

MSVU Community Garden

Summer newsletter

Feel like getting your hands dirty? Sign up for our volunteer-day today! Just e-mail garden@msvu.ca



July 2016

Community Garden Events

August 20th: Community Garden Volunteer Day (10:00am-12:00pm)

25th: Paint the Garden (10:00am-12:00pm)

Email garden@msvu to RSVP for events or check our [website](#)/[Facebook](#) for more details on events!



It's garlic scape season!

While it's always nice to enjoy fresh garlic scape sautéed with butter or thrown into a stir-fry, whipping it into a pesto can help preserve the season a little longer! Here's a recipe from Food52, contributed by Kenzi Wilbur. This keeps in the fridge for a week (or longer, but it won't taste as good after a week). Makes about 1.5 cups

1 cup of garlic scapes (the recipe says thinly sliced crosswise; however roughly chopped will work too depending on your food processor or blender)

¼ cup pine nuts (alternatively, you can use chopped toasted almonds)

½ cup extra virgin olive oil ¼ cup parmesan cheese Salt and pepper to taste

1. Add the garlic scapes and the pine nuts to a food processor or blender and pulse until broken down but still chunky
2. Turn the processor back on and slowly pour in olive oil, making sure the mixture is emulsifying
3. Pulse the parmesan cheese, salt and pepper into the mix

This is what the pesto should look like (with a bit of brown if you use almonds).

Photo by Eric Moran, Retrieved from:

<https://food52.com/recipes/22491-garlic-scape-pesto>



By: Alison Chappell

Do you have some recipes you would like to share? We'd love to hear from you! Join the conversation on [Facebook](#) or e-mail your recipes to Garden@MSVU.ca for the upcoming newsletters.



Common Garden Pests

The benefits of organic gardening are numerous and include more nutritious foods, healthier soil, no toxic runoff from chemicals used in gardening practices, and no chemicals absorbed into the foods you eat. The challenge is when you finally have lovely little seedlings or even full plants and you start to notice holes in your leaves, stalks turning yellow, or tunnels burrowed into your veggies. Organic gardening challenges the gardener to look for more natural, sustainable methods to fighting pests, while sometimes having to tap into more creative solutions. This article covers some tips on how to deal with some of the more common pests found locally.

Aphids: Often these little insects (2 cms) are a light green, blending well under leaves and on stalks of plants to suck out the sap. They can be many other colours though! Symptoms of garden aphids include yellowing on the plant and stunted growth, according to [Halifax Seed](#). One of the best removal methods is simply by hand or spraying with water. Neem oil or even dish soap diluted in water can also be sprayed onto the affected plants. Using these sprays may repel against beneficial bugs, so these may be preferred as a last resort. Ladybugs are a beneficial insect that are predators to aphids. Planting dill, fennel, or mint may help attract beneficial bugs. Local nurseries often stock beneficial insects when the extra help is needed!

Cutworms: These caterpillars usually attack the stems of your seedling, making it look like a miniature army invaded overnight and sawed down your garden. Unlike other pests that pick away at your plant over time, this pest can demo an entire plant overnight. Patrolling at night and on cloudy days, you can handpick some of these caterpillars. To protect your plants in the meantime, try wrapping a cardboard collar around the base of your seedling. Some also recommend a barrier of popsicle sticks or nails until your plant is more established. Sprinkling egg shells and coffee grounds around your garden may make it difficult for these pests. Be careful with coffee grounds though, since they are acidic they can change your soil's pH.

Slugs: Slimy slugs come in all varieties, but the ones in our gardens are small pebble size to 2 inches long and feast on plant leaves at night. [Slug Off!](#) has great ideas for protecting your plants when you can't be out all night keeping guard. Tried and true techniques include egg shells or nut shells scattered around the garden. Placing coarse mulches, like the shells or tree bark at the base of the plant will create a sharp terrain for the slug. Setting beer or milk traps in the garden attract the slug. Place a cup with beer or milk half buried with ~1" of the cup sticking out of the ground; this will trap the slug. To prevent slugs from climbing up the stem, try a cardboard collar or copper band as a barrier. These collars are a great way to re-purpose toilet paper rolls too!



The Mount Community Garden

By: Sarah Gatien. Pictures obtained from: http://zipcodezoo.com/images/thumb/9/9e/Deroceras_reticulatum_10.jpg/348px-Deroceras_reticulatum_10.jpg, <http://www.gardeningknowhow.com/plant-problems/pests/insects/get-rid-cutworms.htm>, and http://www.123rf.com/photo_4438720_macrocephalus.jpg

Health benefits that a Tomato carries

- Reduces the risk of heart disease, diabetes, and cancer
- Maintaining a low sodium intake helps to keep blood pressure healthy
- Increasing potassium intake may be just as important because of its vasodilation effects.
- Tomatoes are a rich source of lycopene, lutein and beta-carotene, powerful antioxidants that have been shown to protect the eyes against light-induced damage
- The folic acid in tomatoes may help with depression by preventing an excess of homocysteine from forming in the body

Info retrieved from:
<http://www.medicalnewstoday.com/articles/273031.php>

By: Hanaa Aboushahla

Contact Us

Website:

<http://www.msvu.ca/communitygarden>

Facebook Page: The Mount's Community Garden

Contact: MSVU Community Garden Coordinator

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Hike to Susie's Lake – July 14th

The community garden's annual hike was more of a success than ever this year; in partnership with CARP (Canadian Association of Retired Persons), almost 50 people were gathered to go on this hike through the [Blue Mountain Birch Cove Lakes Wilderness Area / Proposed Regional Park](#)! It began with a short half hour hike through the woods behind the Kent's wood storage yard on Bayer's Lake and opened up to a beautiful rock-face that descended onto a picturesque lake. On the walk, members of the hiking group shared their vast knowledge of the area, the fauna, and its history. At the end of the hike, many people chose to have a snack on top of the rock face and down by the water. Above and below are pictures that were taken beside the water and showcase a very small portion of the beauty this area has to offer. If you are interested in the park and the extensive wilderness protection project currently underway, please feel free to join the "[Blue Mountain – Birch Cove Lakes Wilderness Area](#)" page on Facebook where much information about the area and the recent threat of development is available.



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