

# Can You Dig It?



Summer  
2014  
Volume 2

The Mount's Community Garden Summer 2014 Newsletter *July and August*

## Yoga Anyone?



INSTRUCTOR SUSAN FILLMOR ENJOYS THE SUN DURING TOTAL RELAXATION

## Yoga on the Garden Greens

Mount Saint Vincent University Staff and Members of The Mount's Community Garden enjoy yoga on the garden greens on July 12, 2014.

Event's that take place at The Mount's Community Garden are prepared with gardening and gardening topics in mind. However, as much as gardening is bravoed as a way of relaxation, and for many, this is true, what are the compromises to the body? Exertion? Muscle fatigue?

It is well known that the The Mount's community garden is marveled as a beautiful peaceful place, which is why it set the perfect backdrop for yoga instructor Susan Fillmore to lead a session in relaxing yoga while holding poses to stretch and strengthen muscles. ●



**Lavender?**  
Do you have lavender in your garden?  
Check out this recipe for delicious lavender cake!



## The Garden Blooms RED

The Mount's Community Garden enjoys a visit from the Red Hat Society



A BLOOMING SEA OF RED AND PURPLE AS ALL ARE HEADED TO THE MEADOW'S FOR TEA.

"When I am an old woman I shall wear purple  
With a red hat that doesn't go, and doesn't suit  
me..." ~ *Warning by Jenny Joseph*

On July 26, 2014 the Mount Community garden was delighted to entertain the company of the ladies of the Red Hat Society! A women's group founded in 1998 for ladies who reached their awesome age of 50! Founded by artist Ellen Cooper, who gave a friend a special gift when she turned 55, which consisted of a red bowler and a poem entitled "The Warning" by Jenny Joseph.

The ladies of a few different chapters in Nova Scotia enjoyed their day touring the garden and then sitting in the living room area of The Meadow's while enjoying tea and cake. They sang a song to the gardeners and volunteers who attended and told the story of how they became to be and why they do what they do. They were mostly delighted to be recognized as an important organization of women who defy conformities of society and live to have fun! The coordinator was delighted to become an honorary "Pink Hatter"!



## Lavender Cake

**SUPER EASY Lavender Cake:** 1 cake mix (follow directions) Use Lavendar water in place of water.

**(LAVENDER WATER)** you will need about a cup of lavender flowers infused two hours before making cake.

**LAVENDER FROSTING:** 1 cup whipping cream, teaspoon vanilla, 3 tablespoons powdered sugar, 2 tablespoons soft lavender flowers (only use the pedal) you wouldn't want anything crunchy in your frosting, blend with stick blender, frost cake, make sure cake has cooled before adding the whip cream it

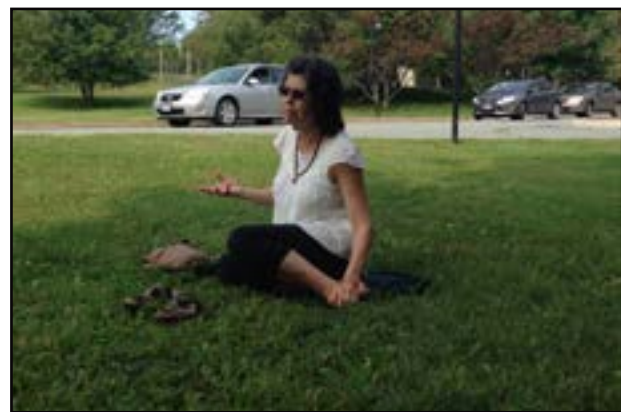
Want to Hear Jenny Jospheh

read her poem "The

Warning"?

## Relaxation with Meditation

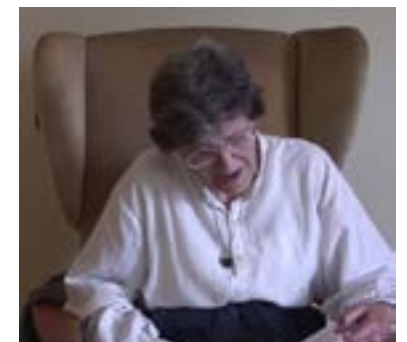
The Mount's Community Garden enjoys the ultimate relaxation experience



JEANNINE SAULNIER SHOW PARTICIPANTS HOW TO FOCUS ON BREATHING

Meditation is a technique of training your mind using various methods to reach a specific mode of consciousness. On July 19, 2014 the Gardeners along with members of the garden society with some of The Mount's faculty were led in a meditation session by Jeannine Saulnier. Her calming voice helped participants focus surroundings breathing to reach the state relaxation. A experience can be describe as, amongst the with birds chirping in the distance, I focused on my breathing and lost all track of time and place." Thank you Jeannine for "taking us away"! ●

*"As wind swirled amongst the leaves of the trees with birds chirping in the distance, I focused on my breathing and lost all track of time and place."*



<http://youtube/8cACbzaniitg>



## Late Summer Workshop. Season Extension

One of our gardeners, Sebastian Schlosser gives tips on how to extend your garden season



SEBASTIAN SCHLOSSER SHOWS VARIOUS TIPS TO EXTEND YOUR GROWING SEASON



On August 2, 2014, the Mount Community garden was pleased to host one of its very own gardeners Sebastian Schlosser as he gave some very useful information on how to develop cold frames for your garden so that you can extend your growing season. Some methods that he outlined were the usage of electrical conduit, a flexible plastic hose that is used for protecting electrical wires to build a 'green house' on your garden bed. This hose provides an alternate way of building frames around your garden bed without the use of metal. He also outlined that plastic can be held onto the conduit with clips for easy access to your garden.

As well, Sebastian shows us a cold frame made of wood and plexi-glass that attaches with hinges on the garden bed. This lifts up so you can also have easy access to your garden! Thank you Sebastian for all the wonderful tips and advice!!



### Kale, Kabocha and Gorgonzola Salad



#### INGREDIENTS:

3/4 cup (4 ounces) kabocha or other winter squash, cut into 1-inch cubes and roasted\*

2 ounces (about 2 cups) kale (lacinato or dinosaur), ribs removed and thinly sliced  
2 teaspoons fresh lemon juice  
1 1/2 tablespoons extra virgin olive oil  
Salt and fresh ground pepper to taste  
2 ounces (1/3 cup) Wisconsin Gorgonzola cheese, crumbled

1 tablespoon pine nuts, lightly toasted

#### Optional:

2 teaspoons (1/2 ounce) golden raisins (pre-plumped in 1:1 water and red wine vinegar solution)

#### COOKING DIRECTIONS:

In mixing bowl, gently toss squash and kale with lemon juice and olive oil. Season with salt and pepper; set aside to soften 5 minutes.

Place kale and squash mixture on serving plate, top with Gorgonzola and pine nuts.

\*To roast squash: preheat oven to 425°F. Toss squash cubes in enough olive oil to coat; season with salt and pepper. Spread on baking sheet lined with parchment paper, leaving space between cubes. Roast until tender and caramelized, about 30-40 minutes, tossing with spatula every 10-15 minutes.

[wisconsincheesefoodservice.com](http://wisconsincheesefoodservice.com)

### Highlight of the Month



Children of Mount Saint Vincents Child Study Center enjoyed a fruit and vegetable scavenger hunt game with one of our volunteers, Courtney!! Thanks Courtney!!!

## Annual Garden Meeting. End of Summer Season

The Annual AGM takes place at the garden!



PARTICIPANTS ENJOYED A VARIETY OF TREATS AT THE AGM

The Annual Garden Meeting (AGM), which marks the end of the summer season was anticipated by all who met at The Mount's community garden on August 13, 2014. Speakers spoke to gardeners, and volunteers and members of the Steering committee, each bringing a unique point of view as they reflected back on the season. Each person enjoyed a variety of treats from the menu which consisted of Lavender cake, made from lavender in the garden, caprese skewers and a tray of vegetables and cucumber dip. At the end of the speeches, the coordinator got up, and with heartfelt emotion thanked everyone for their effort in making the season a successful one. As a plant grows in the garden, it needs a variety of elements to be successful, as so does the coordinator of the garden, needs a variety of elements to be successful when she or he takes on the job. A job well done could not be done without the help and input of the gardeners, the garden society, the volunteers, the steering committee and the University. As everyone started to leave, with bellies full, it was hard to believe that this was the end of one season, and the beginning of another.



## A Huge "Thank You" from the 2014 Coordinator



I absolutely cannot believe that the garden summer season has ended. As a mom of 3 wonderful boys, I try to instill in them values of where their food comes from in hopes that they learn to appreciate what they eat and know how fortunate they are. This is why I was so eager to take on the position of 2014 garden coordinator. Even though some of the gardeners were 'veteran' gardeners, all were new to me. I valued every single input and suggestion and used each one to learn and grow in this position. I made some new and hopefully lasting friendships and learned the difference between a community garden vs. a home back yard garden. We saw some beautification at the garden, a visit from Stephan from Green Dragon Organic Farms. We had visits from the child study center, as well as yoga and mediation. The Red Hat Society enjoyed our garden very much, as well as our gardeners James, and Sebastian took us on a hike to Susie's Lake, and showed us how to extend the garden season.

As I leave this position, I will now always feel a connection to the garden, and have a few more faces to wave "Hi!" to as I walk to my classes this fall.

Thank you so much for a wonderful experience and summer!!

~ Janie

