

Grow • Cook Share & Relish



Gardening Goes to School

At Natoaganeg School in Eel Ground, New Brunswick, one of the classrooms that has been built has no walls.

There, the 75 children who attend from pre-school to Grade 8 at this First Nations school step outside and head to their food-growing garden, embarking on learning that will last a lifetime.

For Terri-Anne Larry, the school's principal who started there as a teacher seventeen years ago, the learning possibilities are endless.

"From the planning of what is to be grown, the preparing of the soil for planting and the day-to-day tending of the plants till their eventual harvest, our lessons in science, math and writing can be covered," she said. "Add to this, lessons in goal-setting, patience, cooperation, responsibility as well as environmental stewardship and our classroom comes alive."

"I am so excited to see how this will influence the future of each of our students, taking joy at seeing how their confidence is being built as they accomplish their goals, work together and share the harvests with each other as well as throughout the community."

The roots of this school garden are deep, having been built from a partnership with *Canada Feed the Children* which first started in 2006 as a breakfast program and extended also to lunch.

"A school cafeteria was built when we built our new school, eliminating the need to walk to the Band Hall for the mid-day meal," said Larry. "Canada Feed The Children has supported us on many of our endeavours and we still continue to have an on-going relationship to foster our programs."

"We didn't just want to give the food away – we wanted it to be sustainable. And so the idea of setting up a food-growing garden came into being, allowing all of us to contribute to the meals through our efforts in the garden," continued Larry. "I really believe that in order to heal from the effects of the Residential School System, we have to do this work in food sustainability. We need to regain what we have lost plus have the opportunity to foster our inherent knowledge."

The ongoing support from *Nutrients for Life* through lesson plans and veggie seeds is complemented with the community's involvement in the *Community Food Centres* which, amongst their many inspiring programs, offers cooking classes as well as provides starter kits of veggie seeds for growing-at-home.

Each classroom is responsible for deciding and planting one of the veggie types in the garden. From snap peas and tomatoes to eggplant, lettuce, squash, corn, oregano, lavender, blueberries and fruit trees, each plant has eager champions and is given lots of TLC. The summer tending is supported by staff members and a summer student at this time.

And as every gardener knows, dreams and visions for the seasons ahead are part of the ongoing joy.

"This year, we have been set back a bit given the impact of COVID on our activity level," said Larry. "We had plans for composting lessons as we really want this to be part of our school's culture. We also want to add grapes along with wildflower plantings for the pollinators and carve out more spaces for outdoor classrooms. We try to have a Harvest Fest that connects to an Equinox ceremony to honour our culture so we hope to continue to do that. Our hopes for a community POW WOW at the end of the year will still be in our future so we can share our outdoor living space with the community."

"There are also plans to continue gardening year-round through the use of a greenhouse. Right now, until we get all the details figured out, one of our staff is taking the lead on this, having built one of her own."

A veggie garden for all seasons and reasons, just like the true spirit of learning!

Susan Antler

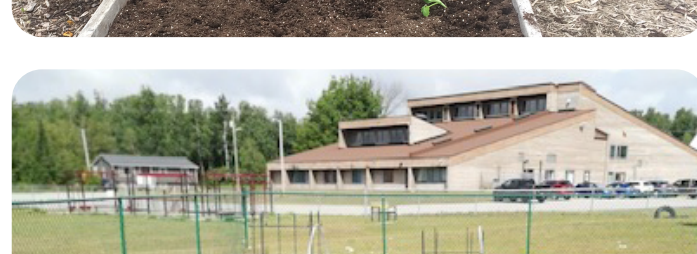


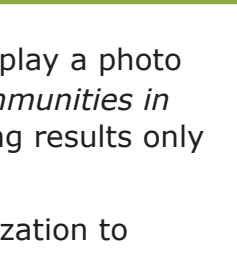
Photo Credits: Terri-Anne Larry of Natoaganeg School, Tamara Sealy of Nutrients For Life

All About Raspberries

Raspberries are a natural for Canadian gardens as they do well in cool climates. These delicious berries are produced on fast growing thorny plants. They come in many colours including red, yellow, black and purple. Easy-to-grow, with proper care, they can bear fruit for many years.

- Although most varieties produce only one crop a year in early summer, ever-bearing cultivars produce a second crop in the late summer or early fall.
- Be sure to purchase only good quality, certified, disease-free plants.
- Choose hardy cultivars recommended for your location.
- The raspberry root system is perennial, but shoots (called canes) are biennial meaning they will survive for two years. During the first year, a cane reaches its maximum height. In the second year, it produces fruit and dies soon afterwards.
- Canes may arise from buds at the base of the old canes and from buds on the roots.
- Good soil preparation is essential. Ideally, apply composted organic matter well before planting.
- A loam soil is ideal. Avoid planting in clay soil.
- Plant raspberries in early spring in a sunny location with good air circulation (for disease prevention) and some wind protection.
- Set rows 3 to 4 metres (9 to 12 feet) apart and plants 60 to 90 centimetres (2 to 3 feet) apart within the rows.
- Keep roots moist while planting as exposure to sun and wind will quickly dry them out.
- Once planted, water immediately to remove air pockets around the roots.
- Cut canes back to 15 centimetres (5 or 6 inches) to promote root establishment and encourage growth of new canes.
- Support canes with a trellis or fence installed before or at planting time.
- Weed regularly and keep plants well watered.
- Mulch throughout the growing season to maintain moisture and discourage weeds.
- Prune in the fall, leaving about six good green canes on each plant.
- Each spring, cut off all dead material and weak canes at ground level.
- Plants will begin to produce fruit in their second season. A few ever-bearers may bear small berries in their first fall.
- Harvest in early summer. Ripe berries will come off the vine easily.
- Keep refrigerated for up to five days.
- Freeze or preserve as soon as possible.

CLICK HERE FOR SIMPLE STEPS TO GARDENING SUCCESS



BRAVO Raymond !!!

If enthusiasm-for-Canada-and-greenspaces could be packaged, its label would display a photo of Raymond Carrière. Founding president and now Volunteer Ambassador of *Communities in Bloom*, Raymond embodies the best-of-the-best in championing a cause and attaining results only achievable through the involvement of many.

In the twenty-five years since the original concept of creating a cross-Canada organization to foster civic pride, environmental responsibility and beautification through community participation was created, the results of his and his fellow "Bloomers" determination and devotion have been staggering.

Over 1320 communities from coast-to-coast-to-coast have rallied volunteers amongst their residents and businesses to green up their local spaces, highlighting neighbourhoods, parks, open spaces and streets through the imaginative use of flowers, plants and trees. These features, along with their focus on environmental programs and the preservation of heritage and culture, have been promoted by *Communities in Bloom* through annual provincial, national and even international competitions, serving as enormous sources of community pride and inspiration, entrenching values that serve as legacies for years to come.

"Originally we were looking to create a network of park managers and people involved in greenspaces in their community," reflected Carrière. "But, with the benefit of learning from ideas in Britain, Ireland and France, we evolved into creating an organization which could showcase and inspire greening initiatives across Canada."

"It's a wonderful way to celebrate Canada," said Carrière. "Every one of our communities is made up of people who care and love where they live, taking enormous pride to make their places ever-better. *Communities in Bloom* allows this love to flourish and motivate, digging in to do even more."

Carrière's love of green and his country has a long history. Now taking great pride of being both father and grandfather, Carrière was born in Nova Scotia's Annapolis Royal, eventually settling with his family in the Outaouais area near Ottawa, once his father retired from a career in the Canadian Navy. With a college degree in ornamental horticulture (ITAA St-Hyacinthe), additional degrees in business administration and public administration followed, leading to an accomplished career in public greenspace management including the Outaouais Park Development Corporation, the National Capital Commission, the Ottawa-Carleton Housing Authority as well as for the Ville de Saint-Laurent and Ville de Kirkland in Quebec.

All of this was preparing him for the blank page on whose paper the original idea of *Communities in Bloom* was written, leading to the story of the past twenty-five years filled with fun, hard work and great community accomplishments.

"We owe the sustainability of our program to our sponsors, Board of Directors and volunteer judges who dedicate their time, holidays and whatever else it takes to exchange ideas, evaluate initiatives and keep our efforts growing," said Carrière.

Giving credit to others and deflecting it from himself is typical Carrière. Little is to be said about his own personal sacrifices and extreme commitment to evolve the organization into the national and international prominence that is its current day status.

Communities in Bloom is now looking into a sustainable, and growing, future as the Canadian Nursery Landscape Association (CNLA) has taken the organization under its umbrella.

For more information about *Communities in Bloom*, please visit www.communitiesinbloom.ca.

Susan Antler



HOW DOES YOUR EDIBLE GARDEN GROW?

growarow.org

SOAKING IT ALL IN THE GARDEN—HOW TO QUENCH YOUR PLANTS' THIRST...
WATER EARLY IN THE DAY TO AVOID EVAPORATION BY THE SUN'S HEAT, DIRECTING WATER TO PLANTS' ROOTS INSTEAD OF THEIR LEAVES.
TAKE ADVANTAGE OF RAINWATER. INSTALL A RAIN BARREL FOR SOME FREE REFRESHMENT FROM MOTHER NATURE.
REMOVE WEEDS SO THAT THEY DON'T COMPETE WITH YOUR PLANTS FOR WATER.
CONSERVE MOISTURE USE MULCH, BETWEEN THE ROWS AND AROUND PLANTS, PROVIDING A PHYSICAL BARRIER TO SLOW EVAPORATION.

PLANT • GROW • SHARE With Those in Need

RELISH Yo' Mama Whipped Raspberry Jam

'Cause Mama's goodness can be preserved

This recipe requires no added pectin.

It is so simple, very delicious and has been my go-to recipe for raspberry jam for many years now.

Ingredients

- 4 cups raspberries
- 4 cups sugar
- 1 tbsp lemon juice

Directions

1. Combine the raspberries and sugar; let rest for 30 minutes to allow the tastes to combine.
2. Add the lemon juice.
3. Bring the mixture to a boil, stirring often.
4. Boil the mixture for at least one minute, stirring constantly.
5. Remove from heat.
6. With a mixer, beat on low-medium speed for 3 minutes (Be Careful – it is hot !)
7. Ladle into sterilized jars.
8. Proceed to process per water-bath canning instructions.

Makes about 4 250mL jars of delicious!

Interested in canning & preserving? Check out this great how-to video...

Click Here <https://youtu.be/7OESFdn2M2o>



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

Harrowsmith
MAKE. GROW. SUSTAIN. SHARE.

Join a community that cares about growing your own food, sustainability and the environment. **SUBSCRIBE TODAY** at a special Compost Council partner rate and save \$8.00 off our subscription price!
SAVE NOW! harrowsmithmag.com

To take advantage of the great offer from Harrowsmith above, please visit this link!

The Compost Council of Canada • 16 Northumberland Street • Toronto ON M6H 1P7 • www.compost.org • www.growarow.org
For more info, please contact Susan Antler, executive director, or Danielle Buklis, programs manager @ 877 571 GROW(4769)

