
GARDEN

Spring is around the corner and this is the best time to plan your garden! We are blessed in Vancouver to have fertile soils and a long growing season. Gardening has many physical and mental benefits as well as contributing to your own food sovereignty and security! Not to mention all the different varieties that can be grown and that can support pollinator populations and increase biodiversity!

A great resource for those wanting to get started is the West Coast Seeds gardening guide which explains a bit about each variety and how to plant each crop, as well as having a handy planting guide! If you don't have space for a garden, try joining a community garden in your neighbourhood. Or, container gardening outside, or even on a window sill!

To learn more about local food production in the lower mainland, watch "Tomorrow's Harvest" on CBC Gem!

HERE IS A
HELPFUL
ARTICLE TO
GET YOU
STARTED:

"Gardening
101"

- from BC
Living



COMPOST

Compost is the magical process that happens to transform dead organic matter and support new life. It is nutrient-rich material that is made from decaying organic waste and is a perfect natural fertilizer for the garden, as it releases nutrients slowly and holds moisture in the soil.

If you have a garden and space, consider a backyard composting system. Properly maintained, this is the best way to add nutrients to the garden. Be sure layer the materials properly, and not to include any meat, oil, or cooked food (these attract rats and are best put in the municipal organics collection system).

If you do not have outdoor space, you can use a worm composter. The red wiggler worms eat the organic matter and their ‘castings’ (i.e. their poop) create the rich humus for your garden. If you’re interested, check out the City of Vancouver’s City Farmer.

DID YOU KNOW?

If you do not have space for a composter, you can buy finished compost from the City of Vancouver for a reasonable price.

Click [here](#) to find out more!

UBC also collects organic waste and composts it onsite in an In-Vessel composting facility.

Learn more [here](#).