

THIRD ANNUAL EDIBLE GARDEN TOUR

AUGUST 7, 2011

Hello and welcome to Powell River's Third Annual Edible Garden Tour, kicking off the sixth annual 50-Mile Eat-Local Challenge. The Edible Garden Tour is a great way to see how other people in the region are producing some of their own food. **Please respect the gardens you're visiting.** No grazing without permission! But definitely ask lots of questions.

Please be aware that the gardens are split up into two sets:

- From 9:00 AM to 12:00 noon: a **morning** set of five gardens in Lund and Wildwood;
- From 1:00 PM to 4:00 PM: an **afternoon** set of five more gardens in Westview, Cranberry, and Townsite.

There is no fixed order for the gardens, but be sure to visit the morning gardens in the morning and the afternoon ones in the afternoon! See the maps for the overall layout of the tour, and plan your day.

Note that the Lund gardens involve some forest walks, uneven ground, and possibly a bit of puddle-jumping. Wear good walking shoes. Those with limited mobility might want to drive as close to the Lund gardens as possible.

There is a **one-hour lunch break between noon and 1:00 PM**; Owen Gaskell and Daphne Wilson have graciously offered up their garden as a place to have a picnic lunch and meet some of the other people on the tour. Be sure to pack a picnic lunch and something to sit on. Then visit their garden and continue on from there into the afternoon gardens.

At most of the gardens you will see a **display or demonstration** from some local community groups connected to growing and food production.

This year, we have provided little **stamps** at each garden (look for the blue box). This lets you stamp your guidebook for each garden you visit so you have a record of the places you saw.

Once again this year, we are featuring a **food literacy treasure hunt** to test your knowledge of food and gardening. The description of each garden in this guidebook contains a clue. When you have found the answer for each clue, write it into your guidebook in the space provided. Once you have found at least four answers, you can leave your guidebook at the last garden you visit. We'll be collecting these and drawing for prizes, including a \$50 gift certificate for Sunshine Organics/Ecosentials and a free Good Food Box. (Write your name and contact info somewhere on your guidebook, so we can find you!) If you don't want to hand in this guidebook, you can find a handy entry form in each garden where you stamp your guidebook and donate.

Please feel free to leave a **donation** at one (or more!) of the gardens you visit. All donations will support next year's Edible Garden Tour and other local food projects in the region. Thank you!

As this guidebook goes to print, we are still working on **bus and carpool** service. Please check <http://transitiontownpowellriver.ca/> for information closer to the date of the Edible Garden Tour.

The Third Annual Edible Garden Tour is brought to you by Transition Town Powell River and the Powell River Food Security Project, with help and support from the Powell River Literacy Council and Skookum Gleaners. We acknowledge the support and participation of the gardeners who have generously opened up their garden to the public.



MORNING

From 9:00 AM to 12:00 noon

[1] Ria Curtis ~ Subsistence farming for a family of four (2192 101 Hwy., Lund)

This delightful forest garden sits beside a pond which supplies its water. An amazing variety of food plants and flowers provides a substantial part of the diet for a family of four (as well as for Ria's honeybees) and also for sale through local markets. Be sure to visit the nearby patch of buckwheat, Red Fife heritage wheat, grapes, and hops. Admire the wonderful job that the three not-so-little pigs are doing clearing the patch of ground soon to become the next section of food garden.

Driving instructions: Follow highway 101 north almost to Lund. Turn right on Pryor Rd. and then right again onto Abbott Rd. You may park right there on Abbott Rd and walk up the hill to the garden. If you have a rugged vehicle, you may drive up the road, but be aware that the road is too narrow in most places for two cars to pass each other.

Food literacy clue: My Chinese name means "mustard orchid," but I am in the same family as broccoli and kale. I have dark green leaves and am high in beta-carotene, folate and other important minerals.

Answer: _____

[2] Nancy Michaud & Pete Tebbutt ~ Gardening in a forest clearing (8729 Craig Rd., Lund)

A bamboo-clearing chore which took on a life of its own, Nancy & Pete's three-year-old garden is one of several on the old 40-acre Craig homestead, now a cooperative with six houses and burgeoning food production. Nancy & Pete are gardening in a cold and somewhat sun-deprived microclimate, but the garden is very productive for its size and the crops are imaginatively interplanted. The clearing holds a cherry, Granny Smith and Gravenstein apple trees, and is surrounded by wild thimbleberries and blackberries.

Driving instructions: Take Highway 101 to Craig Road and follow Craig Road to just past the second road going off to the right (Glenrosa Drive). Nancy & Pete's is off to the left side just past Glenrosa Drive. Please park out on Craig Road and follow the short forest path to the garden, unless you have reduced mobility, in which case follow the driveway in, taking all right forks.

Food literacy clue: I am a green leafy vegetable and part of the Brassica family. I am loaded with good nutrients, like calcium, iron and Vitamins A, C and K. I am so nutritious that I should be a regular part of everyone's diet!

Answer: _____

[3] Kristi McCrae ~ Market garden in an orchard (Craig Rd., Lund)

A short walk through the woods brings us to the orchard where the original Craig homestead was located. Here, Kristi (with help from Paul Keays) is producing large quantities of food crops surrounded by the original fruit and nut trees as well as some newer ones: transparent apples, walnuts, two varieties of pears and three varieties of plums.

Driving instructions: Take Highway 101 to Craig Road and follow Craig Road past the second road going off to the right (Glenrosa Drive). Keep going until you see a clearing off to the left. Park out on Craig Road.

Food literacy clue: My most commonly eaten part is called the taproot, and though my greens are edible not many people eat them. Many people peel me before they eat or cook me – but stop! Most of my goodness lies in, or just below, my skin.

Stamp here Answer: _____

[4] Alisha Van Belle & Carsten Huber ~ Small-scale homesteading (8787 Craig Rd., Lund)

Another compact and densely-packed garden, with a greenhouse, loaded with potatoes, beets, onions, and using permaculture techniques, extensive composting, and mulching. Chickens supply manure and help with pest control! Note the constructed wetland nearby for treatment of wastewater. Stop off and say hello to Paul & Kristi's goats on the way back along Craig Rd. to Nancy & Pete's.

Driving instructions: See [3].
Food literacy clue: I am an ancient form of composting designed to take advantage of rotting logs. Potatoes, squash, melons, and several type of berries love my beds.

Stamp here Answer: _____

[5] Dagmar & Neil McKenzie ~ Fruit trees, bears, and vegetables (5899 Skeena St., Wildwood)

The driveway lined with fruit trees leads to a delightful oasis with more fruit trees, a greenhouse, and vegetable beds containing peas, beans, kale, onions, leeks, corn, potatoes, and much more. Cherries, apples, pears, Asian pears, grapes, apricots, hazelnuts, and blueberries supply the household's canning needs... with some left over for wine. Stop off in the greenhouse to admire the cucumber vines twining up the cornstalks, and the many varieties of basil interspersed among the tomatoes.

Food literacy clue: I grow in a small space – smaller than you might expect – and I require lots of careful pruning. My fruit is not common in these parts, but I'll make you feel warm and fuzzy when you eat me!

Stamp here Answer: _____

AFTERNOON

From 1:00 PM to 4:00 PM

[6] Daphne Wilson & Owen Gaskell ~ High-elevation year-round gardening (7439 Nootka St.)

Daphne & Owen have created a delightful garden on part of a 5-acre parcel just outside the city, well-fenced against the deer and containing a wide assortment of fruit and vegetable crops. The 500-foot elevation means that this garden is usually about three weeks behind the gardens in Westview, and there are many winter crops just getting started here. This is a garden designed for production!



Driving instructions: Follow Westview Ave. southeast to where it connects with Manson Ave. Turn right onto Manson and then left onto Nootka St., past Yaroshuk Rd. Look for number 7439. Park on Nootka and walk in unless you have limited mobility.

Food literacy clue: I am easy to grow and prepare, but hot and spicy once eaten! I grow well in shady and warm spots, but I'm not crazy about sandy soils. I am a strong antibiotic and I stimulate the immune system.

Answer: _____

[7] Douglas & Kate Cooper ~ Berries, berries, berries! ... and more (4585 Harvie Ave., Westview)

Although this is only their sixth summer in this south-sloping garden, Doug and Kate have created an urban oasis with the most amazing selection of berries and other fruits: strawberries, at least four types of raspberries, three types of currants, tayberries, loganberries, Saskatoon berries, marionberries, huckleberries, blueberries, cranberries, and more. Not only that, but numerous fruit trees and a serious selection of vegetable crops as well, some in a clever little cold frame in the front yard.

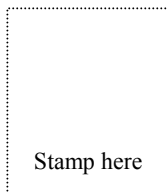


Food literacy clue: I am what happens when a common blackberry, a loganberry and a European raspberry get friendly! (Oh, I'm blushing!)

Answer: _____

[8] Barry McLaren & Karen Munro ~ A potager garden on a sun-drenched city lot (4624 Fernwood Ave., Westview)

Barry and Karen are in their third season of food and flower gardening on this large wide Westview lot. They have been extremely resourceful in creating sod-sided beds for a huge variety of crops, including grains such as millet, red fife wheat, kamut. A wonderful mix of herbs, flowers, vegetables, fruit trees, berries, and lots of seed-saving too.



Food literacy clue: With a name like mine, you might expect to find me in the sea, and I do like a moist, damp place to grow. I have a mild flavour, and I can be eaten raw or cooked — what a fun guy!

Answer: _____

[9] Ron Berezan ~ Permaculture and diversity on a small urban lot (6370 Oak St., Townsite)

Probably the smallest space of all the gardens this year, Ron's garden nonetheless features a large number of different food crops tucked into some very small spaces and even going vertically! Everywhere you look are fruit trees, grapes, herbs, squash, sunflowers, beans, eggplants, tomatoes, potatoes, and much more... even a small pond and a couple of vertical garden tubes. A very inspiring garden for people with a small space.



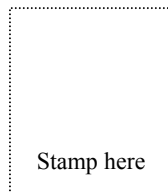
Food literacy clue: Since there aren't many pests and diseases that love me, I am an excellent crop for organic production. My plants start to bear fruit (that taste like a combination of blueberries and raspberries) after 3 years. My fruit is used in many products, including juice, wine, candy,

pastries, jams and dairy products.

Answer: _____

[10] John Phillips ~ Starting a garden on a budget (5836 Mowat Ave., Cranberry)

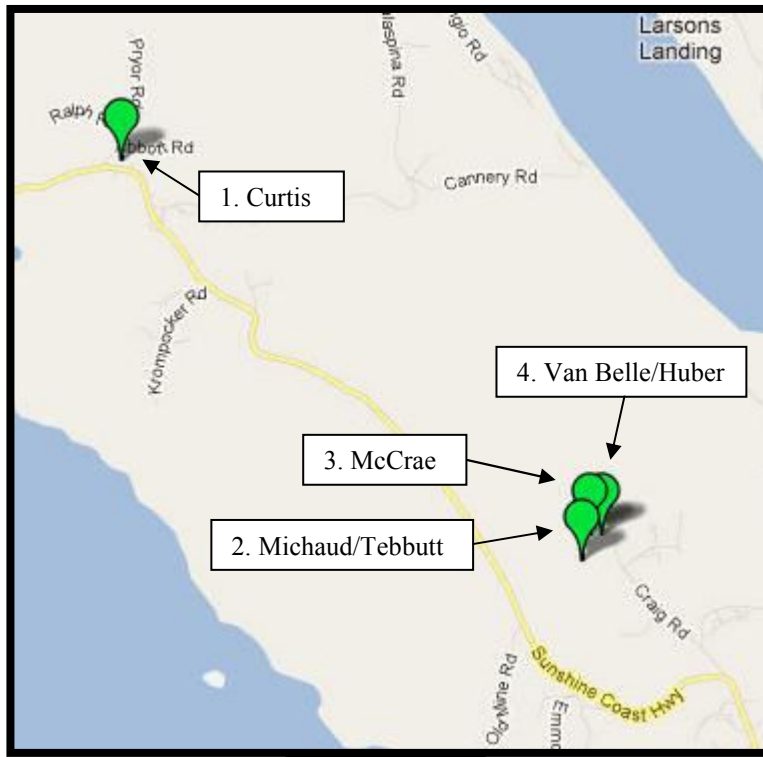
Come learn what you can do in a small shady space on a small budget. John is very creatively scavenging materials of all kinds and building soil upwards with wood-sided lasagna garden beds containing a surprising amount and variety of food crops. Admire the upside-down cucumbers and his huge and thriving four-year-old fig tree.



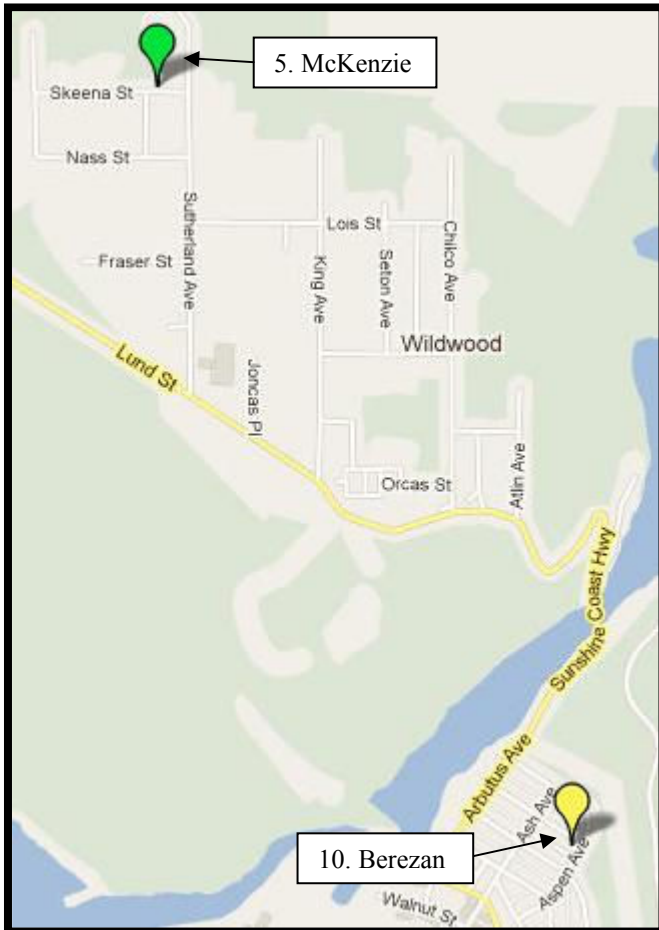
Food literacy clue: I am a fast-growing, edible herb with a spicy, tangy taste. I am very nutritious, but am less well-known than my botanical relatives. My stems and leaves can be eaten raw in salads or sandwiches.

Answer: _____

MAPS



Lund



Wildwood & Townsite



Cranberry & Westview

FEEDBACK FORM

Thank you for filling out this form so we can learn what worked well and what could be improved for next year! Please leave this form in the donation box inside the blue box in the last garden you visit.



Powell River
Food Security Project
prfoodsecurity.org



	Yes	No
Did you travel by bus?	<input type="checkbox"/>	<input type="checkbox"/>
Did you carpool?	<input type="checkbox"/>	<input type="checkbox"/>
Did you attend the picnic in Owen & Daphne's garden?	<input type="checkbox"/>	<input type="checkbox"/>
Did you enter the food literacy treasure hunt?	<input type="checkbox"/>	<input type="checkbox"/>
Did you stamp your guidebook at each garden you visited?	<input type="checkbox"/>	<input type="checkbox"/>

Which community groups' displays did you find most interesting? _____

Any general comments or suggestions? _____

FOOD LITERACY TREASURE HUNT ENTRY FORM

Please fill in this form if you want to hang onto your guidebook. Fold it up and stick it into the donation box inside the blue box in the last garden you visit.

Your name: _____
 Contact information: _____

Garden	Answer
[1] Ria Curtis	_____
[2] Nancy Michaud & Pete Tebbutt	_____
[3] Kristi McCrae	_____
[4] Alisha Van Belle & Carsten Huber	_____
[5] Dagmar & Neil McKenzie	_____
[6] Daphne Wilson & Owen Gaskell	_____
[7] Douglas & Kate Cooper	_____
[8] Barry McLaren & Karen Munro	_____
[9] Ron Berezan	_____
[10] John Phillips	_____