

# Fernie Community EcoGarden

## Workshop Series 2009

Learn how to grow and preserve your food!

The Community Eco Garden is offering a series of workshops that will increase your ability to sustainably produce and preserve the gifts of nature we enjoy right here in Fernie. Join us in discussions, demonstrations, and hands-on activities in the garden, the woods, and the kitchen.

### Organic Gardening I

Friday, April 17 at COTR

Saturday, April 18 at COTR

- planning, design, permaculture, composting, seeds, starting seeds indoors
- understanding noxious weeds, edible & medicinal weeds, the beneficial role of weeds & management techniques
- introduction to gardening "schools of thought"

### Organic Gardening II

Friday, May 29 at COTR

Saturday, May 30 at White Spruce Farm (WSF)

- healthy soil, making beds, irrigation, seeding, mulching, transplanting, beneficial insects, row covers
- explore urban livestock opportunities with bees, ducks, chickens and more



\$45 for each weekend  
or  
\$225 for entire series

includes supplies  
and transportation

### Gathering and Herbal Preparations

Friday, June 26 at COTR

Saturday, June 27 at WSF

- discover medicinal uses for common garden plants, weeds and wild plants
- apply principles of medicine-making and wildcrafting
- collect wild and common garden herbs and flowers and learn how to prepare tinctures, salves, herbal infusions, and herbal oils

### Organic Gardening III

Friday, August 21 at COTR

Saturday, August 22 at EcoGarden

- seed saving, composting, preparing your garden for winter and techniques to extend the season
- seasonal eating, winter nutrition, growing sprouts & herbs all year round

### Foraging for Food

Friday, July 24 at COTR

Saturday, July 25 at WSF

- discussions on responsible collecting, plant identification, and engaging with the edible landscape around you
- prepare and taste local edible plants
- Saturday: all-day foraging!

### Preserving

Friday, Sept. 25 at COTR

Saturday, Sept. 26 at WSF

- food storage techniques such as dehydrating, canning, freezing
- introduction to canning pickles, jams, jellies, salsas, sauces and more
- hands-on in the kitchen!

WORKSHOP TIMES: Fridays 7pm - 9 pm Saturdays 10am - 4pm

All Friday evening sessions at College of the Rockies - Saturday field sessions meet at COTR

Dates subject to change in bad weather. Limited space - register early!

All income levels welcome; please contact the EcoGarden to discuss trades or sliding scale fees.

Register for the workshops at College of the Rockies office in Fernie

for more information visit [www.ecogarden.ca](http://www.ecogarden.ca)

The Fernie Community EcoGarden is located behind the Tom Uphill Memorial home in Prentice Park, near the schools and baseball diamonds. Come explore our native plants garden and perennial beds.

Join us for Work Party Wednesdays and dig in to help our gardens grow. No experience necessary.



The EcoGarden supports organic growing principles.



We have doubled our number of raised-bed garden plots available for seasonal rental. Please contact us to reserve your space for 2009.

