Grow • Cook Share & Relish

 # February 2026 www.growarow.org

2026 Gro for Good Grants Remain Open for Applications ... great support for Community Gardens and Green Spaces across Canada

The 2026 edition of Scotts Canada's ***Gro for Good*** program to keep the spirit of community and connection to nature alive in Canada has been announced, with grant applications open now till February 28, 2026 @ 11:59pm EST **or until the first 200 submissions are received**, whichever comes first.. Don't delay – this is a super popular, great grant ... the online grant application may be accessed here: **http://groforgood.ca/**

For further details on the Gro for Good program, please visit: **http://groforgood.ca/**

Questions can also be directed to **communication@cib-cef.com**

Valentine's Day is soon-to-be .... Here are some loving messages for you

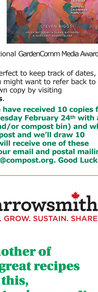
In the fine tradition of past years, our gardening elves have been bubbling up some new versions of our Valentine's messages to help showcase your love and happies and growing thoughts to those absolutely in need of a little Valentine's boost from you.

Any of the ones below can be downloaded by clicking on them ... And, of course, we are ALWAYS keen to hear your suggestions for more phrases that could be developed.

Have a wonderful Valentine's Day, every day and ALWAYS.

Congratulations to our down-to-earth friend and gardener, Steven Biggs, and his colleagues, Helen Battersby, Sarah Battersby and Margaret Bennet-Alder! Together, they have created & published **Canada Gardener's Journal**, a perpetual diary for every gardener to record their own garden's dreams and realities throughout the year while also benefiting from tried-and-true tips and timings-for-plantings and all the other coaching ways to make days in the "patch" better than ever.

And in these days of Olympics 2026, as an extra WOW & BRAVO!, this made-in-and-for-Canada diary has received a GOLD in the international GardenComm Media Awards! **Marvellous.**



The Canada Gardener's Journal is perfect to keep track of dates, garden tasks, and record things you might want to refer back to another time. You can order your own copy by visiting **FoodGardenLife.ca/The-Gluff Press**.

And as a special celebration, we have received 10 copies for sharing! Send us an email by Tuesday February 24th with a photo of your veggie garden (and/or compost bin) and why you love to veggie-garden/compost and we'll draw 10 recipients from this batch who will receive one of these cherished books. Don't forget your email and postal mailing address. Email Danielle c/o info@compost.org. Good Luck.

50TH ANNIVERSARY Harrowsmith

Harrowsmith
MAKE. GROW. SUSTAIN. SHARE.

Sharing another of Harrowsmith's great recipes during this, Harrowsmith's 50th Anniversary Year

Harrowsmith's Easy Egg Drop Soup with Cabbage

Have this delicious egg drop soup on your table in less than 30 minutes. This wintery version elevates homely cabbage and turnip with ease as hearty additions to the gingery broth—perfect for warming your insides on a crisp winter day. The eggs, however, are the stars of the show, as the simple dish transforms them into lacy ribbons. There are countless versions of this soup, with the common elements being stock and eggs. Many European and Asian countries have their own regional recipes, and our adaptation follows suit, staying seasonal and local with its ingredients.

Serves 2 (makes 4 cups)

INGREDIENTS:

- 2 cups chicken or vegetable stock
- 1/2-inch piece peeled ginger, sliced into thin rounds
- 2 cloves garlic, sliced
- 1/2 cup sliced scallions, divided
- 1/2 cup white turnip, diced small
- 2 savoy cabbage leaves, ribs removed, leaves finely **chiffonade**
- 2 eggs, lightly beaten

DIRECTIONS:

1. In a large pot, bring the stock to a boil.
2. Add ginger, garlic, 1/4 cup scallions, and turnip.
3. Simmer over heat for 10 to 15 minutes.
4. Add cabbage and simmer for 5 minutes.
5. Bring soup back to a boil, and quickly add all the eggs.
6. Simmer for 1 to 2 minutes to ensure that the eggs are cooked.
7. Serve immediately, garnishing with the remaining 1/4 cup scallions.

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 and subscribe!

Planning your 2026 Veggie Gardening Adventure

Dreaming becomes reality as we dig into the specifics of plans for our veggie garden. The search for sun, availability of a convenient water source and the quality of your soil are just some of the things to consider. Here's more details ...

Planning Your Garden

Like anything, spending time at the beginning to develop a plan for your garden will help serve as a guidepost as you set about creating your garden dream.

Among the things to consider in your plan are:

Where's the sun? You need lots of sun for a vegetable garden (at least 6 hours of direct sunlight each day). Observe your yard throughout the day and mark the areas that receive sunlight. Keep in mind that ideas during the day and make sure there's enough sunlight to help your veggies grow.

Where are you going to get the water? Plants does take on new meaning as they help with the production of food, but they also do so much more. Plants are living organisms that are capable of capturing difficult solid waste of your own. Seeking a good garden close to an adjacent source of water will be a great consideration when you are thinking about the location of your garden.

How much space do you need? Even the smallest of spaces can become a great place for the start of your garden. Raised beds, container gardening, vertical gardening, hydroponics, aquaponics, apartments, and planting veggies such as beans and cucumbers climb upwards on walls can help you squeeze lots of gardening into a small area.

What do you want to grow? Consider what you might want to think about a "more than one year" plan for how your garden will develop over time.

What's the quality of your soil? Much of the success of your gardening efforts will depend on your soil. Healthy soil is dark, crumbly, moist, and full of life. Healthy soil is also fertile, with a good mix of soil and grass. If you have some soil, it will be crucial to work with it and add in what is your hand, rainy soils don't retain much moisture. If you have clay soil, it will form a lump when you squeeze it; clay soils get sticky when wet and turn very hard when dry. Loam, the ideal garden soil, will form a loose ball when you squeeze it and will crumble when you poke it. Loam is a mixture of sand, silt, and clay. Adding compost is food for the critters of the soil, responsible for improved soil structure and helping to enhance soil health and production.

For the Love of Lists ... here are some suggestions of great plants to grow for specific reasons.

Plants to Grow with Kids

The following plants are very easy to grow—ideal for planting with kids:

Radishes
Peas
Dill
Carrots
Kale
Sunflowers
Nasturtiums
Strawberry
Zinnias
Watermelon

Plants That Tolerate Part Shade

Although most vegetables require full sun, the following food plants will tolerate part shade:

Arugula
Beets
Kale
Lettuce
Mustard
Parsley
Radish
Spinach
Swiss Chard
Cilantro
Dill
Parsley
Rhubarb

Every Vegetable Garden Should Include:

By all means experiment, but the following food plants are very easy to grow and are great for the novice gardener:

Tomatoes
Beans
Peas
Lettuce
Carrots
Cucumbers
Radishes

Herb Hints

- Pinch off the flowers as they start to form, and collect the herb's energy into the leaves.
- Some herbs tolerate drought and are good choices to grow in dry areas: oregano, thyme, and rosemary.

Vegetables that can be started from seed planted directly in your garden bed:

Beets
Carrots
Lettuce
Peas
Spinach
Swiss Chard

Vegetables that should be started as seedlings indoors or purchased from a garden centre as seedlings:

Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Eggplant
Kale
Leeks
Onions
Pepper
Tomatoes

Edible Flowers

Many ornamental plants have deliciously edible flowers that can be planted in your vegetable garden to provide colour and beauty—and a tasty treat:

Nasturtiums
Borage
Violets
Calendula
Bachelor's Buttons
Chives
Purslane
Lemon Verbena

Warm-season Crops

The following vegetables thrive in heat and should be planted when the soil warms and the air is at least 18 C:

Tomatoes
Okra
Corn
Eggplant
Squash
Basil

Cool-season Crops

The following vegetables do well in cool temperatures in summer. They should be planted in the early spring.

Peas
Radishes
Lettuce
Spinach
Arugula

Check out our full Veggie Gardening Guide here!

Stay Tuned for our March Newsletter & the Announcement of the Availability of our Annual Free Veggie & Herb Seed Packages. Can't wait? Email us at info@compost.org to be on the list.

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**

NUTRIENTS FOR LIFE | NUTRIENTS POUR LA VIE | Scotts | Gro for Good | Cultivez le bonheur | Harrowsmith MAKE. GROW. SUSTAIN. SHARE.

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For more info, please contact Susan Antler, Executive Director, or Danielle Buttry, Programs Manager, at **info@compost.org**