



Vancouver

March 1, 2009

The Newsletter of SOUL Vancouver
www.organiclandcare.org/branches/Vancouver/

Volume 1, Number 7

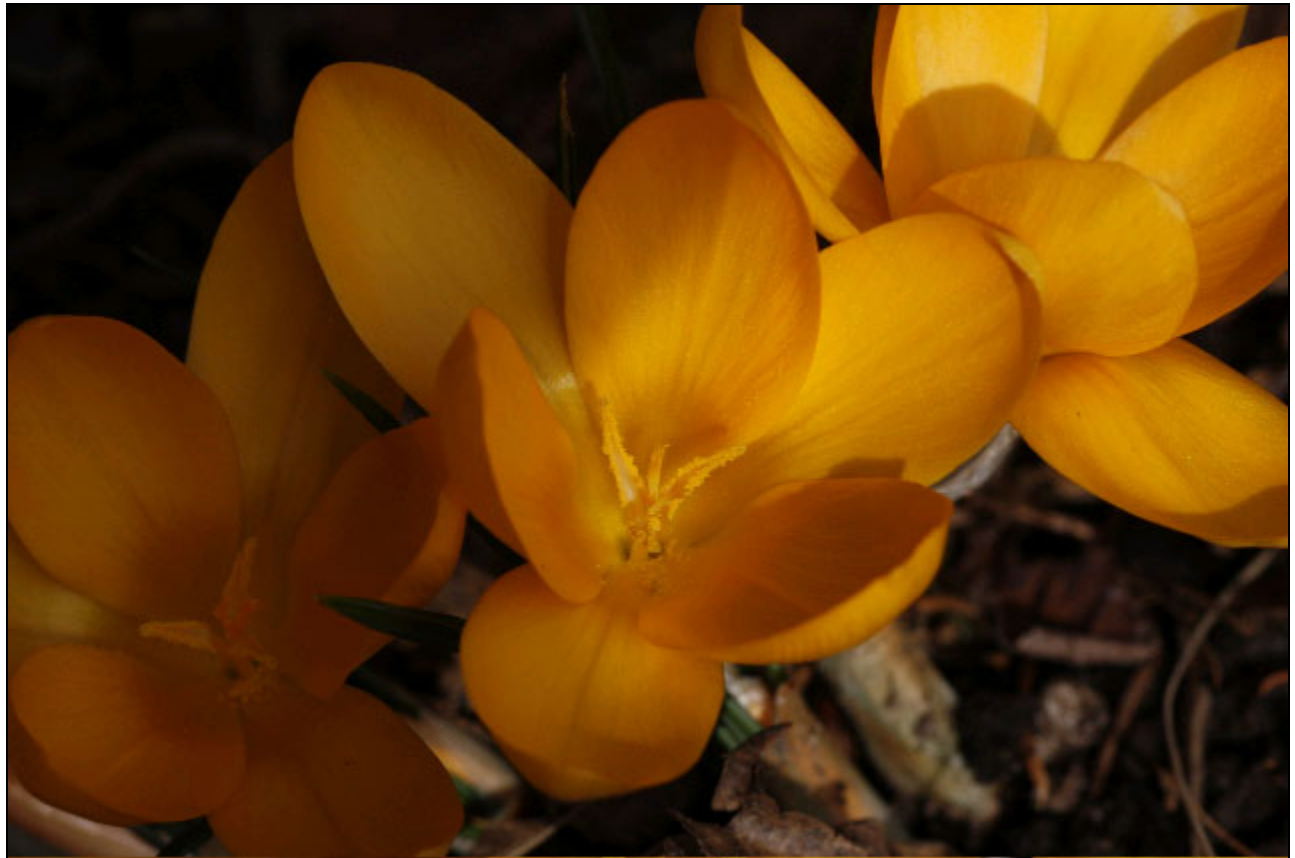


Photo by Lee de Rosenroll

*"Every gardener knows that under the cloak of winter
lies a miracle...a seed waiting to sprout,
a bulb opening to the light, a bud straining to unfurl.
And the anticipation nurtures our dream."*

-- Barbara Winkler

Message from the Chair

By Martin Harcourt

Editor's Note: Martin is unavailable for comment; instead, for the food growers among us, how about this handy reference table for getting those veggie seeds started?



SEED STARTING PLAN

Write your frost-free date in the blank space at the top of the chart. Get a calendar and add or subtract the number of weeks in the "Safe to Set Out Time" column. This is the "Setting Out Date" when you can safely plant the crop in the garden. Write it in the last column.

Take each date from Column 5 ("Setting Out Date"), subtract the number of weeks shown for that crop in column 3 ("Weeks from Sowing") and record that date in column 2 ("When to Start Inside").

SPRING FROST-FREE DATE: _____

| CROP | DATE TO START INSIDE | WEEKS FROM SOWING | SAFE TO SET OUT TIME (RELATIVE TO FROST-FREE DATE) | SAFE TO SET OUT DATE |
|-------------|----------------------|-------------------|--|----------------------|
| Basil | | 6 | 1 week after | |
| Beets* | | 4-6 | 2 weeks before | |
| Broccoli | | 4-6 | 2 weeks before | |
| Cabbage | | 4-6 | 4 weeks before | |
| Cauliflower | | 4-6 | 2 weeks before | |
| Corn* | | 2-4 | 0-2 weeks after | |
| Cucumber | | 3-4 | 1-2 weeks after | |
| Eggplant | | 8-10 | 2-3 weeks after | |
| Lettuce | | 4-5 | 3-4 weeks before | |
| Onions | | 6-8 | 4 weeks before | |
| Parsley | | 9-10 | 2-3 weeks before | |
| Peas* | | 3-4 | 6-8 weeks before | |
| Peppers | | 6-14 | 2 weeks after | |
| Pumpkins | | 3-4 | 2 weeks after | |
| Spinach | | 4-6 | 3-6 weeks before | |
| Squash | | 3-4 | 2 weeks after | |
| Swiss Chard | | 4-6 | 2 weeks before | |
| Tomatoes | | 6-8 | 1-2 weeks after | |

*Usually direct-started outdoors, but can be started inside.

The SOUL Vancouver Newsletter is published ten times per year by the Vancouver Branch of the Society for Organic Urban Landcare. This newsletter is distributed free of charge to all SOUL Vancouver members. Please feel free to share this publication. Permission to reprint any materials originally published in this newsletter may be granted upon written request.

Our Mission:

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

Our Goals:

- To foster and promote the practice of organic land care.
- To provide opportunities for education in all aspects of organic land care.
- To establish and promote guidelines, standards and specifications for all aspects of organic land care.
- To establish procedures for certification of organic land care practitioners.
- To establish and develop a means for the exchange of information and ideas between the public and the organic land care industry.

Editor's Note: Any information, articles or photos that you feel would be of interest to our members would be greatly appreciated. Please forward your submissions to OMGVolunteerHours@gmail.com by the 28th of each month to receive consideration for publication in a subsequent issue of the SOUL Vancouver Newsletter. Bylines and photo credits will be acknowledged wherever applicable.

Cover Photo: 'Lee's Crocus' - A bloom in her favorite shade of crocus, this was taken by Lee in her garden at the beginning of this month. Have a photo you'd like to see on the cover of the newsletter? Send it to the Editor!

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New SOUL Branch: Ridge Meadows

A few recent and enthusiastic OMG graduates are forming a new branch in Maple Ridge. Eager to extend the reach of SOUL, the new branch will support areas such as Maple Ridge, Pitt Meadows, Mission, Abbotsford, Langley and the Tri-Cities.

Monthly meetings will be held on the 4th Wednesday of every month at 7:00pm. The next meeting will be on March 25 with a speaker presentation and discussion about seeds -- it is that time of year! The location of the meetings is still to be determined, but if you are interested, please send an email to ridgemeanows@organiclandcare.org and we will keep you informed!

Great Feedback for SOUL at Spring Training Conference



SOUL Vancouver hosted an educational table representing SOUL and Gaia College at the BC Parks and Grounds Spring Training Conference last month. Lee de Rosenroll was on hand to answer questions, provide a little organic insight, and welcome the positive feedback from a number of conference-goers who stopped by the table just to mention their own experiences with SOUL and the educational opportunities made available through Gaia College. The PURE Presentations given by Heide Hermary over the course of the past year to district and municipal workers -- a large contingent at the event -- came in for especially high praise.

This was the 32nd annual year of the event and the second appearance for SOUL Vancouver. Topics presented by guest speakers and in workshops included Rainwater Management, Community Gardens and The Strategic Role of the Landscape in Sustainable Communities.

SOUL Vancouver Executive Committee

Chair: Martin Harcourt

Email: mharcourt@organiclandcare.org

Vice Chair: Lee de Rosenroll

Email: lderosenroll@organiclandcare.org

Treasurer: Barb Bancroft

Email: bbancroft@organiclandcare.org

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OMG Coordinator: J.R. Rendón

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Event Coordinator: Open

Publicity Coordinator: Michael Bell

Speaker Series Coordinator: J.R. Rendón

Email: jrendon@organiclandcare.org

Librarian: Lee de Rosenroll

Email: lderosenroll@organiclandcare.org

To contact *all* SOUL Vancouver members, use the listserver account: soul_vancouver@lists.onenw.org
The listserver account is for SOUL Vancouver members and to be used for SOUL business only. Please note that replying to an email sent through the listserver will send your response to *all* SOUL Vancouver members. To reply to a specific member's email, use the 'Forward' command and then copy and paste that individual's email address into the 'TO' line.

Upcoming SOUL Vancouver Meetings

SOUL Vancouver monthly meetings are held on the 2nd Thursday of every month (except in August and December) at 7:30pm in the Canada Way Education Centre at 5310 Woodsworth St. in Burnaby, BC. A special guest speaker is featured at most meetings and a social with tea, coffee and goodies follows at around 8:45pm. The Lending Library opens during the social

The SOUL Vancouver Executive holds its business meetings from 7:00pm - 7:30pm, preceding each monthly meeting. Executive meetings are open to any from the general membership wishing to attend.

Speakers Series Calendar:

March 12, 2009 - Details TBC.

April 9, 2009 - 'The EarthKind Rose Project: Using Organic Gardening Techniques for Roses', presented by Patrick White of the Canadian Rose Society.

May 14, 2009 - 'Summer Container Gardening and Alpine Container Gardening', presented by Bob Tuckey of The Natural Gardener Gardening Store.

New Co-Coordinator and Contact Info for Wildlife Garden Project

The Wildlife Garden Project now has a pair of dedicated Coordinators and its own new email address. OMGers Irmgard Carter and Donna Wells have agreed to take on the responsibility of Co-Coordinating this project, working with the Wildlife Rescue Association on their 'Wish List' for the garden and determining how best to address those tasks utilizing all of our volunteer resources.

For more information on the project, or to sign up as a volunteer, Irmgard and Donna can now be reached by email at: WildlifeGardenProject@organiclandcare.org

Scheduling is flexible and volunteers can sign up as either an individual, in pairs, or as a team.

New this month in the Lending Library

Books:

- Cass Turnbull – *Pruning Guide* (Paperback)
- Brad Jalbert & Laura Peters – *Roses for British Columbia* (Paperback)
- Russell Page – *Education of a Gardener* (Paperback)
- Ortho Books (Horton & McNair) -- *All about Bulbs*, (Paperback)

DVDs:

- *Garbage Warrior* (Mongrel Media)

These titles are brand new additions to our Lending Library and are not yet listed on the website, but they will be available to members at the next SOUL Vancouver monthly meeting on March 12.

A complete list of book and DVD titles available in our Lending Library is updated monthly, following each monthly meeting, and can be downloaded in a PDF version at:

http://www.organiclandcare.org/branches/Vancouver/SOULVancouver_LendingLibrary.pdf.

As always, our new Lending Library welcomes your donations of new and used books and/or DVDs on topics relevant to organic gardening, sustainable living, and other ecological or environmental subjects. Monetary donations to help buy new titles are also accepted and appreciated. For more information, please contact the Librarian, Lee de Rosenroll, at lderosenroll@organiclandcare.org



Events and Announcements

An Early Spring Clean-Up effort for the Wildlife Garden Project is scheduled to take place this Saturday, March 7, from 9:00am - Noon, at the Wildlife Rescue Association's Care Centre at 5216 Glencarin Drive in Burnaby. SOUL Vancouver members are being asked to join in this group effort to tidy up the garden after all of the winter snowfall. Also on tap for the morning: trying to tame the blackberries before new growth takes over. Leather gloves, long sleeves and pruners are strongly advised. Orientation is normally required of all volunteers, but is being waived for this one time only. However, liability waivers will still be required and must be signed by all intending to participate. For more information on the waivers, contact Project Co-Coordinator Irmgard Carter and Donna Wells at:

WildlifeGardenProject@organiclandcare.org

SOUL Vancouver extends a warm welcome to our newest member, Veit Hillebrand, (*Organic Matters Landscaping*).

Martin Harcourt, Chair of SOUL Vancouver, will be guest speaking at the Fraser Valley Conservancy Open House Event on March 21, 2009. Martin, who is a well-known and highly regarded expert on organic turf management, will be speaking on the topic of Organic Lawn Care. Other details TBA.

The Ban Pesticides Coalition will be hosting a series of public presentations in Surrey in March, April and May. Martin Harcourt will be speaking at four of these. Exact locations and times TBA.

Plans are underway for SOUL Vancouver and its OMG program to continue hosting Community Information Tables at Vancouver-area Farmers Markets throughout the 2009 Summer/Fall season. In 2008, we hosted five Information Tables at Trout Lake, Riley Park, Kits and the West End. In addition to these, we hope to be adding other Farmers Markets next year such as at Granville Island, or even in locations outside of the Vancouver area. If you would like to recommend other Farmers Market venues for us to participate in, please contact the OMG Committee at OMGVolunteerHours@gmail.com.

For those interested in volunteering for any SOUL Vancouver event or activity, a sign-up sheet is always available at monthly meetings, or you can do so via email at: OMGVolunteerHours@gmail.com. Organic Master Gardeners should note that volunteering for the positions and events noted above would qualify toward fulfilling your Volunteer Hours commitment.

OMG News and Updates

Daylight Savings Time starts this weekend and, little by little, schedules begin to return to their normal rhythm as the gardening season begins anew. Likewise, so it goes with volunteering activities.

The Wildlife Garden at Burnaby's Wildlife Rescue Centre is already in need of gardening help after a harsh winter has left it in need of a serious clean-up. In fact, this Saturday, March 7, will mark the first scheduled group effort by SOUL Vancouver and its OMG program to offer just that kind of help. If you have not yet signed up to pitch in, not to worry; as long as you show up, you'll be more than welcome to help out.

We'll be meeting at the Centre at 9:00am to get started and the expectation is that we'll be finishing up at around noon. Because there will likely be some blackberries to deal with, it would be a good idea to show up wearing long sleeves and good leather gloves. And pack pruners if you've got them.

Ordinarily, volunteers would be required to complete the WRA's orientation process prior to working in the garden for the first time, but just this once, that requirement is being waived. Volunteers will still need to turn in a signed release waiver before getting started, but you can take care of that onsite; or you can get your hands on the necessary forms in advance by contacting one of our new Coordinators for the Wildlife Garden Project, Irmgard Carter and Donna Wells, at:

wildlifegardenproject@organiclandcare.org

That last news bears repeating: We now have 'official' Coordinators for the Wildlife Garden Project. OMGers Irmgard Carter and Donna Wells have taken their enthusiasm for the Wildlife Garden to the next level by agreeing to take on the responsibility of managing this project and all its aspects. They'll be working with Paulette Tercier, the WRA's garden coordinator, on the garden's Wish List, as well as consulting with OMG Instructor Catherine Dale about tasks that can be incorporated into the course work for her students. Additionally, they'll be coordinating our volunteers who choose to become involved in the garden on an ongoing basis, either as individuals, in pairs, or teams; and, as with this Saturday, single-day group efforts.

As a result of this new arrangement, any inquiries about the Wildlife Garden Project should now go directly to Irmgard and Donna at the new email address created specifically for this project:

wildlifegardenproject@organiclandcare.org

We can't stress enough how exciting it is to have 'full-

time' Coordinators in charge of this project. As we've already assured Paulette and Catherine, with Irmgard and Donna stepping in to fill this role, the ability of SOUL Vancouver and its OMG Program to respond to the needs of the garden has just increased exponentially -- as it likewise has for our ability to provide the level of coordination and support that our volunteers deserve on an ongoing basis. On behalf of all of us, thank you Irmgard and Donna.

Another seasonal volunteer program that will soon be underway again is our participation in the area Farmers Markets. Trout Lake, Kits, Riley Park and the West End will be opening up for the season, starting in May. Any day now we expect to be selecting the dates to set up our community information tables for each of these.

This year, we hope to start putting into effect some of what we learned over the course of last year's experience. With so many vendors surrounding us with their extraordinary produce and other offerings, we quickly found out how important it is to offer some sort of demonstration or display of our own to attract the attention of passersby. The worm bin demonstration we did at Trout Lake was hugely successful in bringing market-goers to our table; and once their interest was piqued, it was easy to start up a conversation and engage market-goers on a wide range of topics that we, as organic gardeners, are prepared to share with them.

These types of demonstrations are going to be a key component of our efforts at the Farmers Markets this year. But what we will also need - and we are hoping to find very soon - is a pair of OMGers who are willing to become Coordinators for our Farmers Market Program. If you have already volunteered at a Farmers Market event, you already have an idea of what would be required. Or if you have an interest in food growing, what better way to share that enthusiasm? Keep in mind, too, that in terms of time required, the Farmers Market season only spans mid-May to mid-October, and currently only includes 5 market appearances in total...although we can only hope to see that number increase as time goes on and our volunteer numbers expand. If you are interested in finding out more about this opportunity, we do have a brief outline of the responsibilities involved. Just contact us at: OMGVolunteerHours@gmail.com and we'd be happy to pass them along so you can think on it further.

-- Barb Bancroft, Lee de Rosenroll, J.R. Rendón
OMG Committee

DVD Review

Garbage Warrior

A Film By Oliver Hodge

Filmed and Directed By: Oliver Hodge

Studio: Mongrel Media

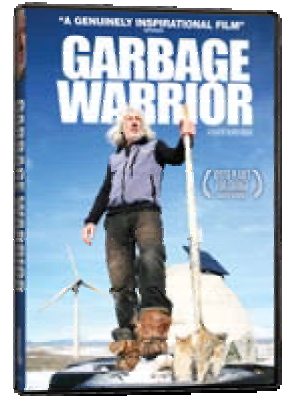
ASIN: B0013F60IW

Price: CAD \$29.95

Format: NTSC

Language: English

DVD Release Date: April 8, 2008



All images including DVD cover courtesy Garbage Warrior (<http://www.garbagewarrior.com>).

Garbage Warrior? Renegade? Visionary? Hero?

Attempts to define Mike Reynolds, the central figure in this documentary, tend to shift from one characterization to the other as the film unfolds; but in the beginning at least, the image is more of a latter-day 'Green' Quixote who finds himself tilting at bureaucratic windmills even as he doggedly tries to advance the concept of 'earthship biotecture' -- building self-sufficient, off-the-grid communities 'where design and function converge in ecoharmony.'



Reynolds constructs a wall out of cans.

Educated and trained as an architect, Reynolds finds himself at odds with the traditional approach of his field, calling it "Worthless...not about people at all. It's taking us where we don't need to go. For many reasons, we don't have time. We need to be doing something now. Tomorrow morning."

Fueled by that conviction, Reynolds makes the conscious decision to re-focus his knowledge and creative energies into developing alternative building methods and utilizing reclaimed materials to achieve his goals. He starts off by designing his own home on a patch of desert near Taos, New Mexico, turning his imagination loose and experimenting with ideas that ignore rules and traditional ways of thinking. Instead of bricks he uses bottles and cans; instead of erecting wood or

concrete walls that require insulation, he stacks tires pounded full of dirt to create mass that retains heat; windows are purposely positioned to face south to capture maximum heat and light from the sun. Virtually any idea that he can dream up, he tries.

Reynolds' one guiding principle is permitting himself the freedom to fail. And there are failures, including one instance of windows constructed in a way that captured too much heat and melted a typewriter sitting on a table positioned in front of them.

Reynolds' presses on, though, eventually gaining acclaim and loyalty from true believers -- his 'green disciples'



Exterior of Hut House, Taos, New Mexico.

as they are described -- who are energized by his successes and eager to lend their own ideas and labor to expanding his vision. Indeed, the homes they build are at once remarkably efficient and aesthetically intriguing, if not, in most cases, outright beautiful and perfectly married to their environment.

Of course, flaunting rules and regulations, especially those attached to building codes, also generates a certain level of notoriety, and it's not long before Reynolds finds himself shunned by his professional peers, to the point of being forced to surrender his architects' licence. He is hounded by lawsuits and sheriff's deputies, dogged by state government, and finally shut down by the county.

Continued on page 7



Reynolds' crew at work in India with the Andaman Islands tsunami relief project.

Review, continued from Page 6

A Kyoto Planet for Change Award nominee, 'Garbage Warrior' was shot over the course of 3 years and followed Reynolds across four countries. Much of that time is spent waging a fight at home convincing the powers-that-be about the imminent need for environmentally responsible housing. It's a fight he

eventually wins. But it is in India and Mexico, in the wake of natural disasters, that Reynolds' vision finds ultimate vindication. Welcomed with open arms by those countries at a time when imminent need is laid bare as a matter of survival, his ideas and methods prove their worth in helping to build inexpensive and sustainable housing where few alternatives remain.

-- J.R. Rendón

NOTICES

SOUL T-Shirts (\$20) and Stickers (Large Decal - \$8 / Small Decal - \$5) can be purchased at all SOUL Vancouver meetings. Also available are two books by Heide Hermayr: **Working With Nature** is available to members at the special price of \$50, including GST; and **The Essence of Organic Gardening - Seeing & Doing Things Differently** is available at the special price of \$15, including GST.

The Wildlife Rescue Association of BC, located in Burnaby, has an urgent need for cut greenery to use in their aviaries. Stumps, branches of any size, and evergreen prunings are appreciated.

The Care Centre is open from 8:00am to 5:00pm daily, but there is always someone on hand until about 8:00pm to

accept your donations.

The Centre is located at 5216 Glencarin Drive in Burnaby. Park in Visitors' Parking and enter at the path on the left. Follow the sign that reads "Injured Wildlife" and someone there will direct you to where the trimmings can be dropped off. There is no need to call first, but if you have any questions, you can contact the Care Centre at 604.526.7275.

Looking for the difficult to find organic gardening products? SOUL Certified Professional Phil Nauta's 'The Organic Gardener's Pantry' carries organic products for organic gardeners. Check the website for a full listing of products and product information:
www.gardenerspantry.ca

**Coming Up
At Van Dusen Botanical Garden:**

Sat. Mar 7. Bird Walk, 10 a.m. Rain or shine. Meet at the Garden entrance. Limited to the first 20 people. Free for Members or with Garden admission.

Sat. Mar 7. Annual Manure Sale, in the parking lot from 10 a.m. to 3 p.m. \$5 for a 20kg bag or bag your own for the same price. Information and preorders:
marcelfpichette@alumni.uottawa.ca

Sat. Mar 7. Adult Ed Course: All About Fruit Trees, 9:30 a.m.

Sat. Mar 7. Adult Ed Course: Berry Patch to Grape Arbor, 1:30 p.m.
Notices, continued on Page 8

NOTICES contd...

Sat. Mar 7. Adult Ed Course: Roses for Your Garden, 1:30 p.m.

Thurs. Mar 12. Adult Ed Course: Xeriscaping – Waterwise Gardening, 6:30 p.m.

Thurs. Mar 12. Cedar Series Lecture, E-Flora BC. (<http://eflora.bc.ca>) A professor in the Department of Geography at UBC, Brian Klinkenberg will provide an overview of E-Flora BC and discuss how it has become a key resource in plant conservation. 7:30pm in the Floral Hall. Members \$10; non-Members \$15. Tickets available at the door or call 604.878.9821.

Sat. Mar 14. Adult Ed Course: Spring Gardening – Tips and Techniques, 1:30 p.m.

Thurs. Mar 19. Adult Ed Course: Garden Design Fundamentals, 6:30 p.m.

Fri. Mar 20. Spring Break Adventure – Plant Detectives for families with children age 4-11.

Sat. Mar 21. Volunteer Orientation from 10 a.m. to 3 p.m. Bring lunch, we'll provide refreshments. Dress for the weather. Learn about the many volunteer opportunities at Family Program, A-mazing Adventures for families with children ages 4-11. Pre-registration required by calling 604-718-5898 or familyprograms@vandusen.org VanDusen. Tour the Garden with enthusiastic, knowledgeable Guides. Orientation is a prerequisite for becoming a VanDusen volunteer. To register, call Volunteer Director Judy Aird 604-257-8674.

Sat. Mar 21. Adult Ed Course: Composting, Compost Boxes and Worm Bins, 9:30 a.m.

Sat. Mar 28. Adult Ed Course: Grafting Workshop, 1:30 p.m.

Thurs. Apr 12. Cedar Series Lecture: Brazil – an introduction to a Naturalist's Paradise. Lecturer: Dr. Keith Wade. 7:30pm in the Floral Hall. Members \$10; non-Members \$15. Tickets available at the door or call 604.878.9821.

All courses require pre-registration. For

further information about these and other course offerings at VanDusen please see the Course website at www.vandusen.org

Registration information and a downloadable registration form are also available on the Van Dusen website.

Upcoming UBC Botanical Garden Courses and Lectures

Mon. Mar 9, Noon – 1:00pm. Spring in the Garry Oak Ecosystem – Paradise Under Siege (lecture). The Garry oak ecosystem's (GOE) botanical diversity is at stake as one of Canada's most at-risk ecosystem faces forces that can dramatically alter it. Cost. \$5. Bring a bag lunch. Coffee supplied. Fee collected at the door. Advance registration required. *Instructor: Tom Wheeler*

Mon. Mar 23, Noon – 1:00pm. Bugs and Butterflies of the Garry Oak Ecosystem (lecture). A lecture to familiarize participants with the common and not-so-common butterflies and insects found in one of Canada's richest and most endangered ecosystems, the Garry oak ecosystem. Leaving participants with the tools to recognize these small yet significant inhabitants. Cost. \$5. Bring a bag lunch. Coffee supplied. Fee collected at the door. Advance registration required. *Instructor: Ingrid Hoff*

Mon. Apr 6, Noon – 1:00pm. Royal Botanic Gardens, Kew. Behind the Scenes (lecture). Cost. \$5. Bring a bag lunch. Coffee supplied. Fee collected at the door. Advance registration required. *Instructor: Jackie Chambers*

Mon. Apr 27, Noon – 1:00pm. What Is Killing our Bees (seminar). An update on the problems afflicting our bee populations. Cost: Free. Bring a bag lunch. Coffee supplied. Seat must be booked in advance. *Instructor: Paul van Westendorp*

Sat May 2, 9:30am – 4:00pm. Organic Gardening All Year Round (course). Covers compost and soil

preparation; mulching and watering; starting seeds and transplanting, intensive planting and inter-planting; and crops to grow in planters and pots. 30 students maximum. Cost: \$55 (General); \$50 (Garden members). Advance registration required.

Instructor: Linda Gilkeson

Sun May 3, 9:00am – Noon. Native Plant Gardening (course). Defines and identifies native plants of the Pacific Northwest and outlines the values and benefits of using native plants in our gardens. Slides of native shrubs, perennials and bulbs will be shown as well as slides of native plant gardens showing examples of thickets, rock gardens, woodlands and meadows. A tour of native plant areas in the Botanical Garden is also included. 25 students maximum. Cost: \$45 (General); \$40 (Garden members). Advance registration required. *Instructor: Patricia Johnston*

To Register:

By Phone: (604) 822-3928 (please have your credit card on hand)

By Email: botg@interchange.ubc.ca

Include the course you are interested in and your phone number, and we will contact you for the credit card information

In Person: at the UBC Botanical Garden Office, 6804 SW Marine Drive, between 8:30 AM and 4:00 PM weekdays.

(http://www.ubcbotanicalgarden.org/education/courses_lectures.php)

Have a Notice you'd like to have posted in the Newsletter? Send it to:

OMGVolunteerHours@gmail.com

Notices are free for SOUL members, Garden Societies/Clubs, Continuing Education, and certain other charitable, not-for-profit, or environmental concerns. There is a nominal fee of 15 cents per word, payable in advance and on a per publication basis, for all others. For more info on paid Notices, contact us at:

OMGVolunteerHours@gmail.com

We reserve the right to reject submissions deemed not in keeping with the stated mission and goals of SOUL.