

# Grow • Cook Share & Relish



## Growing Hope

Corn. Squash. Peppers. Beans. Zucchini. Beets. Potatoes. Carrots. All great veggies for planting in your garden this season to fill up baskets and bellies with delicious harvests.

Not only do these veggies have "good taste" but they (or some of their varieties) also have a common colour theme – YELLOW – the international colour of hope.

We can all use a little more hope right now and who better than gardeners to show the way? After all, gardeners are the champions of hope – taking tiny little veggie seeds in the Spring, planting them and believing in their potential to become the magnificent, delicious harvests for many.

By growing these yellow-toned treasures, you also give a shout-out and become part of a great new initiative – HOPE GARDENS, spearheaded by our long-time partner, Communities in Bloom, a passionate, hard-working cross-Canada non-profit organization dedicated to environmental sustainability through the enhancement of green spaces.

Communities in Bloom has set the hopeful (and very realistic) goal to see our country awash with gardens featuring yellow. Register your hope-filled gardening efforts at [www.hopeisgrowing.ca](http://www.hopeisgrowing.ca) and become eligible for national and global recognition. You will also receive a downloadable HOPE GARDEN sign and growing tips for success.

For more information, visit [www.hopeisgrowing.ca](http://www.hopeisgrowing.ca) or email [communication@cib-cef.com](mailto:communication@cib-cef.com)



The Innisfil Seed Library is a volunteer-run program that is made possible and sustainable by its partnership with the Innisfil ideaLAB & Library, seed donations and volunteer time given by its wonderful community. Participants "borrow," free-of-charge, a limited quantity of donated vegetable, herb and flower seeds, and are encouraged to "return" some harvested seeds at the end of the growing season.

During the pandemic, the Innisfil Seed Library, launching its 6th year of operation this season, has moved to an online request and mail-out model for Innisfil residents. The user base is fluid each season, and last year, amidst the pandemic, a record 960 seed packets were distributed to over 85 participants! "Our goals are bigger this season," says the seed library's founder Bridget Indelicato. "We hope to distribute more seeds to more community members who in turn will grow their own food, support pollinators and experience the joy and hope of gardening at home!"

An integral part of the seed-lending program is providing education and resources to grow and save seeds to support participants and ensure viable seed donations. Learning opportunities are currently offered virtually including the Innisfil Seed Library resource website [www.innisfilseedlibrary.ca](http://www.innisfilseedlibrary.ca) and events like this month's Virtual Innisfil Seedy Saturdays featuring weekly educational videos, live Q&As and other activities including children's garden crafts and a community cook-along.



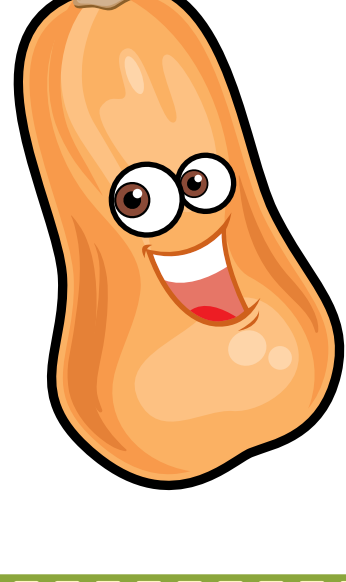
Here's a yellow-tuned tasty soup that will showcase your hopeful harvests. Soup-er popular-at-SOUPALICIOUS, this recipe should definitely be on your "must try" list this year.



## Barb Zabinsky's Creamy Pumpkin & Squash Medley

### Ingredients

- 10 cups chicken or vegetable stock
- 1 small pumpkin, cut in about 4 – 5 inch chunks (clean out the pumpkin first)
- 1 acorn, butternut or other squash, prepared same as the pumpkin
- 1 – 2 zucchini, grated
- 1 large onion, finely chopped
- 2 cloves of garlic, finely minced
- Salt & pepper to taste
- 1 tbsp cumin
- 1 ginger (small piece roughly 1" length)
- 1 tsp ground ginger
- 1 tsp curry powder
- 1 ½ cup cream
- 2 tbsp butter (do not substitute with margarine!)



### Directions

1. Cut pumpkin & squash into pieces. Then put in a large pot and boil until tender.
2. Cook and take rind off pieces.
3. Heat the stock and add onion and zucchini, then simmer for 15 minutes.
4. Take the pumpkin and squash and puree in a food processor; add to stock.
5. Add all of the spices and simmer for another 25 minutes.
6. Add cream and butter and simmer until heated through.

### HOW DOES YOUR EDIBLE GARDEN GROW?

[growarow.org](http://growarow.org)

**ADD THREE SISTERS TO YOUR FAMILY AND CELEBRATE OUR NORTH AMERICAN HERITAGE.**  
EARLY AGRICULTURE IN NORTH AMERICA TOOK ADVANTAGE OF THE GROWING SYNERGY AMONGST PLANTS. YOU CAN DO THIS TOO BY PLANTING A THREE SISTERS GARDEN -- A MEDLEY OF CORN, BEANS AND SQUASH.

**CORN** GROWS TALL IN THE CENTRE.  
**BEANS** CLIMB THE CORN STALK WHILE DRAWING ENERGY FROM THE SUN AND CONVERTING IT TO NITROGEN FOR THE SOIL AND PLANT ROOTS.  
**SQUASH** PROVIDES SHADE FOR THE PLANTS' ROOTS WHILE ALSO KEEPING THE SOIL COOL AND MOIST.

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As part of your garden this year, help us help an extra row of your favourite veggies and donate the harvest to your local food bank. Plant and grow 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)



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