

Grow • Cook Share & Relish

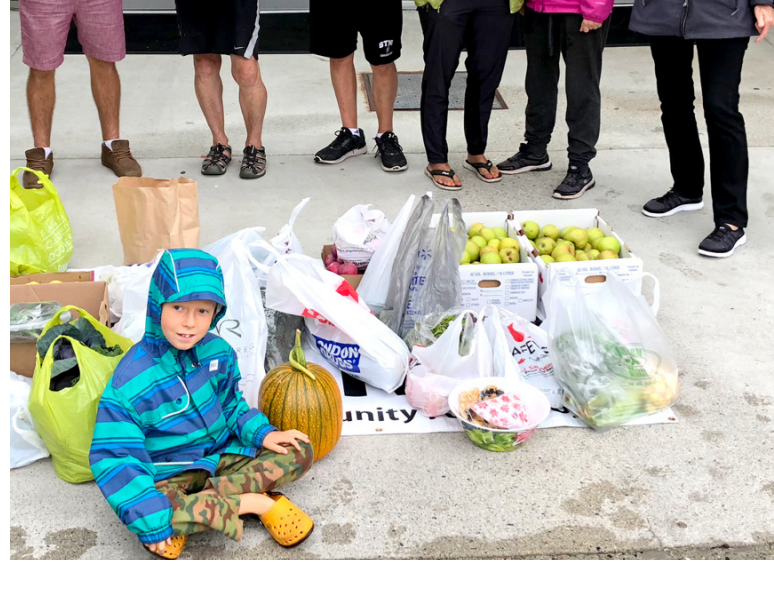


It's a Seedy Saturday!

A warm-up to Spring, *Seedy Saturdays* are fabulous local gatherings for eager & interested-to-be gardeners, spearheaded by gardening champions with encouraging support from *Seeds of Diversity*, a group of seed savers from coast to coast. *Seeds of Diversity* helps protect Canada's seed biodiversity with members saving seeds from over 3000 varieties of vegetables, fruits, grains and flowers to keep them alive for future gardeners to enjoy.

Thanks to the "thing that shall not be named", you can be a local in many great communities across Canada where their *Seedy Saturday* is going virtual this year.

Check out the many seedy events and available webinars [here](#), many of which are happening this Saturday.



New Westminster's Plant a Row • Grow a Row program is a growing source of inspiration, with deep roots throughout the community. Claude LeDoux is the gardening maestro of a bountiful orchestra of dedicated volunteers, committed to food-gardening and community sharing. Pictured above are some memories of their many efforts including a photo of Grade 3 students at Holy Cross Elementary School in Burnaby, BC, who are involved in their school garden program. It's a hands-on garden program where the children are so happy growing food for donation to Plant a Row. They dig and cultivate the soil (their favourite activity is digging!), add compost and organic matter, weed, grow seeds and transplants, water and then pick the fruit and veggies to share and enjoy. The children do it all and love it!

Seeds Please!

The combination of a bunch of gardening elves who also have a particular fondness (love actually) for composting/compost and the generous support of Scotts Canada is allowing *Plant • Grow • Share a Row* to offer vegetable seed packages to groups and individuals willing to share some of their harvest with neighbours-in-need. Available seeds to support your plant • grow • share a row efforts include: peas, spinach, carrots, pole beans, beets, okra (and we are hoping, kale). Ordering is pretty simple – send an email to Danielle c/o info@compost.org, providing your mailing address and details as to what you need and how they will be distributed (eg. for a community garden, individual gardener, etc.). Maximum number of packages per request = 100. Order early please – we will fill requests until we run out of our supplies.



Have hope! Snow might still be hiding your veggie patch but we are heading to Spring and planting fun!



What Soup Are You Growing This Year?

Building from the story of **STONE SOUP**, SOUPALICIOUS combines local chefs, food-growing & sharing advocates to celebrate the harvests through delicious soup creations. Usually served up as a local fundraiser, The Compost Council helps gets the program started, coaches local champions on the how-to's as well as providing promotional and communication templates to enable success to be realized early, with the funds raised staying local to help the gardening efforts. If you are interested in spearheading SOUPALICIOUS in your community, please contact Jim c/o jim@compost.org.

The following soup recipes are being shared by our soup-er supporter, Barb Zabinsky, long-time Compost Council team member. Barb not only helps champion the Council's national conference each year but comes out for SOUPALICIOUS Toronto, SOUPALICIOUS Niagara and SOUPALICIOUS Utopia when possible.

Here are some of her soup-erb soups for your own culinary and growing ways.

**Barb Zabinsky's & Harrowsmith's
Squash Soup with Kale Chips**

**Barb Zabinsky's
Zucchini Soup**

**Barb Zabinsky's
Manhattan Clam Chowder
(tomato-based)**

**Barb Zabinsky's
Vegetarian Split Pea**

**Barb Zabinsky's
New England Clam Chowder
(white creamy base)**

**Barb Zabinsky's
Russian-Style Beet Borscht**

**Barb Zabinsky's
Potato & Leek**

**Barb Zabinsky's
Creamy Tomato & Basil**



HOW DOES YOUR EDIBLE GARDEN GROW?

growarow.org

IT'S PLANTING TIME!

IF YOU WANT TO START YOUR PLANTS FROM SEED, FOLLOW THE SEED PACKAGE DIRECTIONS CAREFULLY. REMEMBER IT'S ALL ABOUT TIMING.

PLANTING IS BASED ON WHEN YOUR AREA WILL BE FROST-FREE – IE. WHEN TEMPERATURES STAY ABOVE FREEZING.

SOME SEEDS CAN BE PLANTED RIGHT IN THE GROUND. OTHERS CAN BE STARTED EARLIER BY PLANTING THEM INDOORS, WITH THE TIMING BASED ON THE NUMBER OF DAYS NEEDED FOR GROWTH PRIOR TO BEING TAKEN TO THE GARDEN.

PLANT • GROW • SHARE With Those in Need



The soil connects us all. Not just we humans, but all life on earth.

Through plants and their roots, air that is breathed and exhaled, water that seeps into the soil from rain and snow, and the organic matter that is returned to the soil, living connections are made and sustained.

Twenty-five percent of the world's species live in the soil. They clean our water, feed the plants that feed us and calm our climate. Like us, they need food, water, air and shelter.

When we add compost to the soil, we give them what they need to keep their world and ours going.

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