

# Powell River's Edible Garden Tour

August 9, 2009

**Hello and welcome to Powell River's first ever Edible Garden Tour**, kicking off the 2009 50-mile eat-local challenge! The Edible Garden Tour is a great way to see how other people in the region are producing some of their own food, which is one good way to provide plenty of fresh local food during the eat-local challenge (and throughout the year). Please respect the gardens you're visiting. But ask lots of questions!

Please be aware that the gardens are split up into two sets: a **morning** set to the north of Powell River, and in Wildwood, Townsite, and Cranberry; and an **afternoon** set in Westview and Lang Bay (south of Powell River). There is no fixed order for the gardens, but you might want to start in Lund (Nancy's Bakery opens early, so you can start with a (non-local!) coffee there) and work your way down through Wildwood into Townsite and then Cranberry in the morning. The neighbourhood of Cranberry is having **Cranberry Days** in Lindsay Park on Sunday, so you can stop there for lunch and a midday break. Or head over to the **Open Air Market**. Then in the afternoon you can see the gardens in Westview and travel down to Lang Bay to finish off. Take a snack and spend some time on the beach south of town! The order in which the gardens are described here is a suggested order only. See the map on the last page for the overall layout of the tour.

Thank you to all the volunteers, to the gardeners who have graciously opened their gardens up for the public, and to you for coming out. If you would like any more information about the Edible Garden Tour, the 50-Mile Eat-Local Challenge, or any other projects of the Powell River Food Security Project, please contact David Parkinson at (604) 485-2004 or david@prfoodsecurity.org. Thank you for supporting local food! Thank you for carpooling!

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## Morning

From 9:00 AM to 12:00 noon

### [1] Little Wing Farm (North of town)

The veggie patch at Little Wing has expanded again in an effort to grow enough food to last our family of four through the year. Emphasis on veggies that store well, pickle, can or freeze. I think we have pretty much reached critical mass though - at least if it continues to be nothing more than me, a shovel and a wheel barrow. In an effort to keep the jungle at bay and the weeds somewhat under control, the theme for this year is MULCH, MULCH, MULCH... and a little bit of mill felt and feed bags for pathways and under the electric fence. Flowers can be found throughout, some as intentional companion plants for natural pest control and drought protection, some just because they happened to grow there. Volunteer plants are welcome in the garden until and unless they get in the way. Bee favorites like bee balm, calendula, bachelor's buttons and phacelia are especially useful in bringing the busy pollinators in to the garden to do their magic.

**Driving instructions:** Access to the garden is rugged after you turn off Pryor Rd. Low slung cars should park at the bottom of Abbott road and follow the walk in signs - about 7 minutes. Follow the flagging tape. My Ford Focus does the trip nicely but the second hill is not for the faint of heart.

### [2] Salty Dog Cottage (North of town)

Lyn Adamson and Kathie Mack's garden is an attempt to put more and more of their yard into an edible landscape. Over the past 4 years, we have been developing little garden areas in various spots all around the house. It is quite a nice feeling to sit on the deck, surrounded by food on all sides!

This year's attempt includes a new side yard garden patch, some squash on the roof, and some new vegetables such as Jerusalem artichokes and horseradish. Being on a well, we have been trying to develop a hand watering gravity feed system that utilizes water from a small creek. Lyn is also experimenting with her first attempt to espalier a peach tree.

Presently, we have cleared an area for some laying hens, and our chicken house is under construction, hopefully soon to house approximately 10 chickens.

We consider ourselves rookie gardeners, and we are hoping to learn as much from the visitors as they may from us! (a washroom is available).

**Driving instructions:** Turn left at the Salty Dog sign (we'll put out balloons). We are between Wilde and Southview Rd. It is much easier to see our sign when heading North than when heading South. If you are going South, our driveway is halfway along the curve, just after Southview Rd.

[3] **Glade Farm (6834 Smarge Rd., Wildwood)**

Glade Farm, tucked in at the back of Wildwood, has been Wendy Devlin's second farm-stead experiment for the past 16 years. The several gardens, orchard and farm animals have supplied much of the fresh, frozen and canned fruit and vegetables, eggs, milk and meat needs for a family of five over the years. The tour of this wonderful four-hectare farm will go until 11am., after which Wendy is off to sell at Sunday's Open Air Market.

**Driving instructions:** turn north onto Sutherland (at the Red Lion Pub) from the highway. Turn left onto Taku St. at the end of Sutherland. Turn right on Smarge Rd. Please park on Smarge Rd

[4] **Margaret Thistle (6355 King Ave., Wildwood)**

Novice veggie gardener but with high hopes. This is my second summer in Powell River and the two greenhouses were included with the house we purchased. In early spring my husband added the outdoor veggie garden and then in early summer we bought six chickens for eggs.

In my garden I grew Yukon Gold Potatoes, Swiss chard, green onions, lettuce, carrots, peas, butternut and acorn squash, pumpkins, patty pans, four different types of tomatoes, jalapenos and green peppers... not all successfully. In the ground for winter are two Italian lettuces, carrots, turnips and if I can find seeds beets and for transplanting I started broccoli, cauliflower and Brussels sprouts.

**Driving instructions:** Turn north onto King St. from Hwy 101. House is just north of Bulkley.

[5] **Christine Woolcott (5468 Laburnum Ave., Townsite)**

Tired of noisy, gas consuming and neck-breaking lawn mowers? Tired of that brown patch of an apology for a lawn that will only grow if watered everyday, and then when it does grow, needs cutting again? Tired of this crazy anti-environmental approach to maintaining a presentable front yard? Then DIG IT UP! That's what I did! And now I look out at luscious tomatoes ripening in the hot sun, rampant squash plants with loads of assorted shapes and sizes of squash, shiny green basil plants scenting the air as I brush past them, and strings of long English cucumbers draped amongst the edible peas!

We've already harvested peas, carrots, beets, garlic, and broccoli and the kale will continue all winter long!

You too can have an Edible Lawn. Just drop in on Sunday and I'll share my secrets!

**Driving instructions:** Laburnum St. is one street west of Marine Ave. (Hwy 101) in Townsite. Look for the turnoff onto Laburnum just south of Fir St.

[6] **Tony Colton & Meghan Hildebrand (6820 Cranberry St., Cranberry)**

Basically, I would rather eat it than mow it!

We built the rock wall to bring it to level and reduce the height necessary for a deer fence. (though it might be a little crowded in there for deer.)

This is our first year so there's a hodge-podge of veggies and flowers from seed. Carrots growing around tomatoes and nasturtiums taking over some of the raised beds. We have two potato towers, about three feet high and the peas I planted before the first frost are still giving. Lupins, sunflowers, and garlic are all one happy family. Beets and the last of the arugula finish off our crowded little 'no-mow' front yard. Oh yeah I forgot about the escargot farm. Am I the only snail cultivator in the area? The Shampoo-Motor Ranch bringing garden pest control to a potluck near you!

**Driving instructions:** On Cranberry St. just west of the intersection with Manson Ave.

[7] **Kevin Wilson (5865 Mowat Ave., Cranberry)**

On a long, skinny, oddly-laid-out city lot you'll find an organic raised-bed vegetable garden, herb garden, fruit trees and bushes, experimental seed saving and "killing the lawn with cardboard" sections; home-built hoophouse; multi-use, movable, foldable trellises; drip and soaker irrigation methods; and multiple compost-bin types. Kevin has been growing in BC for over 25 years, from a balcony pot garden to a micro market garden, and is working towards growing more food for winter storage and winter eating from the garden.

**Driving instructions:** Mowat Ave. goes north off Cranberry St. towards Mowat Bay. The house is on the left side just past the intersection with Coburn Ave.

**Lunch break!**

Drop by Cranberry Days in Lindsay Park or visit the Open Air Market on Padgett Road just outside Powell River city limits. Both of these locations are noted on the map on page 4.

Or visit Manzanita Restaurant in the Townsite for their Sunday brunch (from 10:00 AM to 2:00 PM). Manzanita is a huge supporter of local eating, as are Bemused Bistro, the Alchemist, the Flying Yellow Bread Bowl, and Turner Bay Seafood. But Manzanita seems to be the only one of these open on Sunday.

## Afternoon

From 2:00 PM to 5:00 PM

### [8] Seventh Day Adventist Church (4880 Manson Ave.)

The Community Garden is located behind the Seventh Day Adventist Church and is administered by the Pastor. The north end of the garden has been planted by "Pastor Ernie" to provide produce for the Church soup kitchen. The south end has been divided into six-foot-wide individual plots, which have been allotted to interested local gardeners. The garden has been fenced to discourage deer and, unfortunately, has recently had to be provided with a lock to prevent unauthorized access. There is currently a resident caretaker. There is access to water and a small assortment of gardening tools, but allotment holders are expected to keep their own plots watered and cared for. The garden also contains a rhubarb patch, a grape arbour, a few fruit trees, and a small greenhouse. It has excellent soil, which was tilled this past spring by the Pastor. The participants have been enjoying a wide variety of vegetables from their plots, and some of us hope to continue on with winter gardening later in the year.

**Driving instructions:** On Manson Ave., just north of Alberni St.

### [9] Community Resource Centre (4752 Joyce Ave.)

This wonderful garden was started in the spring of 2008 as a youth project, and has received huge amounts of materials and support from the community. It is providing a significant amount of food which is being used to create healthy meals for people who drop by the centre. Features fruit trees (including a lovely mulberry), berry bushes, tomatoes, squash, beans, and so much more!

**Driving instructions:** On Joyce Ave., just south of Alberni St., across from the Credit Union.

### [10] Dolores de la Torre (4578 Marine Ave.)

This garden is an old orchard with fruit trees that were planted about 50 or 60 years ago. It has rocky soil, so the vegetable gardens have soil that has been created with mulch and by adding manure and compost. Totally organic, with the idea of supplying myself and family with good safe food.

There is a greenhouse that I had built in 1996, with cement and glass windows. A new addition to the garden is a pond also made with cement and tile. The newest style of gardening I am trying is wood boxes with a layered "lasagne gardening" technique. This garden is still in progress and there are more plans to be carried out. It is a free and easy garden with a Mexican flair to it. Don't expect perfection... but do expect a private lovely garden with easy access to the house.

**Driving instructions:** On the west side of Marine Ave., between Burnaby and Courtenay St. Behind La Casita Mexican Restaurant. Please park along Marine.

### [11] David Parkinson & Giovanni Spezzacatena (6916 Invermere Ct.)

This garden is a work in progress: we have recovered existing garden beds and two years ago we added an herb garden near the kitchen and a strip beside a cement pathway for more herbs and garlic, using the lasagna gardening technique.

This spring we created another new bed on the front lawn, again by converting lawn to garden with a lasagna garden bed (cardboard, seaweed, soil, kitchen scraps, etc). We have a lot of greens (kale, rapini, parsley, chicory) and beans, peas, zucchini, tomatoes, herbs, potatoes, as well as a good selection of fruit trees: two apples, a pear, a cherry, a peach, and an apricot.

**Driving instructions:** On Invermere Court, which goes east from Marine Ave. Halfway up the street on the right side.

### [12] Jenna Adema & Jonathan van Wiltenburg (6941 Kamloops St.)

This garden, on a spacious urban lot, is a lawn-to-garden conversion in its first year. We have a greenhouse and numerous cold frames, so we are prepared for year-round growing. We are focusing on crops which can be preserved: cabbages for making sauerkraut; tomatoes, beans, and peppers for canning, drying, and freezing; as well as plenty of squash for storage. Come and see how many varieties of tomatoes you can spot!

**Driving instructions:** On Kamloops St., between Marine and Joyce, on the north side.

### [13] Alison Harding (2289 Phillips Rd., Lang Bay)

This family garden was designed to feed the household and to encourage "grazing" by the children. It was also designed as a teaching garden for the children to help them to appreciate gardening and fresh food. It is fully fenced against deer, not always weeded, and includes some edible flowers and companion planting. It evolves every year as we try to improve or experiment with new plants, as well as coping with those that pop up from the compost and we don't have the heart to pull up! We are experimenting this year with cold frame areas, a new approach to growing tomatoes and a winter garden (we hope).

**Driving instructions:** Turn right just before the hill to Lang Bay store, towards the water. We are on the right hand side, immediately after the turn for Dunlop road. There is a green "fire department" sign with 2289 and a small veggie stand outside the driveway.

