

Grow • Cook Share & Relish



January 2026

www.growarow.org

The Dreamy Gardening Days of January

A Perfect Time to ...

Start planning your garden.

Decide how large a growing space you can maintain—it's better to start small and expand rather than get overwhelmed by too large a space in the early days.

Consider the sorts of food plants you'd like to grow:

vegetables, herbs, fruits, nuts—

maybe a combination of all types!

A bit of research can make dreams come true ...

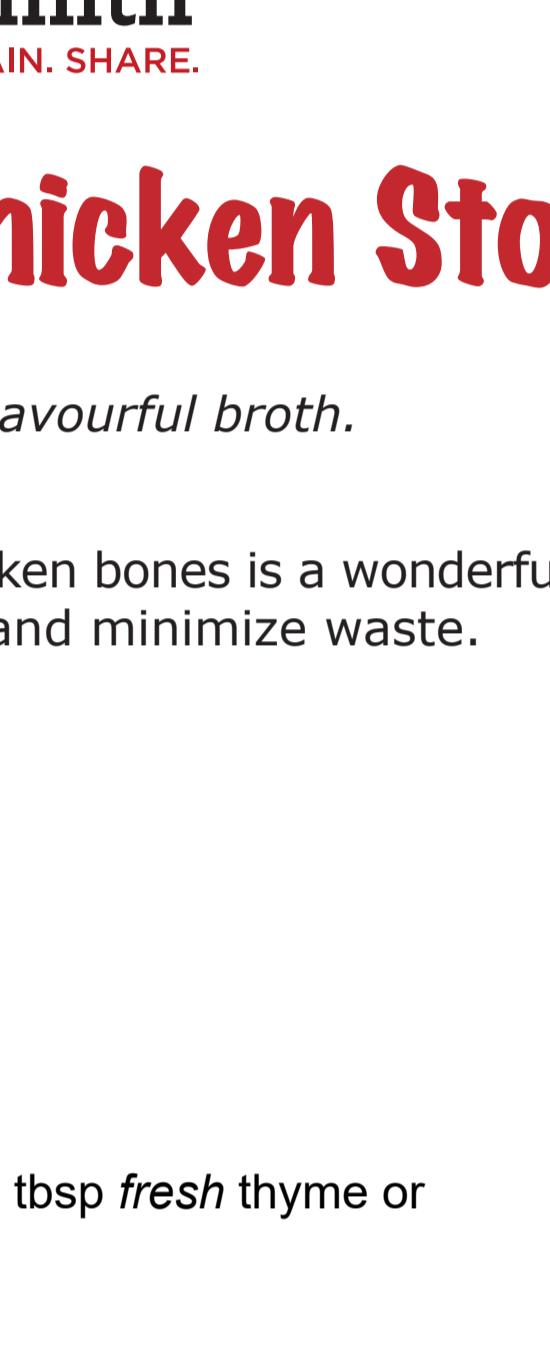
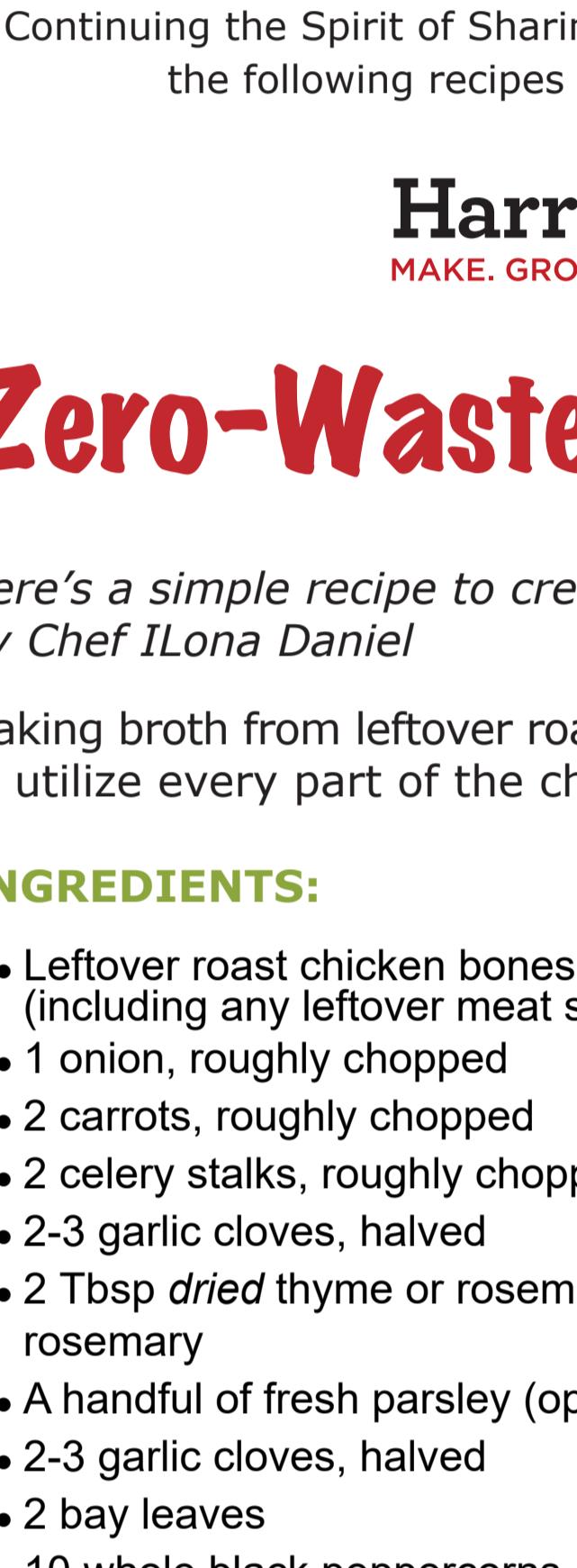
Start learning about various food plants and what they need to thrive. Your local library, searches on the web and the greatness of seed catalogues help open the door to your gardening's hopes and dreams.

**Gardening is learning, learning, learning.
That's the fun You're always learning.**

Helen Mirren

HAVE FUN !

Seedy Saturdays (and Sundays) Ahead !



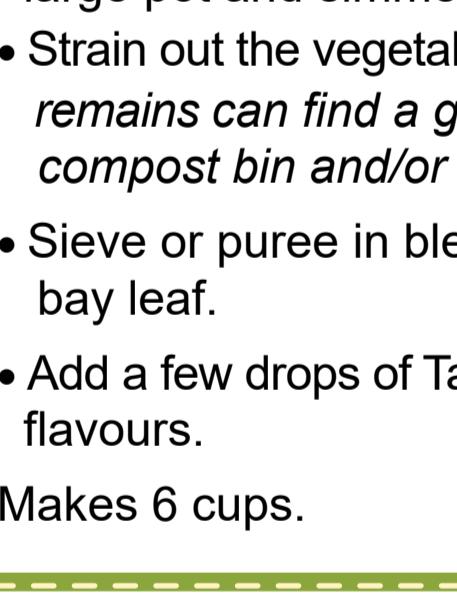
The Spirit of Anticipation has a magnificent sidekick in the gardening world – SEEDY Saturday. Bravo to the inspiring, charitable and membership-based organization – Seeds of Diversity – for all their 42 years of magnificently seedy ways and commitment to biodiversity that is growing strong. www.seeds.ca

Seeds of Diversity is a group of seed savers from coast to coast who protect Canada's seed biodiversity by growing it themselves and sharing it with others. Working to multiply the most vulnerable seed varieties that they can, the network of their visionaries and supporters exchange seeds with each other, and keep those varieties alive and in cultivation for future gardeners to enjoy.

Check out their Seed Suppliers: **Canadian Seed Catalogue Index – Seeds of Diversity**

One of the heartbeats of Seeds of Diversity is the annual Seedy Saturday. Organized and held locally in many communities (now more than 170 and counting Seedy Saturday and Seedy Sunday events held across Canada), Seedy Saturdays are fun, inexpensive events where you can swap and exchange seeds, get exciting varieties that other seed savers are sharing (as well as the stories that come with them), attend workshops and talks, meet vendors and buy seeds from seed companies. Whether you are a first-time or master gardener, seed enthusiast or expert seed saver, there really is something for everyone.

Find one near you on the **Seeds of Diversity Events page** and check back as others are being added often as this time of dreaming and planning is evermore underway.



Bravo to our Friends

@ HARROWSMITH

We are super happy to wish an incredibly HAPPY 50TH ANNIVERSARY to the wonderful, Canadian magazine and supporter, *Harrowsmith*.

Harrowsmith is Canada's #1 magazine for living simply and sustainably. It is a voice of trust. With a farm-to-table approach, we see *Harrowsmith* as Canada and all that this means, coast-to-coast-to-coast -- from gardening, home cooking, DIY projects, caring for our environment, living well, eco-friendly travel --and so much more.

We look forward to a year of celebrations with *Harrowsmith*, sharing and learning together.

As a subscriber to this newsletter, we're offering you a 32% discount off the 1yr subscription to *Harrowsmith* for \$29.95.

Click here to learn more

Continuing the Spirit of Sharing, we are thrilled to be able to share the following recipes from HARROWSMITH. Enjoy!

Harrowsmith
MAKE. GROW. SUSTAIN. SHARE.

Zero-Waste Chicken Stock

Here's a simple recipe to create a flavourful broth.

By Chef ILona Daniel

Making broth from leftover roast chicken bones is a wonderful way to utilize every part of the chicken and minimize waste.

INGREDIENTS:

- Leftover roast chicken bones (including any leftover meat scraps)

- 1 onion, roughly chopped

- 2 carrots, roughly chopped

- 2 celery stalks, roughly chopped

- 2-3 garlic cloves, halved

- 2 Tbsp dried thyme or rosemary, or 1 tbsp fresh thyme or rosemary

- A handful of fresh parsley (optional)

- 2-3 garlic cloves, halved

- 2 bay leaves

- 10 whole black peppercorns

- water

DIRECTIONS:

Place the roasted chicken bones in a large stockpot or Dutch oven.

• Add the chopped onion, carrots, celery, garlic, parsley, bay leaves, herbs and peppercorns to the pot.

• Cover the ingredients with water, ensuring they are fully submerged.

• Place the pot over high heat and bring the mixture to a boil.

• Once it reaches a boil, reduce the heat to low and let the broth simmer gently.

• Let the broth simmer on low heat for at least 2-3 hours.

• Strain the broth to remove all the solids, leaving only the clear liquid.

• Allow the broth to cool to room temperature before transferring it to containers for storage.

• Store the broth in the refrigerator for up to 3-4 days or freeze it in portions for longer storage.

Makes 6 cups.

Shared by Cary Elizabeth Marshall

Thunder Bay, Ontario

Source: THE COMPLETE HARROWSMITH COOKBOOK

Stock is so much more than soup base.

If you have some spare time, creating your own homemade vegetable stock is not only delicious but also eliminates the need to purchase it in plastic containers or little cubes. While composting vegetable scraps is the great means to wisely return the valuable organic matter back to our soils, certain scraps like onion skins, carrot and potato peels, celery stems, and various others can first be transformed into a flavourful and nutritious vegetable stock.

If you're not ready to make it immediately, no worries! Simply collect your veggie scraps in a container and freeze them. Continue adding to the collection until you have the opportunity to simmer those scraps into a delightful stock.

Remember, vegetable stock isn't limited to just soup; it can be added to curries, risottos, pasta sauces, and more.

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Potato Peel Broth

INGREDIENTS:

- Peel from 6 to 7 large (and cleaned) potatoes

- 1 large onion, peeled

- 2 carrots, scrubbed but unpeeled

- 1 stalk, celery

- 2 quarts, water

- 1 large sprig parsley

- 1 1/2 Tbsp olive oil

- Small bay leaf

- 1/4 tsp thyme

- Pinch sage

- 1 clove garlic

- Tabasco Sauce

- 1 tsp lemon juice

DIRECTIONS:

• Combine all ingredients except Tabasco sauce and lemon juice in a large pot and simmer for 1 1/2 to 2 hours.

• Strain out the vegetables for a clear broth (ed note: those vegetable remains can find a good home/recyclable purpose in your backyard compost bin and/or green bin).

• Sieve or puree in blender for a thicker broth, removing the garlic and bay leaf.

• Add a few drops of Tabasco sauce and lemon juice to bring out the flavours.

Makes 6 cups.

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Thunder Bay, Ontario

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