

# Organic Land Care *with*

**"Understand the differences,  
act on the commonalities."**

Search for Common Ground



**Organic Land Care with SOUL** is published ten times per year by the Society for Organic Urban Land Care.

**Our Mission:**

"To support our communities in their transition to organic practices"

This newsletter is distributed free of charge to all SOUL members. Please feel free to share this publication.

**SOUL**

***New Address:***

P.O. Box 8548  
Victoria, B.C. V8W 1L4  
info@organiclandcare.org  
www.organiclandcare.org

*Editor:*

**Christina Nikolic**

info@stewardshipnld.com

To find an organic land care professional in your area please visit the SOUL website at:  
**www.organiclandcare.org.**

**July / August, 2007**

**SOUL presents:**

The first SOUL Organic Master Gardener Course!

Finally a holistic gardening course that does not repeat an outdated paradigm.

SOUL Organic Master Gardeners will receive classroom and hands-on instruction on organic fundamentals such as soil organic matter management and intrinsic plant health, enabling them to start the right way, from the ground up.

Courses will be held in Victoria, Burnaby, and Errington, B.C. starting in September 2007.

Check out one of the free information sessions!

For more information and to register, please visit <http://www.organiclandcare.org/master%20gardeners/index.php>

## A weed, by any other name, is still a herb!

By Laurie Hardy, member of the SOUL Board of Directors

---

Apart from SOUL's concern with good organic practices in our vegetable and ornamental gardens, and the inevitable effects it all has on our environment and lifestyles, we can get down to the basics of relationships between plants and people in more detail.

We need to celebrate our good fortune. Here in Victoria, B.C., we have an incredible northwest coast environment and the freedom to choose how we intend to make wellness and good health an ongoing part of our lives.

We are a society in which symptoms are treated with the 'pop the pill' solution far too often, while the underlying problems within us are not addressed.

For the last year I have ventured into the wonderful world of herbology and its related fields of alternative medicines.

Herbs are so easily grown and incorporated into our gardens. Not only do they assist our insect and winged creatures to survive and flourish, herbs fill our space with fragrance, color and add useable health to our days.

Most herbs enjoy regular garden soils and actually dislike lots of fertilizer. Sunny spots in your garden with adequate water will allow these friends of all to grow. Many of our local herbs - sage, comfrey, borage, mint, parsley, thyme, garlic and what we often consider weeds - are invaluable friends, easily cultivated.

Take for instance, Dandelion, the woe of many gardeners. It has an astonishing range of health benefits.

Dandelions are cultivated in Germany and France, where their young leaves are picked in spring and used in salads as a tonic. The leaves are high in potassium and are a powerful diuretic. And unlike conventional diuretics, which cause a loss of potassium, dandelion leaves retain the entire mineral. It is said to help treat high blood pressure.

Dandelion root can be washed, cut, and simmered in water for 30 minutes, and then the strained reduced liquid can be stored in the refrigerator. This decoction detoxifies, working to remove those waste products for your liver and gallbladder. It encourages steady removal of toxins from the system.

This is only one weed/herb. The list is incredible. Try using lots of parsley in your salads; it has loads of minerals (particularly iron) and vitamins. Chickweed used as a cream soothes irritated skin. Lemon balm everywhere in your garden? Make an infusion (like making tea) and drink three times a day for nervous headaches and apply its juice to cuts and scrapes. Stinging nettles, so often avoided, are marvelous. Fresh, young, leaves cooked like spinach are full of nutrients. Add some to your soups for extra iron.

The Organic Island Festival is full of organic ideas. SOUL is full of organic ideas. Mother Nature has a PhD in organics! Put us all together and we have wonderful recipes for good health, wellness and a healthy environment.



### Web site of the month

Don't miss this free on-line video "**SOIL: The Secret Solution to Global Warming**". People love its concise explanation of how organic farming could be a major tool in the fight against climate change. Research shows that sustainably-farmed soil absorbs 30% more carbon than conventional agriculture.

View the video: <http://www.quantumshift.tv/v/1181042956/>

Consider signing the petition: <http://www.quantumshift.tv/>