

# Dig This!

Fall 2022

In-person garden tour in July welcomed new friends and re-united gardening buddies.



## This year's DIG tour a great success



Left to right & top to bottom – Bowmanville Allotment Garden, Author and Bowmanville gardener Sher Leeetooze, The Field CG, Hope CG, Newcastle CG, Second Season Farm Second Season pop-up market, made just for us

## Voting for a Stronger Food System – Because everybody eats!

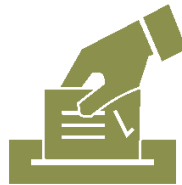
The lawn signs are sprouting across the region. Durham citizens will soon have the chance to elect our municipal leaders. On Oct. 24 Durham will be choosing local and regional councillors, mayors, the regional chair, and school board trustees.



What does this mean for gardeners and our local food system?

Municipalities determine:

- community garden procedures
- regulations about how and where food can be produced (like front yard gardens, rooftops, backyard hens)
- by-laws that affect community gardens (like fences, signage, and pesticide use)
- funding of grants and programs
- food procurement (deciding what food will be purchased for facilities, programs, and events)
- and land use zoning (deciding what land can be dedicated for community garden projects, commercial urban agriculture, and natural spaces)



When it comes to land use planning, did you know that:

**on May 25, Durham Region Council voted to endorse Community Area Land Need Scenario #2A, which would affect the amount of farmland in Durham by opening up an additional 9300 acres to urbanization?**

In doing so, Council voted against its own staff's recommendations and the preferences of most of the citizens who provided input. Citizens were not made aware of Scenario #2A during the Envision Durham community consultation process. Instead #2A, created by the land development sector BILD (Building Industry and Land Development Association), became an option *after* the consultation.

As we move towards the election, then consider asking, **“What will your local candidates do to protect food-growing spaces?”**

## Agri-Hero(es)

### Durham's Gates Open: Find Your Flavour ~ October 1 & 2

Presented by Durham Farm Fresh, in partnership with Durham Tourism.

This event is a region-wide farm tour celebrating Durham's natural resources, cultural heritage and diversity. Enjoy this self-guided tour where you'll learn about farm life; watch farm demonstrations; take part in fun family-friendly activities; and have a chance to sample (or purchase) farm fresh products and treats. The event will highlight a number of the Region's finest farms providing an opportunity for visitors near and far to learn about agriculture and immerse themselves in hands-on experiences about life on the farm.

Admission to Gates Open is free. However some of the activities offered by the farms are paid activities, so please bring cash. Check out the list of participating farms and activities and to pre-plan your agricultural adventure!

Check website for tips on making your visit to a working farm enjoyable and safe for all.

[durhamfarmfresh.ca/gates-open/gates-open-farms/](http://durhamfarmfresh.ca/gates-open/gates-open-farms/)

- In addition to COVID-safety protocols, here are some things you need to know:
- Bring cash and a cooler! Some of the farms will have product available for purchase, and some of the activities offered are paid activities.
- No pets. We love all animals, but kindly leave your furry friends at home.
- Wear appropriate footwear. The ground is bumpy and uneven!
- Plan for the weather! Bring a coat and your rubber boots. 'Tis the season for mud and muck and you will find lots of both on the farm if it has been raining.
- Please respect signage and do not go where you are not allowed. These farms are working farms and the signs and boundaries are there for *your* safety.

- No smoking or vaping.
- There will be smells, and bugs, and manure. You are visiting farms!
- Washrooms will be available at all locations on the tour.
- Photographers may be present at each of the host farms. When you attend this event you may be photographed. By participating in Gates Open you consent to be photographed and to the release, publication, exhibition or reproduction of any and all photos taken as part of the Gates Open events.



## Harvesting new gardens in Durham

### Community Living Oshawa/Clarington (CLOC) Garden Club

This organization is an accredited, non-profit dedicated to supporting personal achievement for people with developmental disabilities.

A gardening project was started in 2012 as a way to create pride, excitement and engagement among employees and residents in CLOC's many locations. It became known as the Garden Club and was presented as friendly competition between members at our various homes, as well as the CLOC community hubs they attended. The nurtured gardens blend the homes into their neighbourhoods, reflecting the loving care and curb appeal many home owners share.

Each residence and Day Program Hub contributes to the aesthetic of CLOC property

within their community; at the same time promotes a sense of accomplishment for residents. It nurtures their creativity and imagination while striving for 1st place in a judged competition.

Accessing the community continues to be a challenge, especially during this pandemic. So this contest encourages mental well being for our teams as they garden outdoors in fresh air and sun.

#### Our vision...

*For all people to be included in a community where everyone lives, works, participates, succeeds, and flourishes.*

Our garden contest is ideal for valuing the

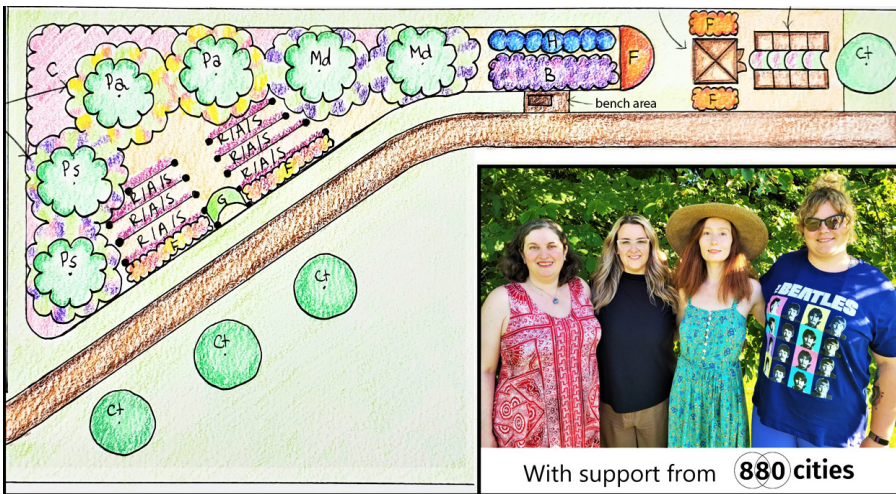


space in which the people we support live. They take pride in the work put into their gardens each year – a well anticipated ongoing event

at Community Living Oshawa Clarington.

The judges are a team of in-house Board of Directors and community members. Each year we search for judges. Please contact Lisa Soletto at [Isoletto@communitylivingoc.ca](mailto:Isoletto@communitylivingoc.ca) if you're interested in judging for 2023.

### King Street Cooperative Community Garden



After three years of preparation, with advice and assistance from DIG, we are excited to report that our group, the King Street Cooperative Community Garden (KSCCG), has recently received final approval from the Town of Whitby to begin our project. Located at 390 King St in the downtown Heritage District, the proposed garden will rest within the parkette adjacent to the building formerly known as RA Sennett P.S. The project will begin this fall with the Town installing a paved pathway through the space. Our members will use the soil from the dig to create a large berm and prepare the soil for our permaculture food forest. Planting will begin next spring. The food forest will contain six fruit trees (apple, cherry and pear); and include berry bushes, guild plants and

herbs that will fix nutrients, attract pollinators and repel pests. The site also includes a shed and raised beds for annual vegetables.

In contrast to typical allotment gardens, KSCCG's operational structure is based on a cooperative model. The garden is designed and cultivated as one plot. Members will share the work of tending the garden to receive an equal share of the harvest.

The KSCCG recently received a grant from Ontario Community Changemakers (880 Cities). Our fundraising goals are helped along by our Go Fund Me page at: [gofund.me/08573b0e](https://gofund.me/08573b0e). As we do not have charitable status, we cannot issue tax receipts. You can reach us via email at: [ksccg.board@gmail.com](mailto:ksccg.board@gmail.com)

### Community Gardens are good for the environment.

They provide valuable ecosystem services like cleaning air and water, promoting biodiversity by providing habitats, and enabling environmental education in the local community. By repurposing abandoned or neglected land, community gardens can restore vacant space and ecosystems, as well as promote social inclusion.

### Metis Council expands growing space after assuming control of Alexandra's Bounty Garden



Aerial view of Alexandra's Bounty Garden, located on Simcoe Street, just north of Lakeridge Health Centre, Oshawa

## Be thankful... and get cookin'

### Mulberry Pie

**CLOC Garden Club recipe** (see page 3) – Thank you to the backyard Mulberry tree!

Pie crust: Follow your own traditional pie crust recipe or use store bought for ease of preparation

Egg wash: 1 large egg beaten with 1 T milk

Filling:

- 6 cups fresh mulberries
- 2/3 cup granulated sugar
- ¼ cup all purpose flour
- 2 T cornstarch
- ¼ tsp ground cinnamon
- 2 T lemon juice

Instructions:

Pour filling ingredients into a bowl and stir. Burst a few berries to draw moisture. Pour into pie crust.

Lightly brush the top of the pie crust with the egg wash.

Bake on middle rack at 425 F for 25 minutes, reduce heat to 375 F and continue baking for



40-50 minutes protecting the edges of the crust with tinfoil at the second baking.

Let pie rest for 4 hours before slicing, allowing the filling to firm. Enjoy!

### Oven Roasted Squash/Pumpkin Soup



This soup recipe is featured on an Arladk Instagram reel and has been translated and slightly adapted from its original Danish. Watch it to see just how easy this is to make!! [www.instagram.com/reel/CiEt1OgLOmU/?igshid=NzNkN](https://www.instagram.com/reel/CiEt1OgLOmU/?igshid=NzNkN)

Ingredients:

- 4 ripe tomatoes, halved
- pint of cherry tomatoes
- 1 small Hokkaido squash (or your favourite squash or pumpkin), seeded & sliced

- 2 onions, halved
- 5 stalks of fresh oregano or thyme, stems removed
- 1/2 teaspoon garam masala
- pinch of salt & freshly ground pepper
- 3 tablespoons of olive oil
- 2 whole heads garlic (bottom cut off)
- 500 ml vegetable broth
- 250 ml cream (or coconut or almond milk)
- A handful of basil (save a few tinier leaves for the garnish)

Put all the vegetables in a greased baking pan (or on baking paper). Sprinkle with salt, pepper, oregano or thyme leaves and olive oil. Bake for 20 min. at 400 degrees. Turn off the oven and let the vegetables stand for a further 15 minutes.

Press the garlic out of its shell onto vegetables. Put all the vegetables in a pot. Add vegetable stock, cream and basil. Blend until the soup is smooth.

Serve the soup with a dollop of yoghurt, a garnish of roasted chickpea croutons and a few basil leaves. Enjoy!

#### Roasted Chickpea "Croutons"

Rinse and drain a can of chickpeas. Toss the chickpeas with splash of oil, a pinch of salt,

pepper and your favourite spices (chilli, cumin, paprika, etc ) Spread the chickpeas on a baking sheet lined with parchment & bake for 15 min at 400 F.

Sprinkle with grated Parmesan cheese & bake for a further 5 minutes until the cheese is golden. (Use a plant based cheese for a vegan option.)

Break apart into crispy pieces and serve them warm on top of the soup.

## DigThis!

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