

## THERE'S A NEW GARDEN IN TOWN...

Rossland now has its own Community Garden, located at the north end of Jubilee Field. The Community Garden consists of 18 raised beds and is leased to those who agree to use and maintain them for \$10 a season per bed.

The Community Garden was made possible by the City of Rossland and from The Rossland REAL Food group. This local group of volunteers organizes workshops and projects related to local food production. Some of the goals for the Community Garden are:

- give those without garden space a place to grow food
- involve residents of all ages in food production and preparation
- promote healthy, active lifestyles.

## NEW AND EXCITING PROGRAMS FOR SENIORS...

With support from the Union of BC Municipalities, Seniors Housing & Support Initiative, a program has been developed to reach seniors who want to get involved in the various aspects of gardening in the community. This program is called "**Building Age Friendly Communities**" and could include programs and activities such as:

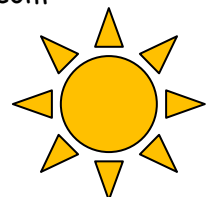
- **Senior gardeners:** Groups or individuals growing plants. There are 2 beds designed for seniors. Perfect for those who no longer want to bend over while gardening.
- **Senior Mentors:** Experienced gardeners over the age of 50 who will be at the garden, giving advice and support to those less experienced gardeners.
- **Senior exercise:** Weekly sessions for gentle exercise in the garden.
- **Food processing workshops:** We invite 'seasoned' adults to teach younger ones how to can, dehydrate, freeze foods, and make jams & pickles.
- **Healthy Foods:** We invite the community's oldest and youngest (day care kids) to meet up in the garden, and create salad lunches together.
- **Seniors Chef:** We'd like to start a senior's cooking group that uses food from the garden as part of meals cooked to share and take home.
- **Cook Book:** Create a cookbook with recipes that feature locally grown foods.
- **Garden Workshops:** There is so much to teach and to learn in a garden - we're open to ideas for new workshops.

**We hope to see you out in the garden!**

<http://www.rosslandfood.com/>

Please contact Hanne for more information:

Age Friendly Coordinator, Hanne Smith (250)362-7767 or [smithhanne@gmail.com](mailto:smithhanne@gmail.com)



Please check any of the following activities that you are interested in participating in:

**Gardening.** Making use of part \_\_\_\_ or all \_\_\_\_ of a 'High Bed' in the community garden.

**Building structures in the community garden.** We could use a tool shed, benches, compost bin and possibly a gazebo.

**Mentoring in the community garden.** There will be two 'mentoring' sessions per week, 2 hours each time. If we get enough volunteers, each person may only have to commit to one – two sessions per season.

**Mentoring from within your own garden.** You set the dates and times, and learners can come to you.

**Exercise.** Weekly exercise sessions might include an easy-to-learn version of Tai Chi and/or gentle strength and balance exercises.

**Seniors Chef Program.** Regularly scheduled cooking groups could share a lunch and make a dinner to take home. This program would require a group of leaders as well as participants.

**Healthy Eating begins in the garden.** The Golden Bear and 4 Winds daycares would like to share gardening activities and garden-based lunches or snacks with grandparent-aged gardeners.

**Recipes.** Would you like to contribute recipes that include locally grown foods to the on-line cookbook?

**Garden-related workshops.** Would you like to share your gardening skills with novice gardeners?

**Food processing workshops.** Would you like to teach novices to can, freeze, dehydrate, juice or make jam from garden produce? How about smoking meats?

**Seed exchanges and seed sharing.** Do you have seeds you'd be willing to share or get help growing out? Varieties that grow well here are of special interest.

**Tools for garden and kitchen:** Do you have garden tools that you are no longer using that could be donated to the garden? (Wheelbarrow, rake, shovel, trowel, pitchfork, clippers, etc). Do you have food processing equipment that could be used during harvest season? (juicers, canners, pressure canners, grain mills, dehydrators, grinders)

If you are willing to volunteer for one of the above, and/or would like to be contacted, please write your name and contact information here:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_