

# Dig This!

Summer 2022

*It's  
Back*

The in-person Annual Garden Tour and  
Poker Run is back July 23.



## Did you know that June is Indigenous History Month?

June is a perfect time to reflect on the long history of Indigenous peoples across Turtle Island and the impacts of settler colonialism. For those of us who grow food, it can be a time to focus on both the loss and the revival of Indigenous food sovereignty. Colonial practices have damaged the ability of Indigenous people to have control over traditional food systems in many ways, including:

- the removal of Indigenous peoples from their traditional lands
- pollution of waterways
- destruction of traditional food sources and their habitats
- malnourishment of children in residential schools
- separation of children from their communities and traditional food knowledge

The health consequences live on. In fact, while 12.7% of households were food insecure across Canada in 2017-18, 28.2% of Indigenous households were food insecure.

But there is hope. There is a growing movement to foster Food Sovereignty, "the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems." (La Via Campesina <https://viacampesina.org/en/food-sovereignty-a-manifesto-for-the-future-of-our-planet-la-via-campesina/>). Indigenous Food Sovereignty includes 4 pillars:

- Sacred or divine sovereignty – Food is respected as a sacred gift and an inherent right. Indigenous food sovereignty requires everyone taking responsibility for building



healthy relationships with the natural sources of our food.

- Participatory – Active, day-to-day participation by individual, family, community, and regional levels is necessary for fostering Indigenous food sovereignty.
- Self-determination – Indigenous peoples need to be able to decide how much and what kinds of food to hunt, fish, gather, grow, and eat without depending on corporations.
  - Policy – Policies are necessary to ensure that laws, regulations, and economic practices incorporate Indigenous food and cultural values.

(Adapted from [www.indigenousfoodsystems.org/food-sovereignty](http://www.indigenousfoodsystems.org/food-sovereignty))

**We all will benefit from taking seriously Indigenous teachings about taking care of the Earth and all its inhabitants.**

Learn more about Indigenous history, culture, and food:

- Let Me Plant Corn (Table Talk featuring Erin Hayward, Seed Keeper) [www.youtube.com/watch?v=zDf-7DHwma8](https://www.youtube.com/watch?v=zDf-7DHwma8)
- Carea Indigenous Programs [www.careachc.ca/Community-Programs/Programs-by-Type/Indigenous-Programs](http://www.careachc.ca/Community-Programs/Programs-by-Type/Indigenous-Programs)
- 13th Annual Métis Heritage Celebration - June 25, 2022 [www.oshawa.ca/residents/resources/Diversity-and-Inclusion/13h-MHC-2022-poster.pdf](http://www.oshawa.ca/residents/resources/Diversity-and-Inclusion/13h-MHC-2022-poster.pdf)
- City of Oshawa- National Indigenous History Month [www.oshawa.ca/residents/national-indigenous-history-month.asp](http://www.oshawa.ca/residents/national-indigenous-history-month.asp)

## Agri-Hero

### Two Blokes Cider

Are you looking for your summer thirst-quencher to be sustainably produced? Then look no further than Two Blokes Cider. Upon meeting in 2011, the blokes in question (Matt and Andy) realized their mutual passion for cider. Four years later, they planted a cider orchard that now has over 2000 apple trees. Matt's urban planning background and long family history of farming fuel his commitment to sustainable and heritage agriculture. Andy draws on his mechanical engineering expertise to put Matt's visions into practice. Today they produce a variety of dry, spiced, and interestingly named ciders.

New to cider? The tasting room is open Fridays to Sundays. Looking for more than a taste? Come and enjoy music and food specials on Fridays, Saturdays and Sundays. Really interested in cider production? There are opportunities for folks to visit and work in the orchard for an afternoon—and then be treated to a "delicious farm-to-table dinner (with cider of course) hosted in our beautiful 19th-century barn and an evening under the stars."

You can find the blokes and their cidery a little north of Port Perry at 21300 Simcoe St., Seagrave.



# COMING UP

**July 23, 10am – 3pm**

**DIG's Annual Garden Project Tour /  
Poker Run is back and In-Person.**

\$25 ticket

Come explore, learn and have fun!

Best Poker Hand: prize \$100 gift card from  
Rekkers Garden Centre, Hwy 2, Bowmanville.

Lunch provided by local Bowmanville cafe –  
The Toasted Walnut.

The Tour will be focusing on garden projects  
in East Durham. Learn how to forage wild  
edibles with Sher Leetooze local author and  
Bowmanville Allotment Coordinator (related  
books for sale). Enjoy a special stop at Second  
Season Farm where we will meet Michael  
Longarini. Michael is the founder of the Reko  
Network in Bowmanville (see past newsletter  
Agri-Hero article) and will have fresh veggies  
for sale to tour participants. Watch our DIG  
facebook page for upcoming details on  
registration.

## Watch for ~

An upcoming in-person Table Talk in north  
Durham and an excursion in the works.

DIG Durham Community Garden Report will  
soon be released describing aspects of urban  
agriculture in Durham Region.

Cameron St.



# NIGHT MARKET

*Enjoying the flavours of the  
world through local vegetables!*

**LOCAL VENDORS! FRESH  
PRODUCE! HOT MEALS!**

**JOIN US THE LAST TUESDAY  
OF THE MONTH, MAY-SEPT**

**4:00 PM - 7:00 PM**

MAY	JUNE	JULY	AUGUST	SEPT.
<b>31</b>	<b>28</b>	<b>26</b>	<b>30</b>	<b>27</b>
<p><b>MENU:</b> Jamaican jerk rice bowls; coconut rice with beans &amp; peas, jerk potatoes, pineapple &amp; tofu</p> 	<p><b>MENU:</b> Greek zucchini carrot feta fritters with rice &amp; tzatziki</p> 	<p><b>MENU:</b> Indian samosas with rice, chutney &amp; tomato cucumber salad</p> 	<p><b>MENU:</b> Mediterranean falafels with lemon rice, baba ghanoush &amp; pita</p> 	<p><b>MENU:</b> Mexican tostadas with tomato rice</p> 

***Everyone is welcome to attend this free event!***

**Come learn, socialize and support local!**

Meals are available by donation (suggested price of \$7/ea) and are first come, first serve.  
Cancellations due to weather or otherwise will be made via social media by 2PM on market day,  
otherwise will operate rain or shine.

TNDF continues to follow COVID-19 public health guidelines to keep our community safe.

Debit, credit and cash accepted (for meals and produce)

For updates & more information,  
visit our website:  
[www.tndf.ca/night-market/](http://www.tndf.ca/night-market/)

Questions? Want to be a vendor?  
Contact the Markets Coordinator, Tiffany:  
[tiffany@tndf.ca](mailto:tiffany@tndf.ca) or 705-432-2444

**CONTACT US:**  
705-432-2444 | [info@tndf.ca](mailto:info@tndf.ca) | [www.tndf.ca](http://www.tndf.ca)  
16 York Street, Cannington



[@nourishanddevelopfoundation](https://www.instagram.com/nourishanddevelopfoundation)

## GardenTip



### How to prevent leggy seedlings

Starting seeds indoors comes with a myriad of potential issues, but done right, nothing could be more rewarding for a gardener.

I came across an interesting article in my "Week-by-week Vegetable Gardener's Handbook" the other day, and was compelled to share my findings. It is one of those

tips that is so sensible and easy to do, it had me thinking, "How have I never heard of this before?"

Step 1: Find a long pencil or a thin dowel (or even a stick).

Step 2: Go to your sunny windowsill, where your tomato seedlings are growing.

Step 3: Lightly brush your seedlings in a horizontal fashion. Aim for the tops.

Step 4: Repeat a few times each day for about a minute.

Of course, you could always just run a fan set to blow on your plants lightly, but where is the fun in that? Plus, your plants will dry out faster.

Why does this work in preventing spindly, leggy seedlings? The brushing or blowing action simulates the wind and forces the stems to strengthen and withstand the stress.



## GardenStories

**A new garden project 'under construction' in Uxbridge. Welcome to the community!**



## Whitby Ajax Garden Project sends a huge thank you to Ajax Home Depot.

On Tuesday, June 14th, 8 am, a volunteer group of 25-30 employees from the Ajax Home Depot arrived at the Whitby Ajax Garden Project (WAGP). They brought donated plants and supplies from the store, tools, skills, smiling faces and energetic attitudes.

They repaired picnic tables with new lumber; replaced old plot-marker poles with new ones; reinforced the wobbly compost bins; weeded; planted; painted a beautiful sign for the herb garden; and generally had a great - and productive - time. (There are too many tasks done to list here.)

WAGP provided guidance for fledgling gardeners, coordinated work crews, and gave a nutritious, yummy hand-prepared lunch for everyone.

What a day! Thank you so much Ajax Home Depot.





## GardenArt

### Giant rhubarb leaf dish



Patti Guminny, a gardener at the Whitby Ajax Garden Project, found a half bag of cement in her Mom's garage, and decided to use it... creatively. The results of her spur-of-the-moment technique are stunning!

- Mix up a batch of cement in a pail and keep it handy.
- Cut a circle of chicken wire that is 2" smaller, all around, than the leaf. This will be used to reinforce the finished piece,
- Build a shallow hill of plot soil, slightly wider than the leaf.
- Place the leaf, face down, veiny underside facing up, and press it lightly into the underlying soil.
- Gently add gobs of mixed cement onto the leaf back, spreading it out carefully. Keep adding until you've covered the leaf and its edges.
- Press the chicken wire onto the wet cement.
- Keep adding cement until you've got about an even 1.5" thickness. (Maybe thinner at the edges.)
- Leave it alone for at least a day.
- After the cement has hardened, lift it from the soil hill.
- Remove leaf remnants and veiny bits, from the dish, by hand or by using a brush.

**Ta Da!**

## GardenTip & Recipe

### Rhubarb

Last year, I found myself in the enviable position of inheriting a big bed of rhubarb plants. While the variety remains unknown, the plants yield prodigious amounts of giant leaves, and long red-tinged stalks. This despite how jam-packed they all are.

Yet something strange has been happening. Around mid-May this year, my plants started to bolt. I began thinking, "Sure, it's hot, but this seems early." I turned, not to Google, but to a handy grower's guide I have on my desk, and sure enough, an answer materialized.

The problem, as so often the case when things go wrong in the garden, was soil related. The bed, being so very full of plants, was depleted of some essential mineral or nutrient for the rhubarb. The plants were going to seed, as a signal. The answer was clear; during the Autumn, the soil will need to be amended with rich compost or aged manure. Next early Spring, the plants will be divided, right as they are emerging, and new homes will have to be found.

But what to do now about the flower stalks? Sadly, they are destined for the compost heap, and need to be cut. On a related note, when harvesting your non-flower stalks, pull the leaf stems from the base of the plant, do not cut! Cutting creates a wound that can allow for the entry of diseases such as fungal leaf spot.

The real question is, what can I make with rhubarb?



### Here is a recipe for an easy-to-make cake.

#### Ingredients:

##### Dry

- 1 cup flour
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  tsp baking soda
- 1 tsp (or more) of ground ginger

##### Wet

- $\frac{1}{2}$  cup buttermilk or  $\frac{1}{2}$  milk + 1 tbsp vinegar
- 2 tbsp vegetable oil
- 2 large beaten eggs
- 2 cups (or more) chopped rhubarb

#### Steps:

Mix dry ingredients. Make a well in the centre.

Stir wet ingredients, and add to the flour mixture and stir until no flour is visible. Pour into a baking pan (9" square). Bake 375° for 30-35 minutes. Cool in the pan.

'We may think we  
are nurturing our  
garden, but of  
course it's our  
garden that is  
really nurturing  
us.

- Jenny Uglov

## DigThis!

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