Winter 2010 MSVU Community Garden Events

**Terra Cotta pot decorating/ herb seed planting**

Filled pots with soil, planted herb seeds, then painted the pots. Discussed how to plants seeds (depth, spacing, ideal moisture of the soil) and the different herbs and how they can be used.

Note: there are left over supplies (paint, brushes, potting soil and seeds) with the garden supplies in Catherine’s closet in Rosaria.

Materials Needed

* Pots and saucers (can use plates found at 2nd hand stores)
* Herb Seeds
* Soil
* Container for water for the seeds(or large container to pre-mix water with dirt)
* Markers + name tags
* Resources on indoor herb growing: books, handouts, etc.
* Waterproof paints
* Stencils, paintbrushes
* Water container for the paint brushes

Time: 1.5 hours

Location: Space next to the Crow’s Nest in Rosaria

**Seed Sprouting/ Salad Seed Planting in Homemade Containers**

Discussed which types of grains and seeds can be sprouted, how long they take to grow, precautions to take, benefits of sprouting, then put together the sprouting jars. Cut drainage holes in containers, planted seeds. Discussed how to care for plants.

Materials Needed

* Cheesecloth
* Mason Jars
* Seeds, chickpeas, lentils, etc. to sprout
* Salad green seeds
* Hand-outs on sprouting times for different seeds/legumes
* Soil
* Creative containers- anything made out of food safe plastic. i.e. yogurt, tofu, or margarine containers, milk carton bottoms, etc.

Time: 1 hour

Location: Space next to the Crow’s Nest in Rosaria

**Select Nova Scotia IncrEDIBLE Community Supper + Herb Seed Planting**

Hosted a dinner featuring local food in partnership with Select Nova Scotia. Guest speaker was Jean Snow from Lake City Farms who spoke about her business and urban and organic farming. Donations went to the garden. After the meal and talk herb seeds were planted in recycled containers. Seeherb seed planting event for details.

Time: 2 hours

Location: Vincent’s Restaurant, next to the Rosaria cafeteria

**Faculty Dialogue Series + Herb Seed Planting**

See herb seed planting event for details on planting. See the garden folder for powerpoint presentation used.

Time: 1 hour

Location: Faculty Lounge, Seton 404, 405

The garden was also represented at the MSVU Research Day Open House, Explore the Mount Open House for prospective Applied Human Nutrition students, and the MSVU Nutrition Month Closing Event.

Event Ideas for Summer/Fall 2010

* Walking/bike tour of neighbourhood community gardens. In 2009 was held in September.
* Farmer’s Market Tour (focusing on making the market more accessible for newbies). Ideas include a scavenger hunt to familiarize participants with market layout, vendors and producers, and doing price comparisons.
* Rockingham Community Centre Garden Groups for seniors or children.