow Transplant. With much research and prayer, we decided to take the one chance for a cure. After having all his existing bone marrow destroyed with chemo...On Oct. 16, 1991 he received new stem cells which we prayed would love their new home and give our family many more healthy years together. As you can see, we got our miracle!

This month our family will celebrate 32 years since that awful 10/16/84, through that traumatic 10/16/91, to Celebration day of 10/16/16 - 25 years of cancer freedom!

Because of the gift of life God gave us through the dedication of His gifted medical researchers, drug companies, and the very best cancer physicians available, we accepted an offer to give back by becoming Volunteer Couriers for the National Marrow Donor Program (Be The Match). For three years we travelled domestically and internationally delivering the gift of Hope to cancer families waiting for bone marrow and stem cells for a loved one. 43 trips of Hope - our gift of thanks!

We would be remiss here to not give praise where it is due! None of this entire life journey would have been possible without the Rock we stand on - our Lord and Savior Jesus Christ - and the blessings of loving family, caring church friends, and amazing neighbors who all shouldered our burdens, needs, and fears.

After living in 14 different communities around the USA/Canada and looking for a new Texas home, we were drawn to Harvest. What a unique community we are privileged to be a part of! It offers us another opportunity to 'give back' by our involvement in the Harvest Cancer Support Group.

Each new day is a blessing for each one of us! 2 Timothy 1:7





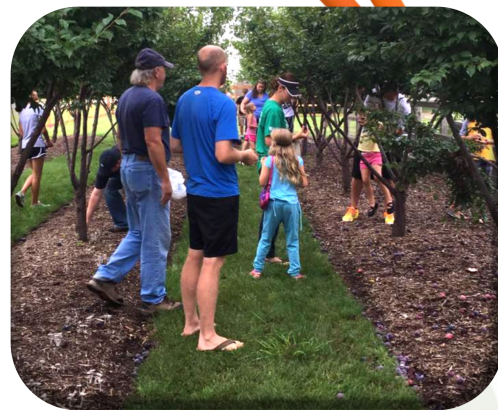
# Gardening by the MOON Harvest Fruit and Nuts!



Dr. Robert E. Moon

The young fruit trees growing in the Harvest garden are thriving but not without some difficulties. As with any young tree, there are potential problems – weather, birds, insects and disease – all trying their hardest to defeat or eat these trees first production. But the good news is that these trees are producing fruits and nuts at a young plant age despite these problems.

The apple trees suffered freeze damage, hail damage, disease and insects but there were still harvestable apples. The plum trees had to have the fruit thinned to keep the weight of the fruit from breaking the branches. But even with this thinning, the trees produced a bumper crop that many of you enjoyed at the community picking day. The pears were damaged by hail and the birds enjoyed the first fruits leaving few for anyone else to enjoy. Sometimes we have to share. The pecan trees are producing even though they have not reached the 7 year maturity point for production. These pecans will be ready to harvest after the first frost and that time is coming quickly even with the recent 90 plus degree weather. And finally, the figs are going to produce a good harvest this year.



These young fruit trees are all producing earlier due to maintenance practices to encourage maximum fruit and nut production, even with the inherent problems.

You will be receiving word about another community picking day for the pecans. It will be November...so stay tuned! Remember, picking the fruit and nuts need to be done only when the HOA has announced a community picking day.

Growing fruit and nuts in the Harvest garden and watching them mature and produce is fun and rewarding for all involved!

## Developer's CORNER

We have lots of dirt moving, as you can see! We are currently developing additional lots on both sides of Cleveland Gibbs Road that will bring more than 700 new home sites. Check out the new Harvest neighborhood map to see all the action. The 1,838 numbered lots have either been built, are being engineered, or are under construction. That's 57% of our overall build out!

Additionally, we are working on a new product to be developed in the 4<sup>th</sup> quarter, so stay tuned!

To date, 608 homes have been constructed or are currently underway; 550 homes have been sold (August 2016); and 480 homes are occupied (September 2016).

Tell your friends about Harvest!







# #HarvestPROUD

We have so many residents in Harvest doing great things. We wanted showcase just a few of the MANY great things happening around the neighborhood. #HarvestProud

## Jeff Woelfel, Senior, Argyle High School

Jeff plays tenor saxophone for the Argyle High School Band. This month, Jeff competed in the ATTSSB Region 2 All Region Jazz Band audition and was selected! He is also an area qualifier and taped for the All-State Jazz Band. Congrats Jeff and good luck in making the All-State Jazz Band!

Jeff Woelfel



## John Phillips, Senior, Argyle High School

John (#23) plays football at Argyle High school and was featured on WFAA with other members of the team talking about their commitment and legacy at Argyle. It was great to see a Harvest student on the local news! We are cheering for you John... go Eagles!

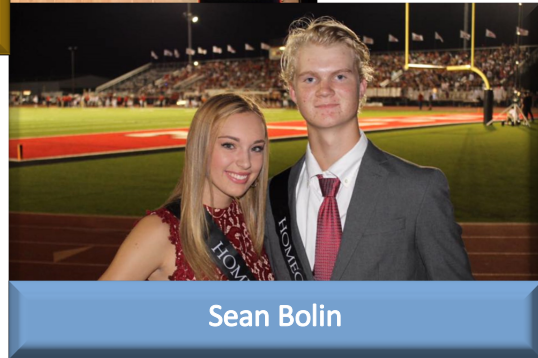
John Phillips



## Sean Bolin, Sophomore, Argyle High School

Sean was a candidate for the Argyle High School Sophomore Homecoming Court. The nominees were driven around the stadium in decorated golf carts for the parade. At the homecoming game, Harvest neighbors cheered on Sean during half-time.

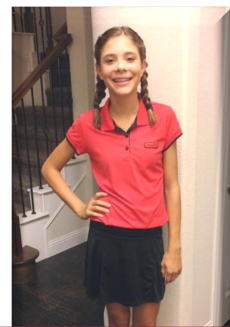
Sean Bolin



## Hannah Wood, Freshman, Argyle High School

Hannah was the only freshman to make the Argyle High School varsity golf team. She has spent all summer hitting balls in her backyard as well as on the Harvest soccer fields. Her hard work has paid off! Congrats Hannah!

Hannah Wood



## Argyle 5<sup>th</sup> Grade Volleyball

We have few Harvest girls that recently made the 5<sup>th</sup> grade volleyball team! Congratulations to Katherine Holtman and Carly Tucker!

## Brent Sanders, Harvest Homeowner

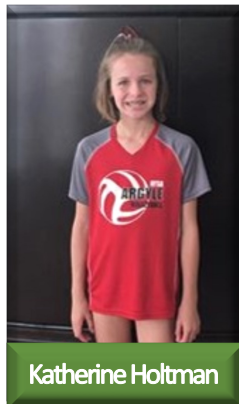
Brent and Kristi Sanders founded the Harvest Cancer Support Group in April of 2016. This month, Brent will be featured on NBC5 for a segment on the American Cancer Society's "Real Men Wear Pink" for breast cancer awareness month. It will air on October 16<sup>th</sup> at 12pm on the "Five Talk Street" show. Thanks Sanders family for how you care and support your neighbors during challenging times.

## Nico Patrick, Sophomore, Argyle High School

Nico was selected as Argyle High School's September student of the month. He was nominated by his teacher Mrs. Betzhold, who says he has great enthusiasm on and off the football field. Nico, your Harvest family is proud!

5<sup>th</sup> Grade Volleyball Team

Katherine Holtman





# #HarvestPROUD



John Phillips

## An Interview with John Phillips, Senior, Argyle High School

**As a Senior, what will you miss most about playing football at Argyle?**

The one thing I will miss most about playing football at Argyle is the team chemistry and of course the coaches. We work so well together and trust each other and I pray I can find the same team dynamic in college.

**What advice would you give to a freshman football player?**

The advice I would give a freshman is to listen and trust. The coaches have a plan for you. Be patient and let them develop you. It might take a while for you to see those Friday night lights in uniform but they will shine for those who out-work their competition.

**Do you know what college you want to attend?**

As far as colleges, I am undecided at the moment. I have put in 5 applications and have 1 acceptance letter so far to Hardin Simmons.

**Where do you see yourself in five years?**

In five years, I see myself as a commissioned officer in the United States Army proudly serving my country.

**What is something you learned over the last four years?**

I have learned that I could work harder than I ever dreamed possible. Just when I don't think I can go another inch...I am able to achieve something even harder. I have the coaches to thank for that. They are great men with tremendous leadership abilities and I have a great respect for them. They push us to be better together.

## College Life, an Interview with Grant Weitzer, Freshman, Texas Tech University

We were able to catch up with Grant Weitzer, who left Harvest after graduating from Argyle High School to attend Texas Tech University.

**What's the best thing about college?**

Freedom! Let me clarify, academic freedom. I like that I can create my own schedule and course work. I also have great roommates...I lucked out in that.

**Have you chosen a major?**

Yes, I am majoring in electrical engineering. One of my classes is an introduction to electrical engineering and I am really enjoying it.

**What other classes are you taking?**

History of Western Music, Calculus One, Chemistry, Raider Ready, and Writing. I also took a bridge course before school started.

**What's Raider Ready and can you tell me about the bridge program?**

It's a one hour, freshman course designed for students to manage the transition from high school to college. The course teaches us how to be engaged inside and outside the classroom; how to develop relationships with our professors and faculty; and learn problem solving and ethical reasoning.

The bridge program is with the engineering college. ConocoPhillips Academic Success Bridge Program provides study skills training, academic preparation training, tutoring, mentoring, and support. It was focused on math and it happens one week before school starts. The mentoring and academic support continues through the fall semester.

**Have you gotten involved on campus?**

Yes, I joined Formula SAE (Society of Automotive Engineers), an organization of mostly engineering students that builds open-wheel racecar from the ground up. The car is entered into the SAE international Collegiate Design Series in Brooklyn, Michigan at Michigan International Speedway.

**What do you miss most?**

My family and puppies.

Thanks Grant! We wish you all the best and look forward to visits when you come home!



Grant Weitzer



## Harvest Gives Back

At Harvest we don't just gather, we gather with a purpose. Harvest is a proud partner of the North Texas Food Bank (NTFB), a partnership that started in 2014. Our residents manage three garden plots where 100% of the produce is donated to the NTFB. Additionally, many homeowners make regular donations of surplus produce grown in their own gardens. Another way homeowners give back is through our big HOA events. For example, at our Kick off to Summer Bash in June, we collected more than 760 pounds of food for the NTFB.

In September, our homeowners donated more than 70 pounds of fresh produce to the NTFB, which equates to 84 meals. To date, Harvest has provided more than 19,400 meals to the NTFB.

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## General Manager's CORNER

Harvest BikeShare Program launched late August and has been widely accepted! To date we have had more than 225 rentals by 119 different users! We love seeing everyone riding the Harvest bikes around the neighborhood.



If you haven't had the chance to take one for a spin, be sure to visit [www.harvesthoa.com](http://www.harvesthoa.com) web site and read the instructions. We have provided step-by-step instructions. After you have read the instructions, head over to the Apple iTunes store and download the free app, search Harvest BikeShare Program. Just something to note, while this is a free amenity, due to the value of the bikes, you will be required to enter a credit card number to create the account before you can check out the bike. Also, only one bike rental per phone.

### Harvest Fertilizer

We also still have fertilizer for sale at the Farmhouse for \$36. This fertilizer was developed specifically for Harvest by Dr. Robert Moon. Since Dr. Moon used our soil in creating the fertilizer, about 95% goes directly into the soil (verses other fertilizers where only 10% goes into the soil). Be sure to get your bag today!



## Fried OKRA

This easy recipe is perfect for those who LOVE fried okra but are staying away from it because of the frying process. You won't even miss fried okra after you've had it this way!

### Ingredients

4 Cups fresh-cut okra (ends removed and cut from ½" to 1" slices)  
4 Tablespoons cornmeal  
6 Tablespoons Italian-style Panko breadcrumbs  
½ Teaspoon salt

½ Teaspoon pepper

2 Doug's country fresh, free range eggs, beaten

3-4 Tablespoons Doug's avocado oil (garlic infused version would be excellent with this recipe)

### Directions

Preheat your oven to 425 degrees and line a coat a baking sheet with the avocado oil. Mix the cornmeal, panko bread crumbs, salt and pepper together in a bowl until combined well.

Add the beaten egg and okra together in a separate bowl and mix it together until all the okra is coated in egg mixture.

Working in sections, add the wet okra mixture to the dry breading mix and coat evenly and set in baking pan when breaded.

Bake okra for 15-20 minutes, or until it is tender, turning them halfway through baking. If you prefer a nice golden brown outside on your okra, you can turn the oven on to broil and end of baking time for a few minutes, watching okra carefully and stirring as needed.

