

# Roots and Shoots

The Newsletter of the Community Garden Network  
of Edmonton and Area



OF EDMONTON AND AREA

**July, 2007**

**“...the voice that promotes and supports community gardening”**

## **COMMUNITY GARDEN COMPETITION RETURNS JULY 16-17, 2007**

For the third year running community gardens have the exciting opportunity to showcase their hard work and dedication in the 2007 Community Garden Competition. The Edmonton Horticultural Society (EHS) created a Community Garden competition category in 2005 and we are proud to be part of it. This year's competition is planned for July 16 and 17 but before judging begins gardens keen on participating may have a few questions...

### **How do we enter our garden in the EHS Competition?**

Gardens can get competition entry forms from garden centers, from EHS or the Community Garden Network.

You can register by calling Carol Rankin at 459-5709 by July 11 at 7pm

### **Is there a fee to enter the competition?**

Just remember to submit the entry fee of \$10 and be a member in good standing of the Community Garden Network.

## **CALL FOR BOARD MEMBERS**

The Community Garden Network is currently seeking passionate individuals with an interest in community development and a desire to promote community gardening to serve on the Board of Directors. This position will give you an opportunity to meet new people, actively contribute to community development across Edmonton and make a difference! Approximately 4-10 hours a month of time is needed. No experience as a gardener or being a member of Community Gardens is necessary for this position. Please contact Andy Brown at [alcbrown@shaw.ca](mailto:alcbrown@shaw.ca) or 456-4467.

**The Community Garden Network of Edmonton and Area**

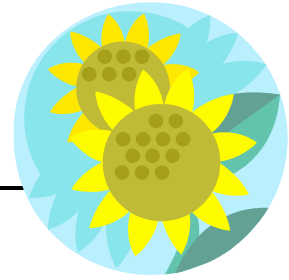
15334 123 Avenue, Edmonton, AB, T5V 1K8, (780) 221-1128,

Email: [info@edmcommunitygardens.org](mailto:info@edmcommunitygardens.org),

Website: [www.edmcommunitygardens.org](http://www.edmcommunitygardens.org)



# Garden Updates



## WELCOME, NEW COMMUNITY GARDENS!

### Four new gardens have started this summer:

- Dickinsfield Blooms Community Garden 145Ave 92 St
- Laughing Seed Community Garden 8620 91 Street
- Crystal Kids Community Garden 11847 87<sup>th</sup> Street
- Britannia-Youngstown Community Garden 16604 102A Ave

Congratulations to all our new gardens and good luck in the coming seasons!

### Looking for soil or trucking services?

Soil: Canar Rock Products Ltd.  
466-6650

Trucking: Dun-Right Trucking Dan  
or Diana 960-2355

## HORTICULTURAL THERAPY

*The practice of using the plant - human relationship to promote well-being.*

The deliberate use of the natural relationship between plants and humans to enhance well-being has been practiced across centuries and throughout the world. There is also international and contemporary interest in developing and understanding the benefits of horticulture as a formal therapeutic approach.

Creative horticultural therapies can be developed to meet the physical, emotional, and social circumstances throughout the lifespan of all of us and those we care for.

For example, youth at risk can be introduced into a pleasant, safe, natural environment where they can develop their practical and social abilities; horticultural activities can assist people with mental health difficulties to alleviate social isolation; seniors who may have lost mobility can garden when provided with barrier sensitive designs.

Horticultural therapy as a formalized practice is relatively new. However, horticultural associations are being established and are developing criteria for educational requirements. Education includes areas such as horticulture, psychotherapy, and adaptive techniques, program planning and research.

For further information on the blossoming world of horticultural therapy visit the following links for the Canadian, American, and United Kingdom horticultural therapy associations.

<http://www.chta.ca/>

<http://www.ahta.org/>

<http://www.thrive.org.uk/index.asp>

Alexis Harper BSW RSW

If you wish to submit articles or notices for the upcoming edition of Roots and Shoots, the next deadline is August 1, 2007. For newsletter submissions or inquiries, please contact [info@edmcommunitygardens.org](mailto:info@edmcommunitygardens.org).