

# Programs help gardeners get growing

**INFORMATION ON food security also part of series.**

It seems like there is a lot more conversation lately around the topic of growing our own food. It makes a lot of sense to do so because growing our own food has so many advantages. The food tastes better, it saves us money, it is more environmentally responsible and the food produced is often healthier.

With that in mind, take a look at some of the programs being offered by the City of Nanaimo to help community members learn about

backyard gardening:

**Backyard fruit production** – Learn how to grow luscious fruits and berries in your own yard. Held Saturday (April 18).

**Plant propagation** – You can save money by easily propagating plants without the use of fancy equipment. Held May 9.

**Grow your own groceries** – This hands-on workshop will teach about soil preparation, composting, starting and planting seeds, harvesting, cooking tips and more. Held on May 23.

**Heavenly herbs** – Taste, touch and smell a wonderful variety of delicious and beautiful culinary herbs that will add zest to your culinary

creations. Everyone will go home with herbs to start in your garden. Held June 13.

**Winter food gardening** – Take advantage of our West Coast climate and learn how to grow your own food throughout the fall and winter seasons. Held July 11.

In addition to the various programs that are being offered this season, Parks, Recreation and Environment is partnering with Nanaimo Area Land Trust for the first ever Community Inter-Action on Food Security.

Held on April 26 at Bowen Park, this event features a meaningful discussion on exploring a food security strategy for the Nanaimo area with local resource people and includes a lunch featuring locally grown wild foods. Leading up to that event,

Nancy Turner, renowned ethnobotanist and ethnobiologist, will be at Bowen Park on April 21, 7 p.m., discussing her book, *Earth's Blanket – Traditional Teachings for Sustainable Living*.

Finally, did you know that there are community gardens found in the city where you can rent plots or volunteer? This is a great way to have a garden and produce food even if you don't have the traditional backyard (see story below).

For more information on our programs, special events or community gardens, please visit our website at [www.nanaimo.ca](http://www.nanaimo.ca) or call us at 250-756-5200.

*Tammy Toor is a communications specialist with Nanaimo Parks, Recreation and Environment.*



## Community gardens available to use

Residents in Nanaimo have the option to utilize one of the community gardens located in city parks.

In the past six years, the city supported the development of five community gardens in city parks – Beaufort Park, Smugglers Park on Protection Island, Beban

Park, Pawson Park and Forest Drive Park. Those interested in renting a space can visit the Community Gardens page on the city website for contact information. Neighbourhoods interested in starting up a community garden can contact the City of Nanaimo at [askpre@nanaimo.ca](mailto:askpre@nanaimo.ca).

**FREE SCOOTER SAFETY GUIDE**  
SAFETY, RULES OF THE ROAD, & DRIVING ETIQUETTE. A MUST READ FOR ALL.  
CALL NOW FOR YOUR FREE COPY 1-866-383-7383

**SENIORS' SERVICE DIRECTORY**

**KEEPING HOUSE**  
HOME FOR SENIORS  
[keepinghouseseniorshome.com](http://keepinghouseseniorshome.com)  
PHONE: **250-716-1920**  
2263 Jingle Pot Rd.  
Nanaimo, B.C. V9R 6W2

**Sue's Seniors Care Inc.**  
Dependable Care for Independent Living  
■ Dementia, paralysis & palliative care  
■ Full personal care & respite  
■ Post surgery & rehab assistance  
■ Meal prep & housekeeping  
■ Transportation & errands  
**1-877-806-0283**  
[www.suesseniorcare.com](http://www.suesseniorcare.com)

**WOODGROVE MANOR**  
• Private residential care, in the heart of North Nanaimo  
• Licensed care staff with nurse on duty 24 hours  
• Spacious, single or double occupancy suites  
• Full-time recreation staff to organize a choice of activities  
Distinguished Residential Care  
250-390-1036  
6304 Metral Drive, Nanaimo

**GLENN B. SINCLAIR**  
Lawyer  
OVER 35 YEARS' EXPERIENCE IN DIVORCE & FAMILY LAW  
Wills & Estates, Powers of Attorney, ICBC Claims  
102 - 64 Front Street  
Nanaimo, B.C. V9R 5H9  
**250-741-8958**

**Join the discussion**  
[www.facebook.com/nanaimobulletin](http://www.facebook.com/nanaimobulletin)

**A word from a Resident.**

I know I made a wise decision moving to Nanaimo Seniors Village. The beautiful landscaping impressed me right away. From the first time I entered Highgate, I was met with absolute compassion, good cheer and friendliness. I have felt at home from day one and as time has gone by the staff and fellow residents have become my 'family'. The food, atmosphere, and activities are all Top Quality. We really enjoy a great lifestyle here, and I would recommend living here to everyone who appreciates the good life.

*Norm Henderson*

**Ask about our exciting Move-in Specials!**

*Lisa and Norm*

Call Kat today to schedule a personal visit  
**250.760.2325** 6089 Uplands Drive

**Nanaimo Seniors Village**  
A Retirement Concepts Community  
[nanaimoseniorsvillage.com](http://nanaimoseniorsvillage.com)

Logyn, awaiting kidney transplant

**95% say they do. 19% actually do.**

**On May 1st speak out and save my life.**

95% of British Columbians say they support organ donation, but only 19% have actually registered on BC's Organ Donor Registry. Should British Columbians automatically be considered organ donors when they die, or not? Should people be paid to be organ donors? Join us at the **Kidney Transplant Summit** on Friday May 1<sup>st</sup> for a once-in-a-lifetime opportunity to be part of the conversation.

**The Kidney Foundation of Canada, BC & Yukon Branch**  
604-736-9775 or 1-800-567-8112

**For more information and to register visit:**  
[www.kidney.bc.ca](http://www.kidney.bc.ca)