

Workshop: Organic Vegetable Gardening for Beginners _ Fall Session

Fall Session: This workshop on organic gardening techniques will cover end-of-season topics, such as: protecting mature plants from light frosts and saving your harvest from those killer frosts. And you'll get lots of ideas for preserving and storing the abundance of the fall season. You will also learn about building new garden beds, cover-cropping, planting garlic, putting your gardens to bed for the winter, tool care, building fall compost piles and screening mature compost for spring plantings. Take home a handbook of ideas and resources, and a variety of seed catalogues to peruse over winter while you plan next year's garden!

Co-ordinator: Karen Copeland

As a young environmentalist, Karen came to organic gardening first through the act of composting. She set up and maintained compost bins at many places of work in an effort to reduce waste, eventually acquiring the nickname Copey Composter. A transient lifestyle prevented her from seeing any garden through an entire growing season until she set down roots in 1998 southwest of Thunder Bay, where the gardens have grown in size each year, providing food for home and the Country Market. In 2005, Karen co-founded Cattails Farm, which ran a trial Community Supported Agriculture (CSA) project, providing produce to eight subscriber/members, followed by a 16-family CSA in 2006.

Karen dreams of a day when part of every yard is devoted to growing nutritious fruits and vegetables, much like is done in other countries, helping people to re-connect with the source of their food, as well as acquiring independence from a food system which is lacking in nutrition, taste and soul. She believes growing food locally and organically is one of the most important investments we can make for future generations and for the planet as a whole.