

# MSVU Community Garden

The best part about an edible garden is getting to eat what you grow!

Spring 2016



## Community Garden Event

May Community Garden member's orientation

June Walking club tours the garden! (June 9th)  
Plant Swap & Ice-cream Social: June 15th from 12:00-1:30 on the Rosaria Terrace

## *Happy Spring!*

Hello everyone,

My name is Ryan Lane, a 3<sup>rd</sup> year applied human nutrition student here at the Mount, and I am honored to be this year's MSVU community garden coordinator. Over the course of the next few months, I hope to get the chance to meet all of the wonderful people who are involved with our beautiful garden and who continue to make it an incredible place for not just The Mount, but the surrounding community as well. Having always lived in a rural community with plentiful gardens and greenery, I appreciate all the hard work and effort it took/continues to take to bring this wonderful public space to life every year. I hope that I will be considered a worthy addition to your community who can help to grow what you all have begun. My office is now located in Seton 337B and if my door is open, feel free to drop in to introduce yourself, say hello, or share any ideas you might have for our wonderful garden. Feel free to also contact me at [garden@msvu.ca](mailto:garden@msvu.ca) with any questions or concerns you might have.



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](mailto:Garden@MSVU.ca) for the upcoming newsletters.



## Square Foot Gardening

In 1981, Mel Bartholomew introduced square foot gardening to the world when he published his book on the subject. The process was contrary to row planting, it maximized space by giving each plant a value that indicated how many can be planted in one square foot. The densely planted space prevents weeds, forms a living mulch, and allows for stronger plants to thrive.

Plant size dictates how dense each square will be planted: lettuce, radish and carrots are considered small and allow for 16; onions, beets, turnips are can have 9; potatoes and beans can be planted 4 per foot while tomatoes and peppers take up one (see chart below).

The ideal growing medium includes equal parts vermiculite, peat moss, and a blended compost, also known as "Mel's mix".

Submitted by: Jon Geneau

Square Foot Planting Guidelines											
Garlic, (4)	Cilantro, (1)	Carrots, (16)	Hot peppers, (1)	Kale, (2)	Kohlrabi, (4)	Head Lettuce, (4)	Leaf Lettuce, (16)	Peas, (8)	Peppers, (1)	Potatoes, (2)	Melons, (1)
Dill, (9)	Fennel, (2)	Beans, (4)	Beets, (9)	Bok Choy, (1)	Brussels Sprouts, (1)	Cabbage, (1)	Cauliflower, (1)	Chives, (1)	Corn, (2)	Cucumbers, (2)	Eggplants, (1)
Oregano, (1)	Parsley, (2)	Parsnips, (9)	Cilantro, (9)	Rutabagas, (4)	Radishes, (16)	Rosemary, (1)	Pumpkins, (1)	Peppers, (1)	Sage, (1)	Basil, (2)	Arugula, (16)
Spinach, (9)	Summer Squash, (1)	Sweet Potatoes, (1)	Swiss Chard, (2)	Thyme, (2)	Onions, (9)	Turnips, (9)	Winter Squash, (1)	Swiss Chard, (2)	Leeks, (6)	Celery, (2)	Calendula, (2)

obtained from: <https://s-media-cache-ak0.pinimg.com/736x/20/8f/46/208f468e72f31c1537d00e4e7ceb64c.jpg>

### EDIBLES

The best part about an edible garden is getting to eat what you grow! Although it's early in the season, there is already plenty to enjoy. We've asked some of our community gardeners to share some of their favorite recipes for this time

### Simple Rhubarb Syrup

Makes about 1 cup of syrup – Great to use in cocktails or in an Italian soda with low sodium club soda.

1 c. sugar, 1 c. water, 1 c. chopped rhubarb

- Combine ingredients, bring to a boil over high heat.
- Reduce heat to let the mixture simmer for an hour.
- Strain cooled mixture, store syrup in the refrigerator.



## Health benefits that a cucumber carries

- Keeps you hydrated
- Fights heat, both inside and out
- Flushes out toxins
- Lavishes you with vitamins A, B and C,
- Supplies skin-friendly minerals: magnesium, potassium, silicon.
- Aids in weight loss.
- Revives the eyes.
- Cuts cancer.
- Stabilizes blood pressure.
- Refreshes the mouth.
- Helps digestion.
- Smooths hair and nails.
- Soothes muscle and joint pain.
- Keeps kidneys in shape.
- Good for diabetics.
- Reduces cholesterol.

By: Hanaa Aboushahla

## Contact Us

Website:

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

Facebook Logo: The Mount's Community Garden

Contact: MSVU Community Garden Coordinator

E [garden@msvu.ca](mailto:garden@msvu.ca)

T 902.457.6179

# From the Web



**What's in SEASON**  
Enjoy fresh, quality local foods all year long and keep your food dollars in Nova Scotia

SPRING	SUMMER	FALL	WINTER STORAGE CROPS
Asparagus, Beet Greens, Fiddleheads, Lettuce, Peas, Radish, Rhubarb, Spinach, Spring Turnip	Asian Greens, Beans, Beet Greens, Blueberries (highbush and wild), Broccoli, Cabbage, Carrots, Cauliflower, Celery, Cherries, Cucumber, Eggplant, Fennel, Garlic, Herbs, Lettuce, Melons, Onions, Peaches, Peas, Peppers, Plums, Potatoes, Radish, Raspberries, Spinach, Spring Turnip, Strawberries, Sweet Corn, Swiss Chard, Tomatoes, Zucchini	Apples, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celeriac, Cranberries, Garlic, Herbs, Kale, Kohlrabi, Leeks, Mushrooms, Onions, Parsnips, Pears, Potatoes, Pumpkins, Radish, Rutabaga, Shallots, Spinach, Squash, Swiss Chard	Apples, Beets, Cabbage, Carrots, Celeriac, Garlic, Onions, Parsnips, Potatoes, Rutabaga, Shallots, Squash

  

AVAILABLE YEAR ROUND	SEAFOOD AVAILABLE YEAR ROUND
Apples, Beef, Blueberries (wild, frozen), Chicken, Cranberries (frozen), Dairy, Dried Beans, Eggs, Honey, Lamb, Maple Syrup, Mushrooms, Pork, Seaweed, Turkey, Wine	Arctic Char, Clams, Cod, Haddock, Halibut, Jonah Crab, Lobster, Mussels, Oysters, Pollock, Salmon, Scallops

  

AVAILABLE SEASONALLY
Gaspereau/Alewives, Herring, Mackerel, Rock Crab, Shrimp (Northern), Snow Crab, Swordfish, Tuna

Obtained from: <http://www.selectnovascotia.ca/seasonal-availability>



# The Mount Community Garden