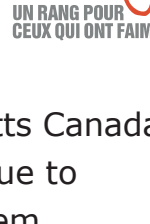
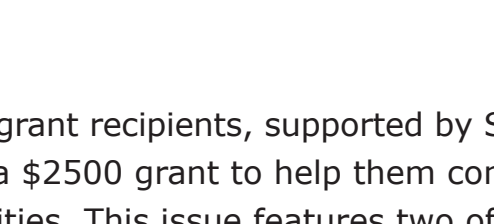
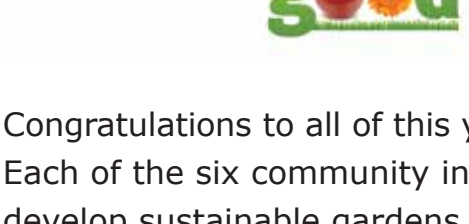


# Grow • Cook Share & Relish



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 two of them.

## Dakota Collegiate Community Garden Classroom

Dakota Collegiate, Winnipeg, MB

Dakota Collegiate with Victor Mager school is working to further develop a community garden classroom 52 by 110 feet with an installation of 7 raised beds with mulch pathways and planter soil mixture. This project will join eight trees native to Manitoba, an orchard of eleven trees, stone seating, accessible pathways, a medicine wheel stone berm and garden beds. The site is a school classroom, meeting place and community garden. This project reaches 1570 K-12 students and their families, 35 elementary teachers, and 68 high school teachers. 3 families and 8 students care for the garden and the trees during strict COVID restrictions this year. While this is a school based project, it provides much needed access to fresh vegetables, fruits and berries to the community as there are no community gardens within walking distance.

Below are pictures of the raised beds renovation at Dakota Collegiate. With the funds received the team were able to increase the growing depth of two beds (4 feet by 12 feet) and create pathways for people to walk and work in the beds.

With the price of lumber being high they decided to use the existing wooden frames and make them deeper and more accessible (with a pathway). These pathways allow gardeners to work in the beds without balancing on the lumber and create a workable space for students to work side by side but also opposite each other in the beds.

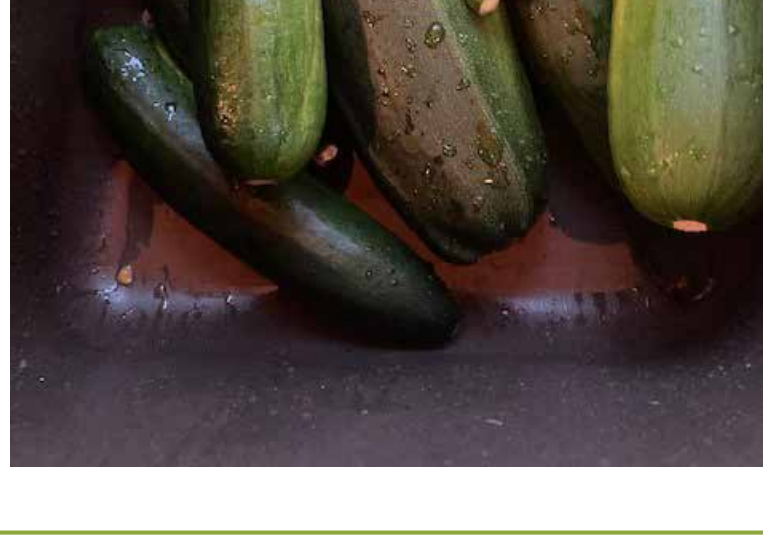
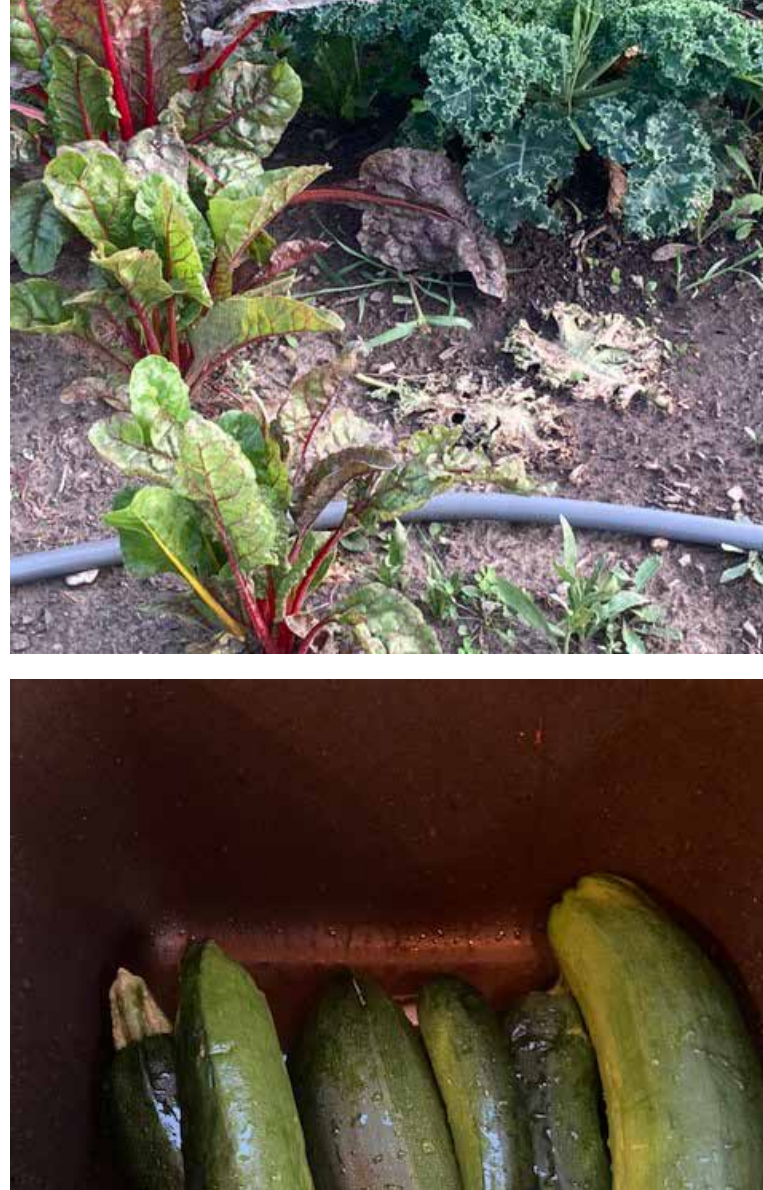
The height of two beds (4 feet by 12 feet) are now 6 inches higher making the lowest growing depth of the beds 12 inches and the highest growing depth 18 inches this will help us conserve water and also increase plant harvests. Some pumpkins and squashes were pruned back and harvested for the renovations to occur but the landscapers were able to work around the plants and will come back and add more soil in the fall.



## SOS Gopherwood Garden

Strathmore Overnight Shelter, Strathmore, AB

Strathmore Overnight Shelter is a short-stay emergency shelter located in Strathmore, Alberta. The objective of their SOS Gopherwood Garden project is to create a garden to supply fresh food and food to preserve for the Strathmore Overnight Shelter (SOS) clientele, with any excess produce going to the local Food Bank, thereby addressing issues related to food security. They will dedicate one portion of the garden to growing sage and sweetgrass and other plants sacred to the Indigenous of their community and provide meaningful work for those Strathmore Overnight Shelter clients who want so badly to contribute. The garden will also promote good health through healthy eating and/or gardening activities and support therapeutic healing. Many of their clients suffer from challenges related to homelessness, such as depression, intergenerational trauma, and addiction. Gardening provides meaningful work with companionship through their volunteers, which is therapeutic. This garden project will also teach gardening skills. Having basic gardening skills would be of benefit to clients seeking employment.



## HOW DOES YOUR EDIBLE GARDEN GROW?

growarow.org

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WHAT'S BUGGING YOU? RESIST THE URGE TO KILL EVERY BUG THAT APPEARS IN YOUR GARDEN! MOST INSECTS ARE, IN FACT, BENEFICIAL.

**WELCOME** LADYBUGS, BEES, SPIDERS, DRAGONFLIES AND BUTTERFLIES TO YOUR GARDEN, DIRECTING APHIDS, SLUGS AND SNAILS TO YOUR COMPOST BIN.

**PLANT A VARIETY** OF DIFFERENT VEGETABLES IN YOUR GARDEN FOR DIVERSITY. PESTS TEND TO CAUSE MOST PROBLEMS WHEN THERE IS A LACK OF DIVERSITY IN THE GARDEN.

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

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## Dad's Joke in the Veggie Garden

© VISIONS OF UTOPIA

Why Did the farmer turn his boat around before he reached the farmers' market?

See answer at end of Newsletter

**RELISH**  
Yo' Mama

'Cause Mama's goodness can be preserved

**Bold**  
**Blueberry Jam**

I always like something a little different when cooking.  
This is a recipe that I've put my own little twist on.

Doug Hill

### Ingredients

- 4 cups fresh blueberries-washed
- 1 teaspoon lemon zest
- 2 cups sugar
- 1 (3 ounce) package lemon flavoured gelatin



### Directions

1. In a large saucepan, slightly crush 2 cups of blueberries.
2. Add remaining berries and sugar, mix well.
3. Bring to a boil, stirring constantly.
4. Remove from the heat.
5. Stir in gelatin until dissolved.
6. Add lemon zest.
7. Pour hot jam into sterilized jars.
8. Cover and cool.
9. Refrigerate.

Recipe courtesy of Doug Hill

Recycle your Organics

**COMPOST!**

Feed your Soil

**ON TODAY'S MENU:**

- FOOD SCRAPS
- GRASS CLIPPINGS
- FIELD & GARDEN TRIMMINGS
- FALLEN LEAVES
- SOILED PAPER
- MANURES

Thanks So Much For Doing Your BEST!

**WOW!**  
up to **50%**  
**WASTE**  
**Reduction**

**YOU ARE A Recycling Star**

**Return life to your soil**

**1 TONNE** OF ORGANICS DIVERTED IS WORTH AT LEAST **1 TONNE** OF GHG SAVINGS!

**Compost's Bloomin' Great!**

**PLEASE! NO:** Plastic Glass Fruit & Veggie Metal Stickers

**garden's SOIL FOOD**

**DIG IT IN!**

**RETURN to Your ROOTS!**

**TOWARDS Zero Waste!**

**Conseil canadien du COMPOST**  
Council of Canada

**ALLIANCE DE LA QUALITE COMPOST**  
QUALITY ALLIANCE

www.compost.org

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 2017.

## Dad's Joke in the Veggie Garden

The answer is...

There were too many leeks in the boat...!

Courtesy of Danielle Buklis