

# Grow • Cook Share & Relish



## Fredericton's Ville Cooperative Community Garden

The Ville Cooperative is a community-based organization with a focus on food security, physical literacy, and empowerment through social innovation. The community centre is located in Marysville, on the north side of Fredericton, New Brunswick, and sits on the former Alexander Gibson Memorial School campus.

Their Agriculture program is aimed at promoting community engagement, food security, and access to fresh produce. This is carried out through their community garden which boasts 40 4'x8' raised garden plots. These plots are rented out for \$30 each every growing season. According to Dana Hartt, the Agriculture Coordinator, the garden opened in 2016 in an effort to give local residents who don't necessarily have outdoor space at home an opportunity to engage in gardening and growing fresh produce.

Taking a stroll around the garden to peek at the plots, there are a huge variety of fruits and vegetables including kale, corn, peppers, cucumbers, radishes, mint, and cilantro. To aid in their gardening efforts, the community garden provides free compost with a compost bin also being on-site. In true gardening style, there are always future plans with one being Dana's eagerness to try the 18-day hot composting method which he will carry out by shredding the food and wood scraps, watering the pile, and constantly turning it towards the end of the compost bin. By the 18-day mark, it will have turned into finished compost. "Supposedly it will work!", was what Dana said.

The fresh produce is not only consumed by the respective gardeners but also donated through the Fredericton Food Bank, a program under the non-profit Greener Village. The Fredericton Food Bank program provides to over 3,000 people across Fredericton every month!

For the rest of the planting season, Dana is eager to fill the extra spaces by the community centre and replace the weeds with Grand Rapids lettuce. He hopes they will eventually self-seed, becoming "welcome weeds" into the future.



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:

## Jardignons ensemble (Let's Garden Together)

### Carrefour Jeunesse-Emploi Thérèse-De Blainville, Sainte-Thérèse, QC

The objectives of the *Jardignons ensemble* project are to allow young people between the ages of 12 and 35 to participate in an environmental project during the summer, creating a collective garden space and making gardening containers that will be distributed to local organizations. This citizen-initiative has different components such as awareness of urban ecology, respect for the environment, local production, food transformation, promotion of healthy lifestyle habits and distribution of the harvest to organizations, thus contributing to the vitality of the community. The Carrefour Jeunesse-Emploi Thérèse-De Blainville is setting up the *Jardignons ensemble* project in collaboration with various partners such as the Maison des jeunes des Basses-Laurentides, the Resto Pop Thérèse-De Blainville, the Centre Regain de vie, the Centre Jardin Dion, Palette FGL, Maison des jeunes de Blainville, etc. In addition to mobilizing youth in this environmental project, the initiative is designed to help them become familiar with the many community resources available for ongoing support.



## HOW DOES YOUR EDIBLE GARDEN GROW? growarow.org

**PLANTING IN CONTAINERS GIVES EXTRA ROOM TO GROW. THINGS TO CONSIDER:**

- BE RESOURCEFUL** ANYTHING COULD POSSIBLY SERVE AS A PLANT'S COMFY HOME. MAKE SURE IT'S CLEANED, HAS ENOUGH DEPTH FOR GROWTH AND IS OF SUFFICIENT SIZE TO AVOID FREQUENT WATERING OR HAVING YOUR PLANT DRY OUT.
- DRAINAGE** MAKE HOLES IN THE BOTTOM OF YOUR CONTAINER SO THAT THE PLANTS CAN GET A GOOD SOAK BUT WON'T SWIM IN ANY EXCESS WATER.
- THE SOIL** INSTEAD OF EARTH FROM THE GARDEN, USE A SOIL CONTAINER MIX FROM YOUR LOCAL GARDEN STORE. IT PROVIDES THE RIGHT TEXTURE AND NOURISHMENT TO GET YOUR PLANTS GROWING.

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

## Dad's Joke in the Veggie Garden

According to the New York Times ...

What's a zucchini's favourite sport?

See answer at end of Newsletter

## RELISH Yo' Mama Zucchini Loaf

'Cause Mama's goodness can be preserved

**Ingredients**

- 2 eggs
- 1 cup sugar
- 1/2 cup oil
- 1 1/2 cups flour
- 1/2 tsp salt
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 cup finely grated raw zucchini
- 1/2 cup chopped walnuts

**Directions**

1. Beat eggs.
2. Add sugar and oil.
3. Stir together flour, salt, baking powder, baking soda and cinnamon. Add to egg mixture, beating until blended.
4. Mix in vanilla, zucchini and nuts.
5. Turn into a greased loaf pan.
6. Bake at 350°F for 1 hour or until a toothpick inserted in centre comes out clean.

Makes 1 loaf.

Contributed by Carolyn Hills, Sunderland, Ontario

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

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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 2016.

## Dad's Joke in the Veggie Garden

The answer is...

Squash!

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