

Roots and Shoots

The Newsletter of the Community Garden Network
of Edmonton and Area



OF EDMONTON AND AREA

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

September
2007

When Frost Threatens Your Garden

from the Organic Gardening website

Upcoming Events

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QUOTE OF THE MONTH

Gardening is
the art that
uses flowers
and plants as
paint, and the
soil and sky as
canvas.

~ Elizabeth Murray

After reading all the indicators, you determine that frost may hit your garden tonight. What can you do?

Cover plants to retain warmth and moisture, and to protect them from drying winds. Use old sheets or blankets, newspapers, pine branches, straw, inverted flowerpots, or water-filled cloches. The more opaque the cover is, the better it protects the plants. Plastic, surprisingly, does not hold heat well. Because Earth starts cooling down before sunset, get the covers on early. And be sure to cover each plant entirely.

Protect lettuce, arugula, chard, beets, and mustard from the wind and they will survive near-freezing temperatures.

Mulch carrots and other root crops well before a frost to keep

<http://www.organicgardening.com/feature/0,7518,s1-2-10-1372,00.html> Sept. 21/2007

the ground from freezing hard; then harvest when ready.

Wave the white flag on truly tender plants. Tender annual flowers (such as impatiens, gomphrena, and zinnias) and edibles (such as basil, melons, and corn) will not endure frost.

Dig up tomato plants and hang the vines (with unripened fruit attached) inside a garage or shed. If you keep them warmer than about 60°F, they will ripen.

Transplant peppers into pots and bring them inside to a brightly lit room. Remove the unripe peppers and cut back the stems when you transplant them. Keep them moist through the winter and then replant them the following spring.

Hang a fuchsia in the window of a warm room over winter, and feed and water it regularly; it will flash back into colorful life in the spring.

• **Volunteer appreciation** brunch and silent auction on **November 3rd**. Should you have any items to contribute to the auction please inform Trudy at info@edmcommunitygardens.org

• **Volunteer Opportunity!** Our volunteer appreciation evening will require a fair bit of planning and coordination. If you're interested in helping please contact Trudy at info@edmcommunitygardens.org

• We want to hear about what you are growing. Garden Surveys for the 2007 gardening survey should be filled out periodically. There's a chance to win a great prize in the fall!

Special Thanks

The Jewish Cemetery of Edmonton Community Garden for 40 years of dedication to Community Gardening

All Gardeners this season!



Our Urban Eden

The SPIN Project through SAGE

Community gardens have been active in Edmonton all summer long. Various schools, community groups, organizations and community leagues have been involved in getting gardens growing! But these citizens aren't just growing vegetables; they are building relationships with their neighbours and community members too. One such organization, SAGE (Senior's Association of Greater Edmonton) is working especially hard to get Senior Immigrants out into the garden and sharing their unique knowledge and experience.

Through their SPIN program SAGE has been helping Senior Immigrants find garden space throughout the city. Many of these new Canadians have a history of gardening but now find themselves short of land, as well as social networks. SPIN is helping to network these seniors with each other as well as with established Canadians with garden space to share. The program facilitates creating these relationships by using the borrowed land of local residents – perhaps a back yard garden or a community garden.

One particular success story is that of the Korean gardeners at the Millwoods-Wagner Community Garden. They have been able to sow their plots with seeds from their home countries and enjoy familiar vegetables. The Koreans are also having the opportunity to mingle with the other gardeners and become familiar with Canadian gardening style and vegetables.

Currently, the SPIN project is beginning preparations for next years season and searching for new land. They are particularly in need of land in the downtown area and anywhere along major bus or LRT routes. If you are able to help, please contact Maureen at melhatton@mysage.ca



Vietnamese Seniors at Millwoods Wagner

Lobbyist Act Bill 1

In March, 2007, the Alberta government introduced Bill 1, the *Lobbyists Act*, to "ensure the public sees that lobbying is done without a conflict of interest." The *Lobbyists Act* has three key proposals:

- a lobbyist registry that will give Albertans easy access to public information about who is paid to influence the government, and on what issues.
- an index of government contract information, and
- a ban on lobbying and providing advice to government on the same issue at the same time.

While well-intentioned this Bill could severely restrict the ability of nonprofit organizations to conduct business with the government. Changes must be made to the Bill to enhance its suitability.

Over **100** Alberta-based nonprofit organizations have now signed on to the Muttart Foundation's submission to the government committee studying the Lobbyists Act, a.k.a. "Bill 1".

The legislative committee on Government Services is meeting **September 27** for a public hearing on Bill 1, the *Lobbyists Act*, provincial legislation introduced earlier this year to "ensure the public sees that lobbying is done without a conflict of interest."

The **Edmonton Chamber of Voluntary Organizations**, along with the **Calgary Chamber of Voluntary Organizations**, **Volunteer Alberta** and the **Muttart Foundation** will be making submissions to the all-party committee.

You can read up on the background, see an excellent analysis prepared by the Legal Resource Centre at the U of A, and more at our site - www.ecvo.ca/issues.htm

You can also read the final submission by the Muttart Foundation posted online and a link to the Volunteer Alberta submission at www.ecvo.ca/issues.htm.

Call for Board Members!

Community Garden Network is currently seeking candidates for its Board of Directors. It is expected that monthly meetings and additional committee responsibilities will be approximately 6-10 hours per month. Candidates are asked to consider a commitment to the Community Garden Network Board for a three year rotation. Please contact Susan Penstone or Trudy Spooner for more information, 447-9600.

This month we were honoured to have Rose Mandeline, a former employee of Old Trapper John's Restaurant submit to us some of their salad dress suggestions. These are time-tested and assured to be delicious by Rose herself. Please enjoy!

Salad Dressing Suggestions from Old Trapper John's Restaurant by Rose Mandeline

<i>Salads</i>	<i>Dressings</i>
Carrot and Raisin Salad	French Dressing
Potato Salad	Oil, vinegar, mustard, egg, carrots, green onions
Macaroni Salad	Oil, vinegar, salt and pepper, sugar, seasoning salt
Cauliflower Salad	Oil, vinegar, hot mustard, celery seed
Corn Salad	Italian dressing, peppers, onions, celery
Rice Salad	Soy sauce, onion, celery
Purple Cabbage Salad	Mayonnaise
Fried Cabbage Salad	With mushrooms, onions, soy sauce



Remember
 Volunteer Appreciation
 Brunch on
 November 3rd

Community Leagues and Community Gardens...Naturally!

Make a difference in your community by starting a community garden with your Community League. It's an excellent way to encourage people to get outside and socialize, provide an excellent opportunity for exercise and fresh air, allow children to learn about the food growing process, reduce crime in the area and create a beautiful space for all community members to enjoy!

For more information please contact Trudy Spooner with the Community Garden Network at 447-9600 or info@edmccommunitygardens.org



LAUNCHING BENEFIT CARDS!!

After months of hard work the Benefit Cards are finally ready to be distributed. These cards will give our members discounts at four local businesses, which are listed on the card. Each Garden Coordinator will soon be issued the cards, to be distributed to their members. We hope to add more businesses next year. Enjoy the discounts!



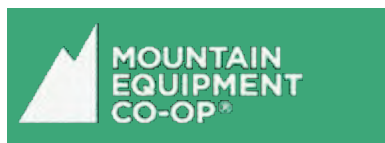
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Edmonton Federation of
Community Leagues



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If you wish to submit articles or notices for the upcoming edition of Roots and Shoots, the next deadline is October 22, 2007. For newsletter submissions or inquiries, please contact Lindsey Mulkins at lindseymulkins@yahoo.com