

Grow • Cook Share & Relish



A Welcome Home Found for Growing Tomato Plants

One of the final steps in John Seca's annual veggie gardening season is the saving of seeds from his harvests. This Fall-Harvest action then kickstarts next year's crop of tomatoes, peppers and his famous Sicilian zucchinis.

A multi-year growing champion of the "long gourd", John has generously traded his winning zucchini seeds with avid competitors in giant vegetable contests within Ontario and beyond.

His generosity also extends to growing extra tomatoes from seed beginning in early Spring, sharing with those who have a little extra space in their garden for harvests destined for neighbours-in-need.

This year, our car was loaded with flats of tomato plants whose final destination was the community garden at the **rare Charitable Research Reserve**. The vegetables grown there are donated to the Cambridge Self-Help Food Bank.

This spirit of sharing and connections has deepened well beyond these tomato plantings.

With the support of the Ontario Trillium Foundation, the Compost Council of Canada has also partnered with the Cambridge Self-Help Food Bank, setting up an on-site composter to manage the organization's organic residuals that are no longer a viable food option. Instead of throwing these valuable materials into the landfill, the on-site composter now begins the composting process. Following the initial stage of transformation, the material is then taken to compost bins located at **rare's** community garden. The bins are filled with hungry worms eagerly waiting to help finish the work, creating valuable compost for the gardens.

All brought about through the thoughtfulness of people as well as organizations who took their love of what they do, looked outward to see what could be of help and used their abilities to "create better" together.



John Seca and some of his many flats of tomatoes destined for sharing with others.



John's "prep" site for the growing of his long gourds – the amazing Sicilian zucchinis.



John is one very serious gardener – proving that fig trees can indeed grow in Toronto.



The car is loaded up with flats of tomato plants from John & Gina Seca.



Siobhan Bonisteel of the Cambridge Self-Help Food Bank welcomes the tomato plants to the food-growing and -sharing garden at **rare Charitable Research Reserve** in Cambridge, Ontario.



Glenn Munroe, our Soil Health expert at The Compost Council of Canada, taking a peek into the on-site composter bin located at the Cambridge Self-Help Food Bank.



Digging in to the vermi(worm)compost bin at the community garden at **rare Charitable Research Reserve**

RELISH Yo' Mama



'Cause Mama's goodness can be preserved

Chive Blossom Vinegar

Chive Blossom-Infused Vinegar is both stunning and tasty – a great way to add extra depth to an "oil & vinegar" salad dressing. Best of all, it is super simple.

Ingredients

- 1 cup chive blossoms (fresh)
- 1 1/2 cups vinegar

Directions

When the chives have started to bloom, cut some of the flowers. Before you take them into the kitchen for washing, make sure that any insects who are snacking on the flowers are shaken off, staying outside.

Gently rinse the flowers.

Loosely pack them into a clean glass pint jar.

Pour the vinegar over the chive blossoms until they are completely immersed in the liquid. Stir the chives down into the vinegar with a spoon or chopstick.

Tightly cover the jar. Store at room temperature, away from heat and direct light. As the days tick by, you will see the colour of the vinegar solution change from clear to a beautiful pink tone. The pink vibrancy should be in its full glory in about 2 weeks.

When you are happy with the colour, strain the vinegar into an attractive, clean glass bottle. Rinse and compost the spent blossoms.

Cork or tightly cover the bottle. Your chive-infused vinegar is ready!



HOW DOES YOUR EDIBLE GARDEN GROW?

growarow.org

IT'S PLANTING TIME!

IF YOU WANT TO START YOUR PLANTS FROM SEED, FOLLOW THE SEED PACKAGE DIRECTIONS CAREFULLY. REMEMBER IT'S ALL ABOUT TIMING.

PLANTING IS BASED ON WHEN YOUR AREA WILL BE FROST-FREE – IE. WHEN TEMPERATURES STAY ABOVE FREEZING.

SOME SEEDS CAN BE PLANTED RIGHT IN THE GROUND. OTHERS CAN BE STARTED EARLIER BY PLANTING THEM INDOORS, WITH THE TIMING BASED ON THE NUMBER OF DAYS NEEDED FOR GROWTH PRIOR TO BEING TAKEN TO THE GARDEN.

PLANT • GROW • SHARE With Those in Need

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Harrowsmith MAKE. GROW. SUSTAIN. SHARE.
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As part of your garden this year, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank. Help us help all those in need. www.growarow.org

Relish Yo' Mama shares tried-and-true family recipes, passing them forward to follow the footsteps of our mamas and those before us. Relish Yo' Mama also refers to Mama Earth who not only gives her goodness with the fruits and veggies of her bounty but who we are striving to protect through actions of preservation and conservation. www.relishyomama.org



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