

## **Workshop: Organic Vegetable Gardening for Beginners \_ Spring Session**

### Organic Vegetable Gardening for Beginners

**Spring Session:** What does it take to have an organic green thumb in the North? We will discuss the benefits of gardening organically and what it involves. Learn the basics of composting, soil building, natural fertilizers and pest control. You will learn about choosing seeds and plants, practical tool choices, season-extension methods, and regional challenges and success stories. Plant some seeds to take home, as well as a plant or two for your own garden. You will also receive a handbook full of resources and tips from a variety of local organic gardeners.

### **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.