

Grow • Cook Share & Relish



This is the Party Issue !!! Celebrate Compost Week

Compost Awareness Week was first created in 1995 with the belief that if all of us shouted at once, the chance of being heard was great. Our message was and continues to be simple: COMPOST!

This one word can be interpreted many ways – from backyard composting, vermicomposting, on-site or centralized composting as well as anaerobic digestion, with the digestate being composted post the energy draw.

The benefits of compost are very real – from landfill diversion gains of up to 50% and landfill methane emission reductions, healthier and more productive soils, water conservation and quality enhancements and increased nutritional value of food crops grown.

All this through the simple, thoughtful act of recycling your organics instead of sending them for burial in the landfill.

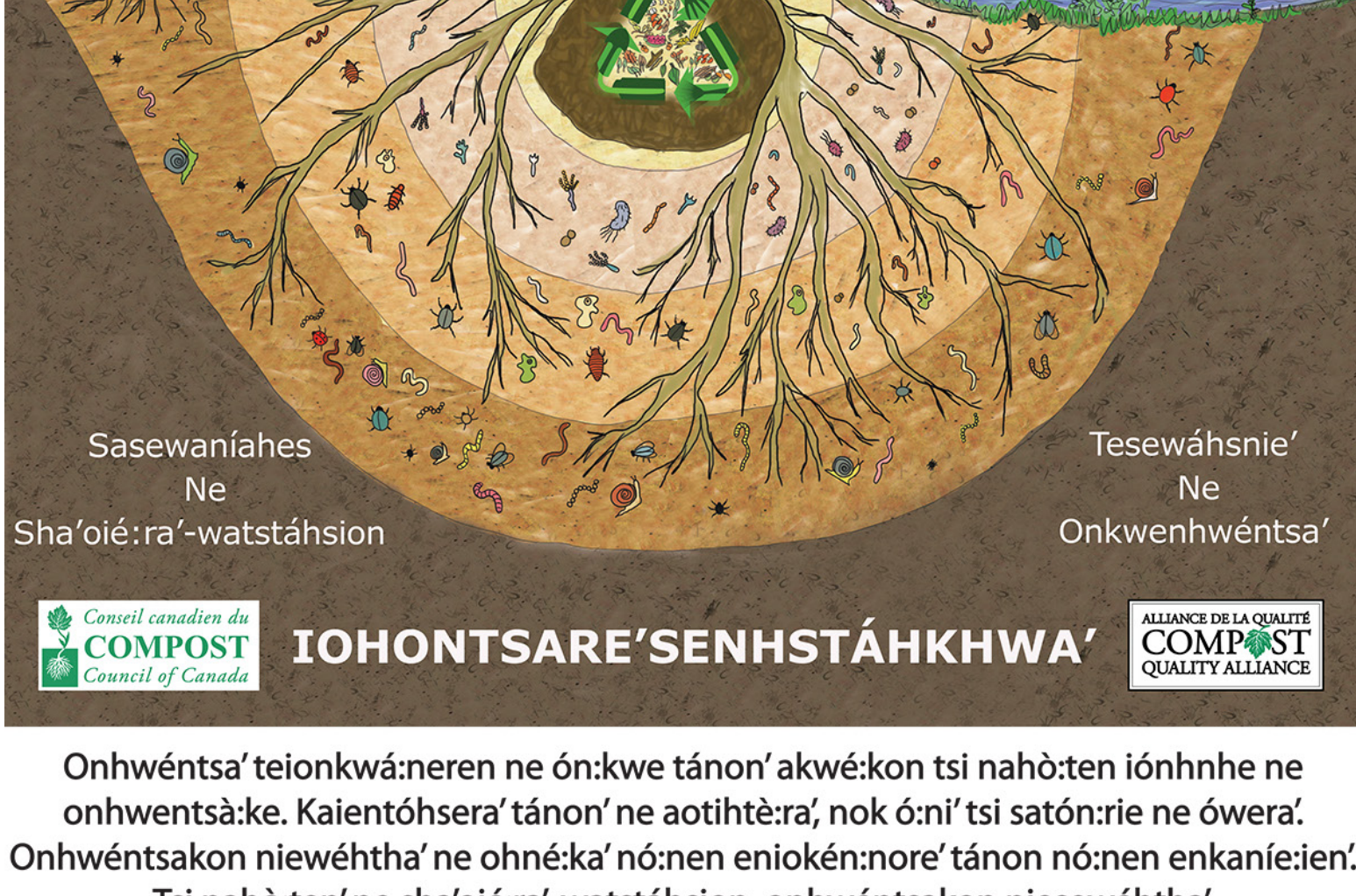
Plus this helps calm our increasingly hotter planet. Did you know that for every bag of compost that is used, the greenhouse gas savings impact is like removing 30 kilometres of car driving and all the emissions that this creates? Amazing and so easy for all of us to do.

As we head into our annual community celebrations, we are so thrilled to expand our message into languages that are all heard in Canada. We've had contributions of translations from Compost Council of Canada members and supporters and would welcome more (please contact Danielle: info@compost.org).

Our first poster below is in the Iroquoian language, Mohawk. We are extremely grateful to our members from the Mohawk Council of Kahnawà:ke, Kahnawà:ke Mohawk Territory, for being so generous with their translation. A special shout-out to Holly McComber, Iotshatenawi Reed and Hunter Deer, our composting champions and long-time members.

Be proud and shout loud everyone. Spread the COMPOST! message.

Have a great International Compost Awareness Week 2021 (May 2-8).



Onhwéntsá' teionkwá:neren ne ón:kwe tánón' akwé:kon tsi nahò:ten iónhne ne onhwéntsá:ke. Kaiéntóhserá' tánón' ne aotihtè:ra', nok ó:ni' tsi satón:rie ne ówera'. Onhwéntsakon niewéhtha' ne ohné:ka' nó:nen eniokén:nore' tánón nó:nen enkanie:ien'. Tsi nahò:ten' ne sha'oié:ra'-watstáhsion, onhwéntsakon niesewéhtha'. Akwé:kon tenkontié:na', enkontóhnhete' ienkantahsónteren' ne aotio'ténhséra'. Tsi na'tékón:ti kontinákeré' tsi ionhwéntsá:te', enkáhr níkón:ti onhwéntsakon nó:nen konti:teron. Enskontihnekahserón:ni, ioti'satsténhsérá:wis ne tiohnhékhwen tánón' skén:nen' enkonón:ní' tsi ní:oiht ne ón:kwe tsi teiotionhóhsion ne kákhwa', ohné:ka', ówera' tánón' kanonhstáhtshera'. Nó:nen onhwéntsakon ientewá:ieste ne sha'oié:ra'-watstáhsion, entiethí:ion tsi nahò:ten teiotionhóhsion ne iaontkón:tahkwe aihwéntsíohake.



Our poster is available for downloading and sharing in the following languages:

- Chinese • Dutch • English • French • German
- Greek • Italian • Japanese • Korean • Mohawk
- Persian • Portuguese • Russian • Spanish • Ukrainian

HOW DOES YOUR EDIBLE GARDEN GROW? growarow.org

COMPOST-A-FEEL HELP MOTHER NATURE RECYCLE ... COMPOST!

CHOP, LAYER & MIX! ALTERNATE "GREEN" (EG. FRUIT & VEGGIE PEELS AND PLANT CLIPPINGS) AND "BROWN" (EG. DRIED LEAVES) MATERIALS, MAKING SURE TO COVER UP FOOD SCRAPS. CHOP MATERIALS INTO SMALLER PIECES TO MAKE THE COMPOST PROCESS GO FASTER. KEEP A BAG OF LEAVES FROM THE FALL CLEAN-UP NEXT TO YOUR COMPOST BIN TO "GET YOUR BROWNS" THROUGHOUT THE YEAR.

ONCE YOUR COMPOST IS READY, SPREAD IT ON THE LAWN, DIG IT IN THE GARDEN OR COMBINE IT WITH POTTING SOIL FOR NEEDED NOURISHMENT FOR YOUR PLANTS.

PLANT • GROW • SHARE With Those in Need

The Garden Party Inspires the Community

In the years since a section of a church's lawn began its conversion to a vegetable garden, the initial one row has grown, providing about 700 pounds of fresh produce a year to local food kitchens for people in need.

Cultivated on the grounds of Redeemer Lutheran Church in west end Toronto, the site has a non-denominational garden and is, under the name of The Garden Party, maintained from an "everyone is welcome" perspective, with folks involved from the Lutheran Church, the Catholic St. Joan of Arc Church next door and people from the surrounding neighbourhood.

The Garden Party uses lots of compost and has a volunteer-made composter with other volunteers having made garden boxes.

Vegetables are grown from May to November, with produce including arugula, beans (6 kinds), bok choy, eggplant, kale (7 kinds), lettuce, spinach, Swiss chard, tomatoes (6 kinds) and lots of herbs including basil, parsley, coriander, garlic and Jamaican thyme. An old fence was replaced with a "living bean fence" in an 8 by 8 foot frame crisscrossed with hemp rope to expand the space vertically.

"We talk to the cooks when we deliver the harvest to local food-sharing places like St. Francis Table," said one of the gardeners, "and grow a lot of things that can be eaten, either raw or cooked, because that's what they ask us for."



The Garden Party is ready for a great growing season ahead.

Compost Week May 2-8, 2021

Next week, Redeemer will be participating in International Compost Awareness Week festivities by getting to the root of the matter – preparing our lawn and community garden for the growing season ahead.

The Compost Council of Canada will be aerating the church's lawn and spreading compost to help build soil health. Compost also helps store carbon in the soil, an important strategy to offset carbon dioxide emissions, of help in putting the brakes on climate change. This is an exciting kick-off to our upcoming community outreach and education series, Land & Food Justice in a time of Climate Crisis, with our first webinar planned for May 11, featuring Dr. Sylvia Keesmaat. We look forward to everyone's participation in our series and if any would like to help with our lawn and garden preparations, please touch base with Pastor Steve



BE A SOIL BUILDER

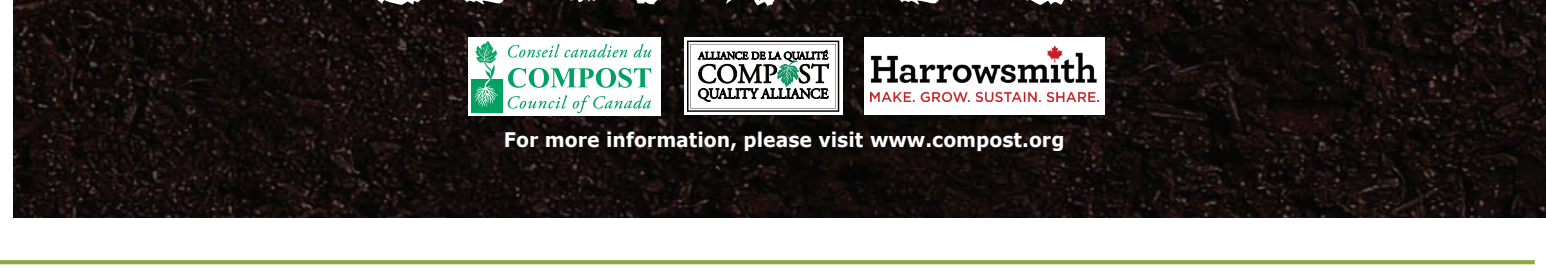
We sometimes call it dirt, forgetting how much we depend on the quality of soil for our food, water and environment.

We have to stop taking soil for granted.

An easy first step to create healthy soil is based on a simple equation:
What you take out, you must put back in.

Adding compost restores soil's vitality, providing the texture, structure and nutrients needed for healthy soil and plant growth.

**FEED OUR SOIL
COMPOST!**



For more information, please visit www.compost.org

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

