

# APITUPI ANICINAPEK NATION FOOD INITIATIVE

## COMMUNITY GARDEN UPDATE AND NEWSLETTER



### FOOD PLANTER BOXES

Planter boxes are popping up all over the community! **These beautiful standing planter boxes were built by Greg Edwards** and planted by our Economic Development Summer Students Xavier Babin and James Jr. Sutherland! They are full of delicious herbs and vegetables.

### GREENHOUSE

The greenhouse is slowly being fixed up. We should see it covered and fixed by the fall and ready to use by Spring 2025. We are prepping the interior with a floor of wood chips and hope to have some nice garden tables built inside.

### GARDEN CORNER

We have 6 big planters, and 10 garden rows on the garden corner. We will be continuing to add rows. These garden rows will be permanent and were built and planted by our summer students. Our list of food that we are growing is shared below!



### PLANTER BOX UPDATE

The planter boxes were placed at community points of interest, followed by gardening workshop participants, followed by individual requests. We are delivering them as they are made and currently have a waiting list.

**We are no longer accepting names for planter boxes! Hopefully, we will do more next spring!**



## Planter Spotlight

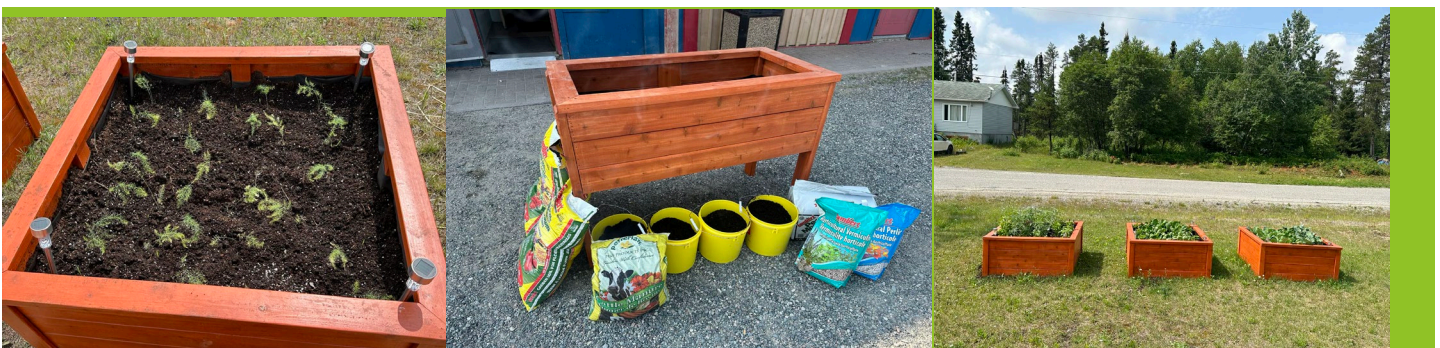
Chief June Black was super happy to have received her standing planter box.

The box was pre planted with love by our proud summer students. They planted her some tomatoes, herbs, peppers and more!



### THINGS WE ARE TRYING TO GROW

In our community garden, we are currently trying to grow; Cauliflower, Brussel sprouts, broccoli, Roma tomatoes, beefsteak tomatoes, cherry tomatoes, asparagus (takes 3 years), potatoes, onions, strawberries, yellow zucchini, bell peppers, cucumbers, cantaloupe, mini watermelons, cucamelons, basil, chives, garden sage, thyme, purple basil, pumpkins, carrots, squash, flowering kale and more. These starter plants were purchased at the Northern Roots Garden Centre of Porquis.



**Please help yourself to any herbs or vegetables planted in the standing planters at our public office buildings. A lot of it is ready to be harvested, do not be shy to check them out!**



## COMMUNITY COMPOSTING!

Composting is taking organic matters (fruits, vegetables, egg shells, coffee grinds, leaves, etc.) and letting the matter breakdown and decompose to create a nutrient-rich soil-like fertilizer. We then use it to fertilize our gardens and put nutrients back into the soil! These two community compost bins will be stationed at the garden corner.

## THINGS YOU SHOULD COMPOST

- Used coffee grinds and filters, tea leaves and bags.
- Fruits and vegetable scraps (ex., those bags of wilted salads in the back of your fridge, carrot shavings, onion and celery butts, etc.).
- Raw eggs and egg shells.
- Feces from herbivorous pets. Rabbit, chicken, gerbil and small pet poops.
- Smaller yard trimmings, grass, etc.
- Wood shavings, sawdust, straw, untreated shredded paper and ripped-up brown cardboard.

**\*\* PLEASE CONSIDER HAVING A COMPOST BUCKET AT HOME AND DUMPING INTO THE COMMUNITY COMPOST WEEKLY! \*\***

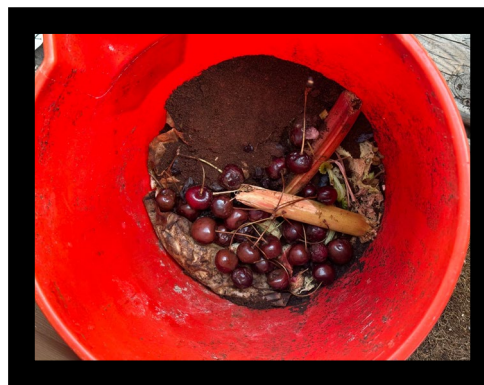
## THINGS YOU SHOULD NOT COMPOST

Please do not dump the following items into the bins;

- Homecooked meals and scraps.
- Anything containing meat and dairy products.
- Bread or any baked goods and processed baked items (no Bearpaw scraps or bread butts).
- No fabrics, netting, plastics, aluminum, glass, etc.
- No human waste, dog or cat waste.
- No plastic-coated cardboard.

Please contact Kara if you have any questions about the compost bins or if you want to compost any fishing scraps.

- Example compost bucket. Yummy!





# Community Seed Bank

We currently have a fantastic collection of seeds on hand for community use. While every planter also has starter plants such as tomatoes, peppers and herbs, some planter recipients are growing seeds in their planter boxes too!

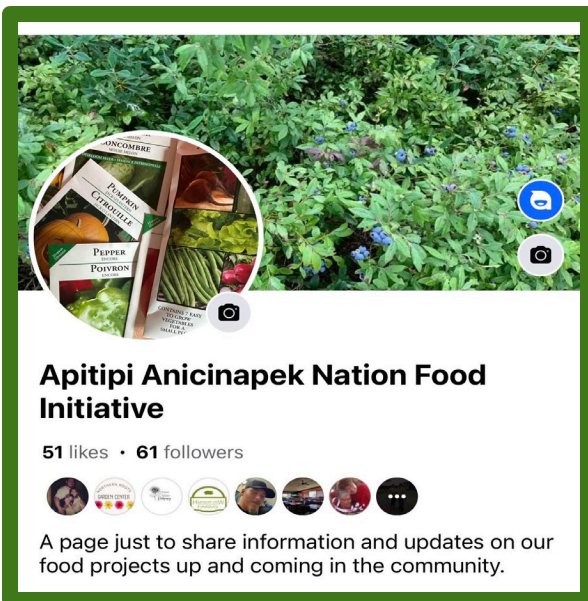
Please contact Kara if you are looking for certain seeds for your home garden or planter box. Please keep in mind that it is too late in the season to start most vegetables.



## PERSONAL GARDENING PROJECTS

We would love to support you in your gardening projects where possible.

We have helped gardeners with their personal gardens by delivering soil and manure, providing seeds, trellises, or cages, and even helping water and plant where needed. If you require support, please reach out to us.



Please Like and Follow our Facebook Page for regular updates on the project!!



**Apitipi Anicinapek Nation Food Initiative**

For more info, Contact Kara Tremblay (Economic Development Food Champion) Via Facebook, or Text (705) 471 - 6508 Or email at [ktremblay1@outlook.com](mailto:ktremblay1@outlook.com)



## Community Garden Spotlight - Chelsea Tremblay



Chelsea Tremblay has been working on her personal garden since 2019! She currently has the largest personal garden in the community. Chelsea grows a variety of plants such as flowers, different herbs, and many types of vegetables! Her jalapeno peppers are thriving and her corn stalks are looking tall! She has already harvested and hung some herbs to dry this year with the help of her daughter and mini gardener Sequoia. Sequoia has planted herself some beans in the garden as well. We wish you a successful harvest Chelsea!



# Faces behind the project



## JAMES SUTHERLAND

Summer Student with Economic Development!

A thoughtful and hard worker who reminds us to support the elders, and family.

## KARA TREMBLAY

Currently the Food Champion with Economic Development!

Working on the Community Garden and Greenhouse projects for her co-op placement.

## XAVIER BABIN

Summer Student with Economic Development!

A dedicated and hard worker who has a very creative eye when planting and taking drone footage.



## AIDIE CREEK GARDENS

The crew had an amazing visit at Aidie Creek Gardens to purchase some delicious trees and shrubs for a Food Forest. The owner, Jeff Warner, gave us a tour of his home garden as well as his greenhouses where he grows massive sized pumpkins for competitions! We were grateful for the experience and learned a lot to apply here in the community!

**A huge thank you to everyone who has been incredibly supportive during this project:**

**Chief June Black on behalf of Apitipi Anicinapek Nation, Jason Wong - Economic Development Officer, Andreas Zailo, Greg Edwards - Public Works, for building the planter boxes, Edward Black - Public Works for helping with the water and pump house, Francis Archibald of Wahgoshig Resources Inc, Northern Roots Garden Center, Aidie Creek Gardens, Black River Foraging Co., our community labour crew, and anyone else who has helped in some way or offered words of guidance, appreciate and encouragement. Sincerely, thank you so much!**