

Grow • Cook Share & Relish



From small seeds, greatness grows

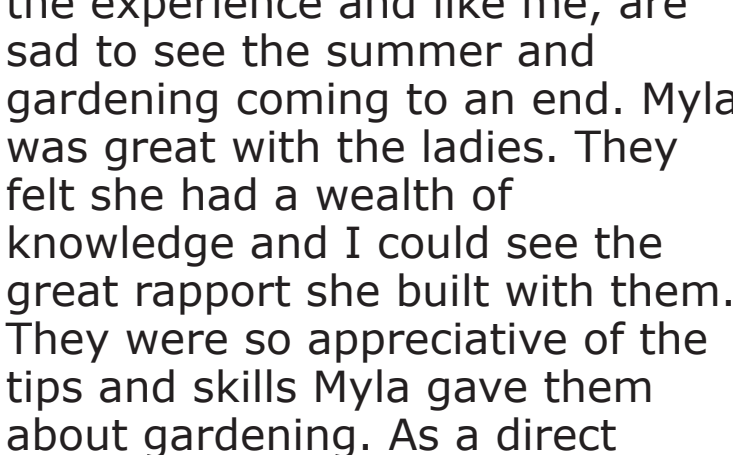
The tiny seeds shared at the start of this year's growing season have grown up to harvests for many, nurtured through the generous and loving care of gardeners and community builders. Here are a couple of updates from some of the recipients of the free veggie seeds shared by the Plant • Grow • Share a Row program, thanks to the support from The Compost Council of Canada and Scotts Canada.



Interfaith Food Bank Society of Lethbridge

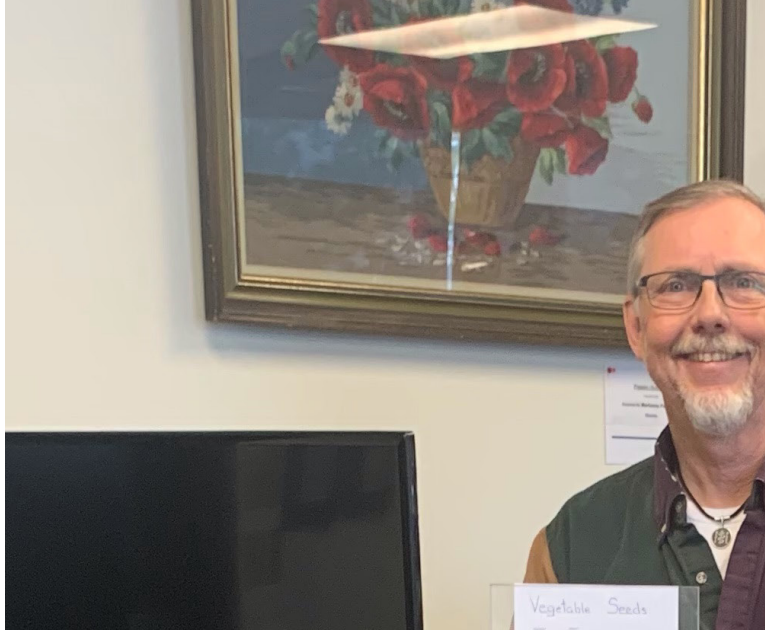
A variety of groups participated in our garden this year. And in years like this one, you realize it is more than just gardening, it is about community and being together.

Firstly, we had a youth group come in and start our garden. Some of these kids have never had any gardening experience, so we sent them home with some soil and a bag of seed. They were thrilled to see what came to life and would come in every week to share how their plant was doing. They made a new scarecrow for us, and took pride in our garden.



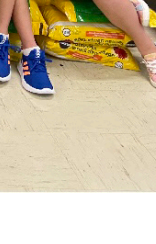
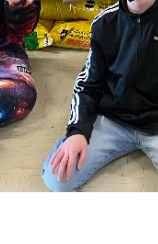
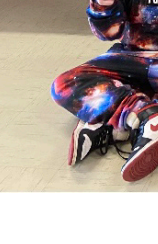
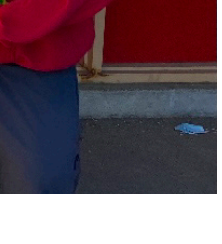
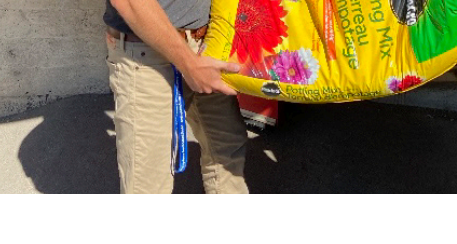
We also had a New-to-Canada women's group participate who commented:

"The ladies thoroughly enjoyed the experience and like me, are sad to see the summer and gardening coming to an end. Myla was great with the ladies. They felt she had a wealth of knowledge and I could see the great rapport she built with them. They were so appreciative of the tips and skills Myla gave them about gardening. As a direct result of this experience, many ladies planted vegetables for the first time in Canada this year!"



Calgary Veterans Thrift Store shares seeds...

These seeds were sent to Twin Views Communal Garden in Calgary and the extra packages were distributed throughout the community. Here, Dave from the Calgary Veterans Thrift Store displays the seeds that were shared. Customers were very pleased to have the opportunity to plant, grow and share.

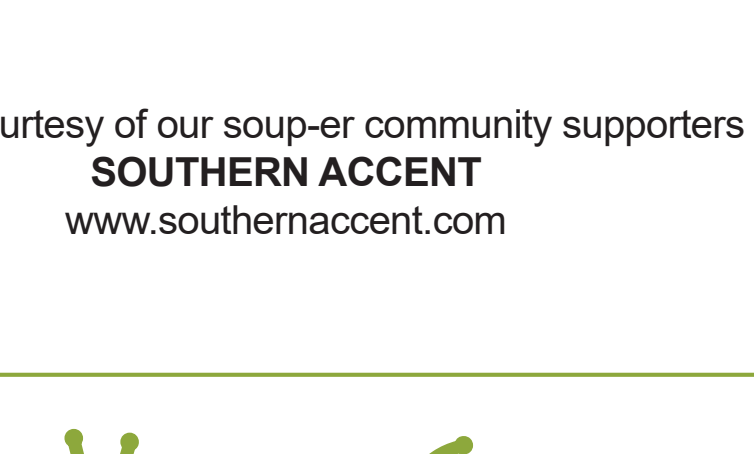
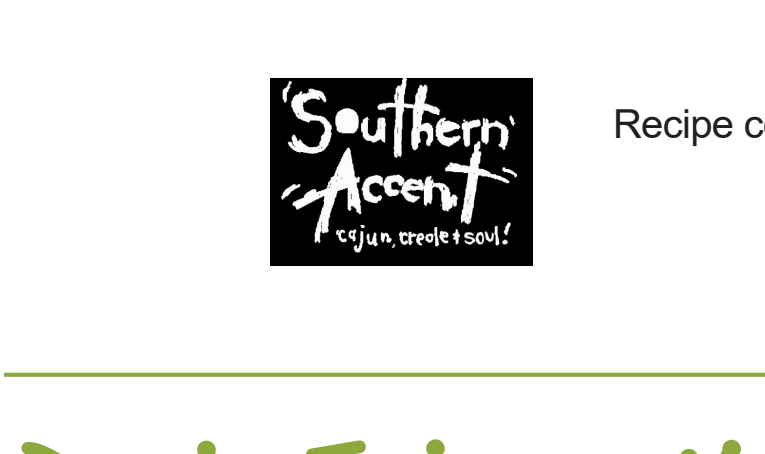
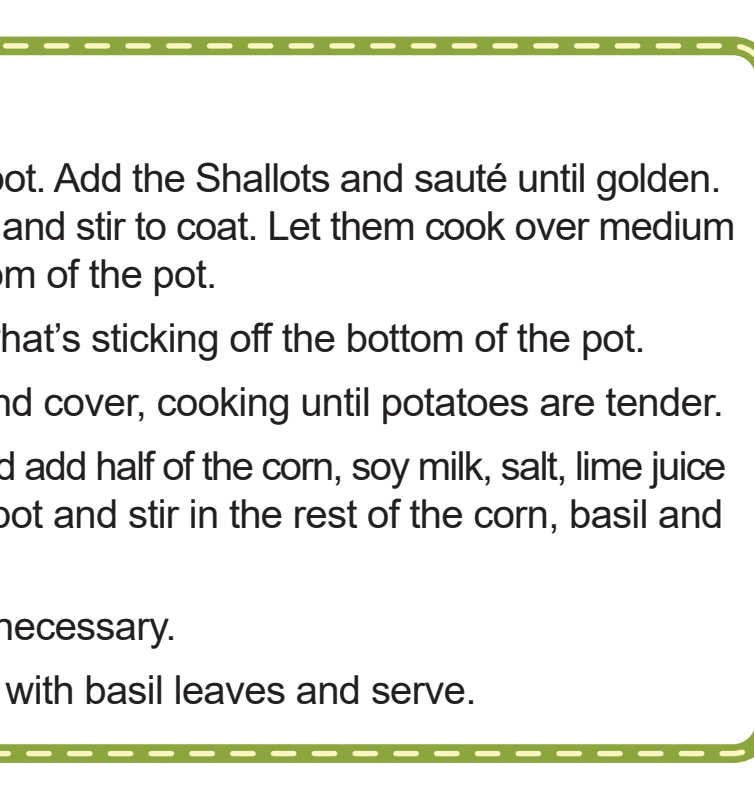
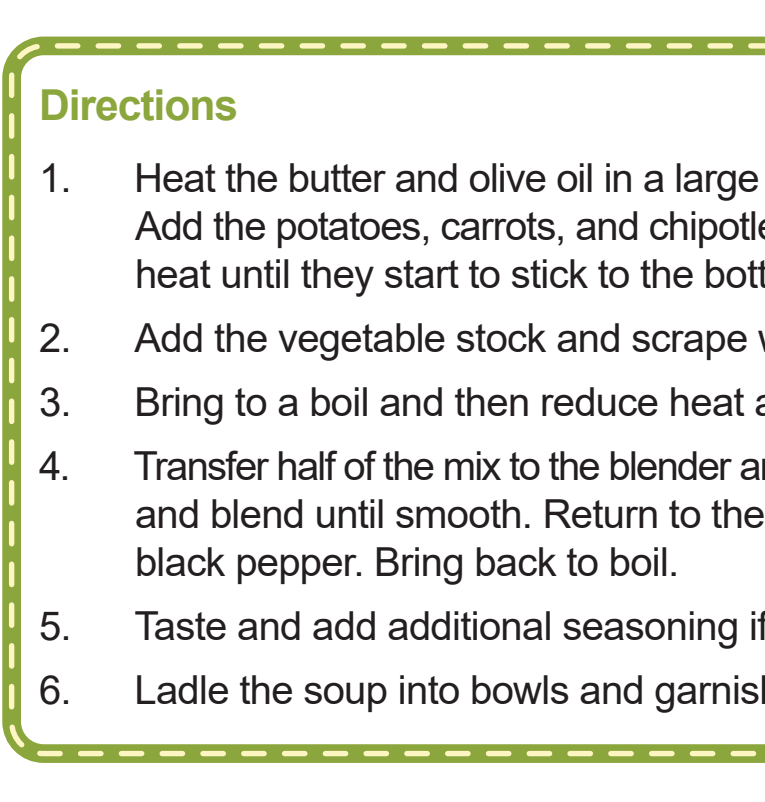


Congratulations to all of this year's **Gro for Good** grant recipients, supported by Scotts Canada. Each of the six community initiatives is receiving a \$2500 grant to help them continue to develop sustainable gardens within their communities. This issue features:

Forest Hills School Aquaponics Greenhouse and Community Greenspace

Forest Hills School, Saint John, NB

Forest Hills School is a K-8 School in Saint John, NB. In 2019, they joined the UNESCO Associated Schools Network and also became a certified EcoSchool. They have committed to complete a variety of environmental actions and campaigns throughout each school year including: being in the process of planning for a 1500 sq foot off-the-grid aquaponics greenhouse, a community garden that will consist of 20 raised garden beds and a First Nations traditional medicine garden. This space will be used as a hands-on resource for their students. They have partnered with the East Saint John Food Bank and will be donating the produce harvested to them. Through this project, students will continue to learn about and reflect upon global challenges such as hunger, poverty, sustainable development and global citizenship while contributing to their local community.

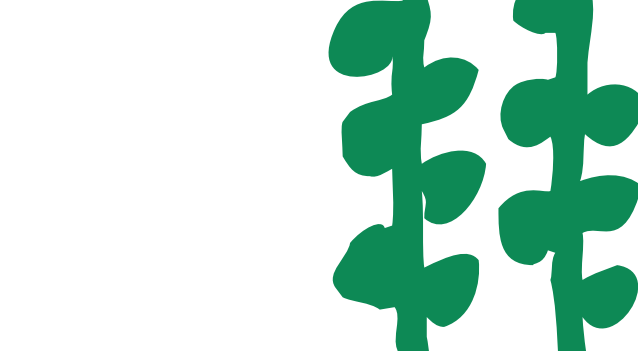


Dad's Joke in the Veggie Garden



What Did the turkey say
to the turkey hunter
on Thanksgiving Day?

See answer at end of Newsletter



'Cause Mama's goodness can be preserved

Chipotle Basil Corn Chowder

Ingredients

- 1 tablespoon Butter
- 1 tablespoon Olive Oil
- 4 Shallots, finely diced
- 3 Yukon Gold Potatoes, peeled and cubed
- 2 cups Carrots, shredded
- 3 teaspoons Chipotle, minced (canned)
- 8 cups of Vegetable Stock
- 6 cups Corn
- 1½ cups of Soy Milk
- 2 tablespoons of Lime Juice
- ¾ cups of fresh Basil, chopped
- Salt and Black Pepper to taste

Directions

1. Heat the butter and olive oil in a large pot. Add the Shallots, and sauté until golden. Add the potatoes, carrots, and chipotle and stir to coat. Let them cook over medium heat until they start to stick to the bottom of the pot.
2. Add the vegetable stock and scrape what's sticking off the bottom of the pot.
3. Bring to a boil and then reduce heat and cover, cooking until potatoes are tender.
4. Transfer half of the mix to the blender and add half of the corn, soy milk, salt, lime juice and blend until smooth. Return to the pot and stir in the rest of the corn, basil and black pepper. Bring back to boil.
5. Taste and add additional seasoning if necessary.
6. Ladle the soup into bowls and garnish with basil leaves and serve.

Makes 8 Servings



Recipe courtesy of our soup-er community supporters
SOUTHERN ACCENT
www.southernaccent.com

Dad's Joke in the Veggie Garden

The answer is...

Quack, quack.

THANKS FOR A GREAT GARDENING SEASON.
HAVE FUN PUTTING YOUR GARDENS TO BED
(AND SPREADING THE COMPOST!).
ENJOY THE WINTER WITH GREAT VISIONS OF VEGGIE GARDENING PLANS
FOR THE SPRING OF 2022.
THANKS AGAIN FOR YOUR GREAT WORK.



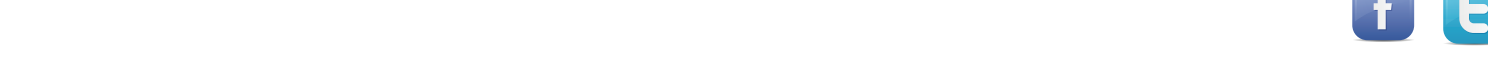
www.growarow.org • 1-877-571-GROW(4769)

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.

Cette année, dans votre jardin, votre terre, votre parterre, semez un rang pour ceux qui ont faim et donnez-en la récolte à la banque alimentaire de votre région : on saura bien à qui l'offrir.

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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**



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

