

CAN YOU DIG IT?

A Newsletter brought to you by the Mount Saint Vincent Community Garden

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Top stories in this newsletter



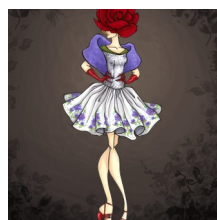
Community Garden at the Ice cream Social!



Stephan from the Green Dragon Organic Farms Visits the Gardeners!



Take a hike!
Our trip back to Susie's Lake Wilderness area



What's coming up next?

Ice Cream Social!



On June 25, the annual Ice Cream Social and Plant Swap event was held outside of Rosaria and the community garden was pleasantly pleased to be a guest! At this event, individuals could bring a plant, and take a plant while enjoying the tasty benefits of ice cream with ALL the toppings!

The community garden was delighted to be able to provide Red Baron Pepper transplants as a giveaway to all those who attended. The transplants were lovingly set in an ice cream bowl, using the spoon as an identifier. We had bookmarks to give away as well, along with a flyer with upcoming events and a sign up sheet for our flyer/event announcements and newsletter. If you missed out, not to worry, you can attend next year, and you can always sign up for our events and newsletters at garden@msvu.ca or go to the website msvu.ca/communitygarden and check out our new blog!

Green Dragon Organic Farms!



On June 29th, Stephan from the Green Dragon Organic Farms and B&B arrived and was able to provide stimulating conversation with the gardeners under the shade of the trees outside of the garden. Topics included the importance of adding Nitrogen to your garden and what plants are best for that. Discussion also included bed covers, with the suggestion of using oats as a non traditional, but very good cover for your bed when preparing for the winter. Also discussed, composting, and the usage of grass clippings, clover and straw as a good mix. He also offered a pdf with nitrogen planting outlines. Contact us at our email if interested in receiving this pdf or more info about Stephan!

Take a Hike! Our trip back to Susie's Lake!



July 2nd didn't seem like it was going to end up being a very promising day as far as the weather was concerned, but that did not damper the spirits of the hikers that met up behind the Kents building in Bayers Lake. Led by James Boyer, one of our gardeners, along with Bob and Wendy McDonald, two more of our gardeners helping along the way. The sky soon opened letting the sun shine down on us along with the opening of our eyes to the importance of preserving this beautiful wilderness area.

Once owned by the Sisters of Charity, one can almost imagine the sisters as they made their journey to Susie Lake to get their water. Development threatens to destroy this beautiful piece of nature, which is why it is so important to bring awareness to the area and gather support to help ensure this historic area remains a peaceful place for hikers to go and escape the innards of the city bustle. For more info on this area Please visit:

<http://www.halifaxnorthwesttrails.ca/Trails/Birch-Cove-Lakes-Canoe-Trail/>

What's coming up next?



Still lots of exciting things happening at the garden!

July 12 at 10 am, there will be Yoga on the Garden Greens with instructor Susan Fillmore.

July 26, 10-12 the Red Hat Society will be making a visit to have some tea, swap some plants, play some games along with a few "silly surprises" of their own!

July 19 and **Aug 9** Meditation in the Garden Greens with instructor Jeannine Saulnier.