



September Newsletter

FARE WELL RYAN!

My name is Ryan Lane and for the last two and half years of my studies here at The Mount, I have had the immense pleasure of not just having a plot at The Mount Community Garden, but being the community garden coordinator for it.

Throughout my time in this position, I was fortunate to meet countless amazing people, learn so much more about where my passions lie and about nutrition, my chosen field. Also through my work here, I feel that I was able to gain the confidence and experience to take the next step of my education, a dietetic internship at Hope Blooms.

While I am sad to have left the position and the comfort it has provided me while at the Mount, I feel incredibly fortunate to have had it for as long as I have and owe more thanks than I can give. With that, I would like to personally thank Paulette Cormier-MacBurnie for always supporting me and my dreams for the garden; I could not have asked for a more kind, supportive, and understanding supervisor. Were it not for Paulette, the other members of the steering committee and their tireless work, we wouldn't have such a beautiful garden to call our own, something I can no longer imagine The Mount without. I would also like to give an enormous thank you to everyone else at The Mount who supported the garden, giving me over two wonderful years in the process.

Finally, last but certainly not least, I would like to give a warm welcome our new community garden coordinator, Peyton Carmichael. I am confident that in her work, she will continue to make the Mount Community Garden as warm and welcoming a place for you all as it has been and will continue to be to me.

All the best,

Ryan Lane

(Ex-Community Garden Coordinator)

WELCOME PEYTON!

Hello Gardeners and MSVU Community members! With this change of season comes a little change to the garden- A new coordinator! My name is Peyton Carmichael, I'm a 4th year political studies student, minoring in nutrition. I am also an avid traveller, plant-lover, foodie, yogi and all-around nerd.

I grew up in Margaree Valley (rural Cape Breton), where wide open spaces and fertile soil is commonplace. Some of my earliest memories involve planting a giant garden with my grandpa and being so proud when harvest rolled around and I could share my fresh-picked carrots and cucumbers with everyone and anyone who would take them.

Since my childhood years I have adventured quite a bit, and often didn't have a place to grow my plants other than my 2-foot windowsill or small balcony.

But no matter how small the operation, there is something so beautiful about growing food. It not only brings back so many heartwarming memories of my family and gives a splash of vitamins to any old meal. It also makes me feel empowered, and connected to the earth.

If you haven't gotten the message by now, here it is: I love plants and am so excited to work with you and the MSVU community to keep the garden as a space for life, growth and community!

See you at the garden!

-Peyton

(New Community Garden Coordinator)



Think you can't garden because you have rabbits or deer in your yard?

by Clove Haviva /// clove.haviva@msvu.ca

Do you think you can't garden because you have rabbits or deer in your yard, and you can't fence them out? I have won against deer and rabbits who discovered my tasty greens. The *floating row cover* method, as it is known, should work to keep dogs, cats, birds, and digging squirrels out of vegetable beds, too.

While you can purchase specially made garden row cover new, I recommend buying a sturdier version from a thrift store: sheer drapes. I have acquired white, light green, and even pale purple drapes, spread them, floating them loosely over the plants, weighting the four edges with rocks or dirt, and the problem was solved. The gorgeous mammals kept coming around, but they trimmed my lawn instead of eating my salad greens and chard. Apparently chewing on fabric is not appetizing.

I admit the drapes are not as aesthetic as rows of greens. When I *plan* to use them (rather than hauling them out in a garden crisis), I use them in less visible garden beds, not the ones in front of my house or at the most noticeable edge of the garden. In spite of their homeliness, I love garden drapes, because they have prevented the loss of my precious homegrown food, immediately, without the time, expense, or effort needed to buy and erect stakes and fencing. Sun and rain pour through the fabric, while tiny pests, such as flea beetles and cabbage moths, are thwarted. Drapes offer protection against light hail and frosts, too, down to about -2 degrees.

I have some cautions. My young basil plants did not like the weight of the drape. Rather than floating it, you can rest the fabric on something smooth (so it won't snag) that is taller than your tender plants, but then you have to weight the edges better so it does not sail away in a strong wind. Wind is an issue when draping anything tall. Drapes over my pea and bean trellises did keep the deer out, but the drapes caught the wind, knocking over the trellises during wild thunderstorms, more than once. Also, if you drape plants that need insect pollination (squash, melons, cucumbers, pumpkins, and coriander), you have to uncover the plants during the day when they are flowering, to allow the bees in.

When a deer hoof tears the fabric, I sew it and kept using it. At the end of the season, I hang the drapes on my laundry line to let the rain wash them clean. I let the sun bake potential plant diseases to death for a day, then I store the drapes. They last for years. Polyester fabric in my organic garden may not be beautiful, but the greens filling my salad bowl, with no deer tooth marks, are a work of art.

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Clove will be teaching a free workshop, "How to know the medicinal properties of a plant without opening a book," on September 18, 5-6 p.m. in the MSVU garden, or at the Meadows in case of rain. RSVP to garden@msvu.ca (appreciated, not required).



IT'S TOMATO SEASON!!

From pizza to marinara sauce, salsa to chili and ratatouille to ketchup – I think we can all agree that the world would be a sad place without tomatoes. They are not only delicious and versatile, but full of plenty of life-sustaining nutrients.

Tomatoes are full of flavor, high in nutrients and low in calories, making them a great addition to pretty much any meal!

Tomatoes are rich in folate, important in any diet to aid with tissue growth, digestion and protein synthesis. They are also high in potassium, in lycopene (good for the skin), and vitamin K, important for bone health.

Delicious and nutritious! The only bad thing about having an abundance of fresh garden tomatoes for two months a year, is that you will spend the rest of the year reminiscing about how delicious they were!

UPCOMING EVENTS

Community Events:

Sunday September 30th at 10:00am
Susie Lake Hike with James Boyer

Workshops:

NEW DATE:

Tuesday October 2nd 5:00pm- 6:00 pm
at the Garden "How to Know the medicinal properties of a Plant Without Opening a Book" Led by Clove Haviva

FRESH TOMATO & MANGO SALSA



Image and Recipe from:
<https://www.foodandwine.com/recipes/mango-tomato-salsa>

What you need:

- 1 medium tomato, chopped
- 1/2 large mango, diced
- 1/2 small red onion, finely chopped
- 1 serrano chile, thinly sliced
- 1/4 cup chopped cilantro
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lime juice
- Kosher salt
- Freshly ground black pepper

What you need to do

In a bowl, toss together the tomato, mango, onion, chile, cilantro, olive oil, lime juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Season to taste and serve.