

# Grow • Cook Share & Relish



## ON THE GROW @ HIGHFIELD FARM IN CALGARY

Highfield Farm is an urban farm pilot project that is taking place on a 16 acre parcel of City of Calgary land. Chosen by the City of Calgary to lead an urban farm transformation, the land is leased to The Compost Council of Canada and operated by a dynamic team of local urban farm leaders & advocates. Our collective goal is to steward the transformation of an underutilized and degraded brownfield site into a sustainable food production space. Using regenerative growing practices, applied soil science, and compost systems, the farm aims to serve the surrounding community by providing fresh, nutrient-dense food to those facing food insecurity, as well as opportunities for participatory education. Here's an update from our fab farm team. You can continue to follow our progress via [www.facebook.com/highfieldregenerativefarm/](https://www.facebook.com/highfieldregenerativefarm/)

Here at Highfield Farm, we have already had quite an interesting start to the 2021 season!

We have seen a late last frost date and unexpected snowfall, a heat wave reaching temperatures of 39 degrees, and now thunder and hail storms on their way! Growing in the prairies isn't always easy, but regardless, this summer, we are cultivating 1/4 acre of market garden space with the majority of food grown to be donated to food access programming in our city. As a community urban farm hub, we strive to connect our members with their local food system, educate about growing nutrient dense foods, and how to revitalize our land through soil health and compost.

Being located in the industrial area, on an underserved city site, comes with a lot of challenges -- including having to build our garden from scratch (one wheelbarrow of soil at a time!), piecing together a working irrigation system using donated and repurposed components. These challenges, paired with inconsistent weather, has made it difficult to germinate our seeds but we are continuing to work hard and expect to see more action soon!

We have started to see our carrots, lettuce, spinach, zucchinis, and cucumbers pop up and our corn is growing fast. We are also excitedly watching the growth of our Dill's Giant Pumpkin seeds and hope to have a sizeable entry for The Compost Council's GIANT PUMPKIN contest in the fall.

2021 is our first major growth year - we have already seen a great deal of volunteers and members join our community and we couldn't have gotten the gardens planted without their support. They have hand planted, mulched, watered, weeded, built beds and structures ... the list goes on.

We have also received many generous donations of seeds, potatoes and plants from The Compost Council of Canada, West Coast Seeds, the Calgary Food Bank (we will hopefully return the favour with fresh potatoes in the fall!), the Calgary Horticultural Society and Greengate Garden Centres.

We cannot say thank you enough to those who have come out to volunteers, donated to the farm, or supported with expertise, advice and product to get us on the right footing for our first season .... from the bottom of our hearts, THANK YOU!

Here's some photos from our "family's" album to show the growing progress....



Congratulations to all of this year's **Gro for Good** grant recipients, supported by Scotts Canada. Each of the six community initiatives is receiving a \$2500 grant to help them continue to develop sustainable gardens within their communities. This issue features:

## The CBS Community Garden Orchard and Expansion Project

### Conception Bay South Parks Commission, NL

The Conception Bay South (CBS) Community Garden started in 2018 when a group of dedicated volunteers and representatives from the Town of CBS formed the CBS Community Garden Steering Committee. Gateway Garden is the site of this specific project and it sits on an industrial plot of land near the Town's new Arena. This garden features 26 raised beds, accessible beds, an outdoor classroom, firepit, berry bushes, and more. It is the main Community Garden in the community and the site of most of the garden's programming, events, and educational opportunities. Youth groups and service clubs volunteer in every aspect of the garden, from the plantings and harvests, to the community events. The *Gro For Good* award will fund the addition of 10 new raised beds, soil, a series of columnar fruit trees to form an orchard, and shrubs to provide greenery to the otherwise industrial space. The beds will increase the amount of produce available to the community, with the orchard to provide fresh fruits along with an educational opportunity for youth groups and community members.



### HOW DOES YOUR EDIBLE GARDEN GROW?

[growarow.org](https://growarow.org)

WEEDS COMPETE WITH YOUR VEGETABLE PLANTS FOR SPACE, SUNLIGHT, NUTRIENTS AND WATER. DON'T IGNORE THEM! SO WEED AND BE MERRY!

**REMOVE WEEDS** WHEN THEY ARE SMALL BEFORE THEIR ROOTS BECOME ESTABLISHED.

**USE A MULCH** A COVER ABOUT 8-10 CM THICK BETWEEN THE ROWS AND PLANTS CAN BE MADE FROM MATERIALS SUCH AS BARK, COMPOST AND STRAW.

**WATER BEFORE WEEDING** OR WEED RIGHT AFTER IT HAS RAINED AS IT'S EASIER TO PULL OUT WEEDS FROM MOIST SOIL.

**PLANT • GROW • SHARE With Those in Need**

'Cause Mama's goodness can be preserved

### Ingredients

- 1/2 cup chopped green onions
- 3 Tbsp butter
- 2 cups fresh peas
- 1 Tbsp finely chopped mint
- 1 tsp sugar
- 1 tsp lemon juice
- 1/4 tsp salt
- 1/4 tsp rosemary

### Directions

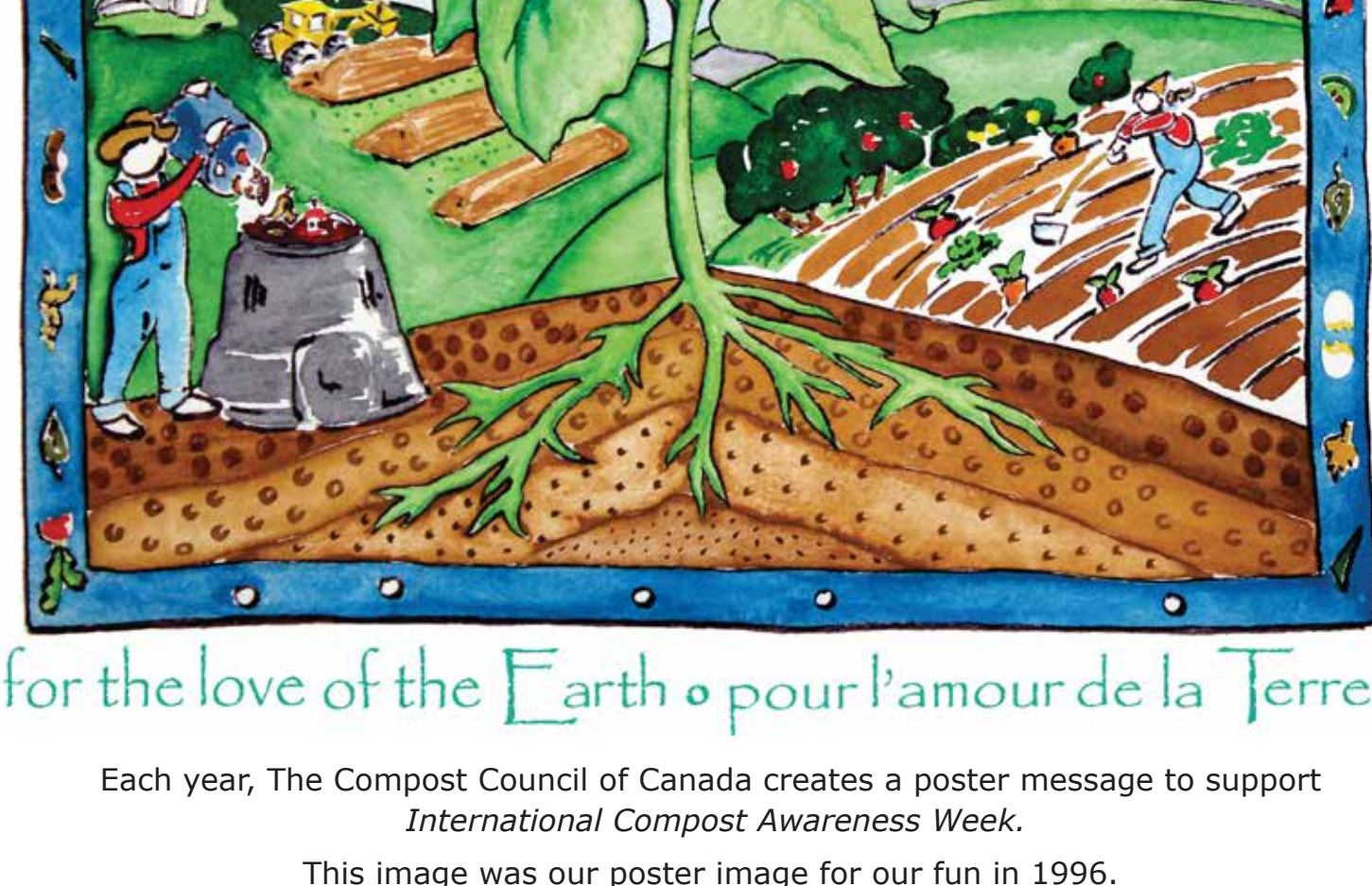
1. Cook onions in butter until tender.
2. Add remaining ingredients and 2 Tbsp water.
3. Cover and cook until peas are tender.
4. Garnish with lemon twist and fresh mint leaves if desired.

Serves 4

Alyson Service  
Merrickville Ontario

A wonderful recipe from  
**THE COMPLETE HARROWSMITH COOKBOOK**

**Harrowsmith**  
MAKE. GROW. SUSTAIN. SHARE.

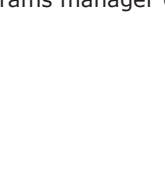
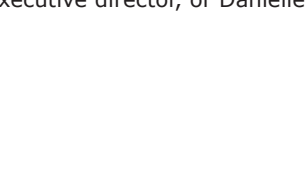
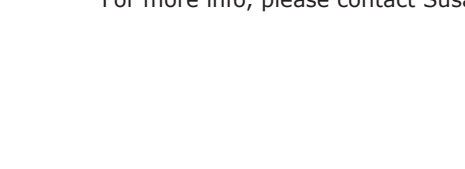
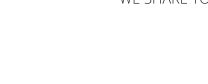
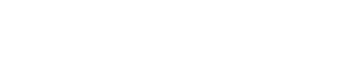


Each year, The Compost Council of Canada creates a poster message to support  
International Compost Awareness Week.

This image was our poster image for our fun in 1996.

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](https://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](https://www.relishyomama.org)



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