

July 2017



# Newsletter July

## HAPPY GARDENING!

Hello everyone,

My name is Ryan Lane, I am a 4th year student at the Mount who will be coordinating the community garden for the second year in a row. While some of you may know me, I would like to take this time to introduce myself and allow you to get to know me and my plans for the garden this year.

I study nutrition here at The Mount and intend to use my education to become a Registered Dietitian. In my time at The Mount, I was lucky enough to be given this position that has given me the chance to discover one of my passions: gardening. While I have always been a huge fan of being outdoors and “Vitamin Green”, this position has allowed me to become more comfortable at The Mount and given me something that I feel I can make a difference at. For those of you who have yet to make it up to the garden, I encourage you to take a walk up and see some of the projects I’ve been working on: some are big, some are small, but I hope that all of them help to make The Garden as well as The Mount a more comfortable place for you, as it has for me.



**Do you have some recipes, stories or pictures you would like to share? We'd love to hear from you! Join the conversation on Facebook or send an e-mail to [Garden@MSVU.ca](mailto:Garden@MSVU.ca) to be featured in the upcoming newsletters.**





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# Trip to Suzie's Lake June 13th



The hike to Suzie's lake has been an annual event at The Mount Community Garden for quite some time; historically, the Sister's of Charity used to walk this same trail, and it is a tradition that is well worth participating in. Being located in the Bayer's Lake business park, it is often a trail that goes unnoticed to people who haven't had a guided tour – fortunately for those involved, two of the gardeners from The Mount are very knowledgeable about not just the area, but also the local history and flora.

Once exiting the lumber yard and entering the wilderness trail, most sounds of the Bayer's Business park are quickly forgotten: the forest is deep and

filled with the noises of various birds and animals (many of which were pointed out by Bob, our expert bird watcher). This hike began in the morning before the day got too hot, but by the time we reached flagpole hill (seen in the picture above), it was already above 30C and most of the hikers lamented having forgotten their swimsuits. On the return route, the humidity hung heavy in the air and most of the hikers were ready to exit the trail, I on the other hand, would have sat with my feet in the water all afternoon, given the chance. If you are interested in attending our next hike, message garden@msvu.ca for more details.

## UPCOMING EVENTS

- July 17th (Wednesday, 5.30–6.30pm): Garden Society meeting
- July 22nd (Saturday, 12–3pm): Paint the Garden

Rain date: July 23rd (Sunday, 12–3pm)

- August 17th (Thursday 4–6pm): Pickling Workshop

Rain date: Aug 24th (Thursday, 4–6pm)

+ Weekly harvest sales – every Thursday 11am–1pm  
+ Annual general meeting – August 10th (Thursday, 3.30–5.30pm)





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## EARLY VEGETABLE HARVESTS!

This year, The Garden will be selling the fresh-picked, organic produce in the McCain Atrium. This will occur on a weekly basis on Thursdays from 11-1; all sales occur by donation and all produce is picked fresh at 10 am. Thus far, two sales have occurred, with strawberries, radishes, kale, dill, basil, and cilantro all being sold. Moving forward throughout the summer, there will be an abundance of sugar snap peas, pole/bush beans, cucumbers, tomatoes, peppers, and so much more.

If you are interested in helping with the harvest or sales of vegetables, stop by The Garden from 10-11am on Thursdays and learn how to tell what is ripe and ready to pick. If you want to just enjoy the harvest without getting out in the sun, drop by the booth from 11-1 and take your pick from the weekly harvest. As always, any questions or concerns can be sent to me directly at [garden@msvu.ca](mailto:garden@msvu.ca)



## RADISH GREENS PESTO



## THIS MONTH'S RECIPE

### INGREDIENTS

- 4 cups radish tops (packed), washed and dried
- 3 cloves garlic, finely chopped
- juice of  $\frac{1}{2}$  a lemon
- $\frac{1}{2}$  cup sliced or slivered almonds, coarsely chopped
- macadamia nuts or pistachios
- $\frac{1}{2}$  cup freshly grated Parmesan cheese
- $\frac{1}{3}$  cup extra-virgin olive oil plus more as needed
- salt and freshly ground black pepper, to taste

### INSTRUCTIONS

Combine first 6 ingredients in a food processor or blender. Process until smooth, scraping down the sides as needed. Add additional olive oil to achieve a thick sauce consistency. Season to taste with salt and black pepper.

If freezing, leave out the cheese and garlic and add when ready to serve.

The recipe obtained from:

<https://www.fromachefskitchen.com/radish-greens-pesto/>