

Grow • Cook Share & Relish



It's the May 2-4 weekend !

*Stretch – Hydrate
Take your Time
(to smell the roses or for now, the lilacs and basil)
Wear Sunscreen*

It's finally the time for a whole lot of growing up to be done in our veggie patches.

As you head outdoors, we just want to remind you to BE GOOD TO YOU during your time in the garden.

Like that song says: WEAR SUNSCREEN.

HOW DOES YOUR EDIBLE GARDEN GROW?

growarow.org

GARDENING IS EXERCISE TOO! TAKE GOOD CARE OF YOURSELF...
GARDENING INVOLVES A LOT OF REPETITIVE MOVEMENTS, SO START OFF WITH A GOOD STRETCH BEFORE DIGGING IN.
KEEP YOUR BACK STRAIGHT AND BEND YOUR KNEES WHEN YOU LIFT.
ALTERNATE YOUR GRIP WHEN RAKING, DIGGING OR HOEING.
DON'T FORGET THE POWER OF THE SUN. WEAR SUNSCREEN AND A HAT, KEEPING WATER HANDY TO QUENCH YOUR THIRST.

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PLANT • GROW • SHARE A ROW
UN RANG POUR CEUX QUI ONT FAIM

PLANT • GROW • SHARE With Those in Need

BUILD A POLE BEAN TEEPEE

By taking advantage of the vine-like growth of pole beans, you can create a special play area in the garden for your child while at the same time, grow food.



Select a spot in the garden that is about 5 feet in diameter.

Dig the earth in the circle, adding compost around the perimeter to prepare the soil for planting.

Place about 6 – 8 long poles (about 6-9 feet in height) around the edge of the circle, pushing them well into the soil and angling them so that they lean toward each other. Leave a bigger space between 2 of the poles to serve as the future entrance to your teepee.

Firmly tie the top of the poles together. Wrap string around the poles to give the vines extra places to climb.

Once you have prepared the structure, you just need to follow the planting and growing directions for pole beans on your seed package.

Plant about 5 - 6 beans at the base of each pole.

As the seedlings emerge, train the vines up the poles. Water regularly and watch them climb! They'll soon cover the structure as well as provide food for picking.



Photo image courtesy of our Veggie Gardener/Writer/Publisher and all together great friend, Susan Gardner, Municipal World (www.municipalworld.com)

RELISH Yo' Mama



Green and Yellow Bean Salad

'Cause Mama's goodness can be preserved

Ingredients

- 12 oz (375 g) each green and yellow beans
- 2 tbsp (25 mL) chopped fresh oregano
- 2 tbsp (25 mL) extra-virgin olive oil
- 2 tbsp (25 mL) wine vinegar
- 2 tsp (10 mL) grainy mustard
- 1 clove garlic, minced
- 1/2 tsp (2 mL) each salt and pepper
- Half red onion, thinly sliced

Portions: 6

Directions

Fill bowl with ice water. In large pot of boiling salted water, blanch green beans until tender-crisp, 3 to 4 minutes. With slotted spoon, transfer to ice water; stir until cold. Drain on towel-lined plate. Repeat with yellow beans. (Make-ahead: Wrap and refrigerate for up to 4 hours.)

In large bowl, whisk together oregano, oil, vinegar, mustard, garlic, salt and pepper. Add onion and green and yellow beans; toss to combine.

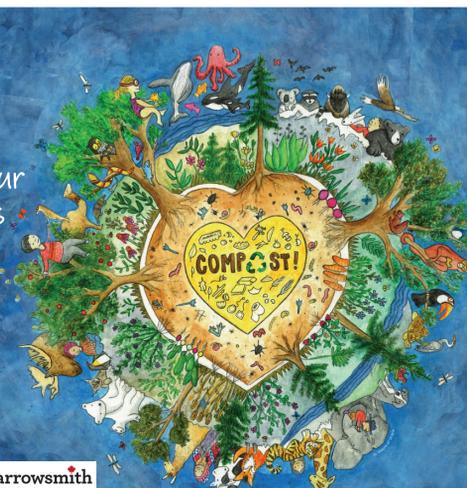
To retain the colour and crispness of the beans, make this salad as close to the time of your get-together as possible.



Special thanks to Sarah Primeau and her neighbourhood association for sharing our Plant - Grow - Share a Row veggie seeds within their community in Windsor Ontario.

We appreciate receiving your photos and updates on your gardening happenings. Please email them to Danielle c/o info@compost.org.

Recycle your
Organics



A
must-do
for
Mother
Nature

Conseil canadien de COMPOST Council of Canada
 HarrowSmith MAKE, GROW, SUSTAIN, SHARE
www.compost.org

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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