

# Dig This!

Summer 2017



**Welcome** ...to the first issue of DIG's (Durham Integrated Growers') quarterly newsletter. Feedback is welcomed. Please see contact information on page 2.

## 6th Annual Community Garden Tour & Poker Run

**Saturday July 22, 2017, 9 am**

The website is live and ready to accept registrations: <http://www.durhamdigs.ca/membership>

Tour includes a DIG individual membership and lunch from Nourish and Develop's Community Food Hub.

Individuals with the best poker hands at the end of the Tour will be able to choose from a selection of prizes from local businesses.

Purchase homemade preserves at Whitby Ajax Garden Project!

Map of the Garden Tour with driving directions: [goo.gl/9ZSVu2](http://goo.gl/9ZSVu2)

We will organize carpooling at the start of the event.

### Garden Tour Feature Garden ~ Carpe Diem Farm

Carpe Diem Farm is the brainchild of Julie Belli, an award winning artisan cheese maker and tireless advocate of using organic practices to cultivate fresh local food. In addition to providing aspiring farmers with incubator plots to try their hands at the land risk-free, Carpe Diem Farm is also home to a farm shop, farm cafe, a classroom, a mixed orchard, greenhouses, and soon, a newly renovated cheese plant and milking room that will produce goat, sheep and cow cheeses, as well as other quality products.

[www.carpediemfarm.ca](http://www.carpediemfarm.ca)

[www.facebook.com/carpediemfarm](http://www.facebook.com/carpediemfarm)

The tour starts promptly at the Legends Centre Community Garden. This garden is located on the North side of the Legends Community Centre.

- A Legends Centre CG North end of the Legends Centre on Harmony Road N  
9:00am - 9:20am Travel: 25 minutes (to next garden)
- B The LivingRoom Community Art Studio Garden  
9:45 - 10:05 Travel: 25 minutes
- C St. Andrews CG Located behind the St. Andrew's Community Centre at 48 Exeter Road, Ajax  
10:30 - 10:50 Travel: 25 Minutes
- D Whitby Ajax Garden Project Located on the east side of Lakeridge road, just south of Hwy 7  
11:15 - 11:35 Travel: 45 minutes
- E The Nourish Community Hub  
12:20 - 12:40 Travel: 5 minutes
- F Maple Tree CG 85 Albert St. Cannington, beside McCaskill Mills Public School  
12:45 - 1:30 Travel: 10 minutes
- G Carpe Diem for Cheese Tour & Prizes  
1:45 - 2:15



## The LivingRoom

### The recipient of 2016's You Grow Durham Fund is The LivingRoom Community Art Studio Garden.

The LivingRoom Community Art Studio is a registered non-profit that provides a safe space where people of all ages and abilities, from all walks of life can come and make art for free. We believe everyone is an artist and that creativity comes in many forms - including gardening. This Urban Garden started out in 2015 as a parking lot and has continued to evolve as a demonstration of how community members can grow things without having a lot of money or space. We've recycled wooden pallets into vertical planters, and have used old door frames as trellises. Community members contribute to its care and development - including section classes from the local Village Union Public School and a construction class from Malvern Collegiate that built us a platform deck as their final project. Bit by bit, every year we're turning a parking lot into a thrifty paradise, learning as we go about what works and what doesn't, and discovering simple, affordable ideas that people can try out in their own homes or apartments. After all, if we can do it - so can they!

Mary Krohnert

The LivingRoom Community Art Studio Garden.

## GardenTip

### Gardening with Children

Kids are curious, like to learn by doing, and love to play in the dirt.

Working in a garden, a child can experience the satisfaction that comes from caring for something over time, while observing the cycle of life firsthand. It is also a great way to teach environmental awareness by exploring the workings of nature.

A few tips:

- Plant from seed whenever possible. It's much more exciting to see the growing process as it begins.
- Plant veggies and flowers that grow quickly for early rewards: lettuce, radishes, bush beans, peas, nasturtiums, cosmos, sunflower, etc.
- Plant foods that kids like to eat: cherry tomatoes, potatoes, carrots, strawberries, etc.
- Plant for fun results: pumpkins for Halloween.
- Give praise and show off their work. Send a photo of their harvest to grandparents. Attention given to their work is the best motivator for children to stay involved with a project.



#### Check out these websites:

[http://eartheasy.com/grow\\_gardening\\_children.htm](http://eartheasy.com/grow_gardening_children.htm)  
<http://www.kidspot.com.au/things-to-do/collection/gardening-for-kids>

## GardenTip

### Garden tool maintenance

Take care of your garden tools and they will take care of you! Well, that's easy to say but if you're like most people, the last thing you want to do after a day of gardening is clean shovels.

Seriously, well-maintained tools will last longer and make your gardening work easier. After every use, clean, as described below, and store them off bare ground away from moisture.

1. Use a stiff-bristled brush to remove dirt.
2. If necessary, follow up with a damp rag, then dry the tool.
3. If there is a heavy buildup of sap or similar gunk, scrape with a paint scraper or sharp chisel while taking care not to gouge the metal. Clean with alcohol or household foaming bathroom cleaner. Follow up with fine steel wool.
4. If rust remains, clean it away with a wire brush, steel wool or sandpaper.
5. When the blade is clean, wipe the surface with a lightly oiled rag. Do not use any petroleum based oil. You'll just end up transferring that oil to the garden soil. Use boiled linseed oil or any natural product such as vegetable or olive oil. The purpose of the oil is to create a barrier between the metal and oxygen/water that creates rust.
6. Wooden parts should have rough spots or splinters trimmed off and sanded smooth. Maintain a coating of linseed or mineral oil.
7. You can sharpen with a range of tools, but most gardeners find that a flat file will work well. Wear eye protection and some heavy gloves to prevent metal splinters getting in your eyes or under your skin and to prevent cuts from your newly sharpened tools. This work can sometimes be dangerous and tricky. The garden tool should be firmly secured and the sharpening must be done at the correct angle. There are professional services available. If you are inexperienced at sharpening, we recommend hiring such a professional.

**At a community garden**, aim for 1 & 2 above after each gardening session. The remaining steps should be done at least once a year.

#### Check out these videos:

<https://www.youtube.com/watch?v=M1KSqC1yEeU>  
<https://www.youtube.com/watch?v=vice3CYMBXg>

## Food Policy Scan

Lately it seems that almost everyone wants to get outside between frequent rain showers and get their hands in the dirt. Not everyone, though, knows the rules that are set out by local municipalities, the Region, and sometimes higher levels of government, around raising food in and around Durham's cities and towns. These policies relate to community gardens, urban farms, rooftop gardens, greenhouses, beekeeping, backyard hens, edible landscapes, and producing food for sale. To make some sense of all these policies, DIG (in conjunction with the Durham Food Policy Council and Wilfrid Laurier University's Centre for Sustainable Food Systems) collected policy information related to all these topics as well as local food procurement, neighbourhood food access, the Durham Food Charter, and food systems generally. This scan found that community projects are developing faster than the policies around them. The greatest number of policies regard community gardens but very few actually relate to rooftop gardens, greenhouses, edible landscapes, or urban farms. Generally, beekeeping and backyard hens were found to be prohibited in urban spaces.

To discuss what is working well and where to go from here to create a more just and sustainable food system, DIG is working with the DFPC and the Region to bring together municipal staff and councillors from across the region. If you have questions about policies that might affect your project, you can: check out the report here, contact DIG, or speak directly to your local municipal office.



## DigThis!

A quarterly publication of Durham Integrated Growers

Editor Mary Drummond

Contributors Jim Kasprzak  
Mary Martin  
Ruth Latimer

Layout Latimer Graphics

WEBSITE <http://www.durhamdigs.ca>

EMAIL [info@durhamdigs.ca](mailto:info@durhamdigs.ca)

FACEBOOK <https://www.facebook.com/DurhamDIGs>

TWITTER <https://twitter.com/durhamdigs>