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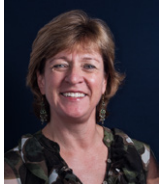
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The flavour of homemade



By *Isabelle Southcott, Publisher*

Powell River has a love affair with everything local. It starts with the food we eat and continues with local shopping, local hikes, local markets, local festivals and even local beer! You might want to say that Powell River is a Home Grown community.

Maybe it has to do with the fact that we are isolated. We've had to depend on ourselves and our neighbors for long stretches of time so we've figured out how to meet our own needs. We got away from that for a while, particularly when it came to food production, but there's been a resurgence.

There's nothing sweeter than the scent of local flowers, and we love locally raised meats, eggs, and produce. Most of us prefer locally made jams, jellies and pickles over those that are mass-produced. Not only does local taste better

but we like to know who made the blueberry jam we're spreading on our homemade bread.

People are demanding that local businesses – grocery stores and markets – carry their favourite local products, responding to consumer demand.

Given a choice, I'd rather support my neighbours and friends than a faceless publicly-traded company. I like knowing that the people I do business with feel as passionately about Powell River as I do and I suspect most of you do too. When you visit a market, people chat with vendors while buying handmade dishcloths or wooden bowls. They form a relationship with these vendors.

Supporting local is much like growing local. You plant a seed, nourish it, watch it grow and then enjoy its harvest.

We have a choice. We can support Home Grown Powell River as much as possible.

Think Home Grown, support Powell River and watch our community grow! 🍎

Growing food is the key to growing this city



By *Dave Formosa, Mayor*

Powell River has a rich history of growing its own food. In the past, farms dotted the region producing a wide range of crops, meats and dairy products, some of which were exported to other parts of the coast. It was common practice for residents to grow fruits and vegetables in their backyards to help feed their families.

Unfortunately that rich heritage faded with time as transportation connections to the community were improved and access to other sources of food diminished local production.

Now Powell River has gone a full circle as new residents to the community have revived a demand for locally grown food and put a focus on improving the region's food security. The evidence that food production is increasing in the region is everywhere, and local products are even appearing on the shelves of grocery stores in the community.

In January of 2015 the City launched a Resident Attrac-

tion campaign in an effort to bring younger people and families to the community. On the campaign's website (www.powellriver.ca/liveinvest) and YouTube channel you will find a full lineup of video profiles of new residents.

When viewing the profiles you'll notice an interesting theme running through most of them, and that is food. Most of the young families interviewed noted that it was attractive for them to be able purchase affordable properties that allowed them the opportunity to grow their own food, something that would be unthinkable in an urban centre like Metro Vancouver or Toronto.

The growth of food production in Powell River is encouraging, but there is more to do.

The City continues to work on attracting new investment in this sector and is also working with Vancouver Island University, School District 47 and Farming Representatives on an Incubator Farm program that will help new people to get into the business of farming.

Together we will make food once again an important facet of Powell River's economic and social well being. 🍎

ON THE COVER

Russ and Craig Simmons of the Chopping Block, with locally made sausages. Photo by Pieta Woolley

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Good Grocery

Like everyone else, Powell Riverites buy the vast majority of our food at big grocery stores. Managers, inspired by customers' requests and their own interest in local food, are working hard to bring in local products, including fruit and vegetables, fish, meat and prepared foods.

Chopping Block • 4741 Marine



Owner: Russell "Rusty" Simmons, with son and sausage-maker Craig Simmons

The store: Third-generation Powell River butcher shop, with produce and grocery.

The local story: Bring the butchers the deer, elk or other meat you've hunted, and they'll process it for you. You can't get much more local than that! Two years ago, Rusty partnered with Wildwood's Hatch-a-Bird Farm to bring in local eggs and produce. The store also carries Powell River-raised pork and chicken and Lois Lake Steelhead. Staff process their own line of sausages and other smoked meats - including a unique partnership with T-Fit - an "eat clean" gluten- and nitrate-free pepperoni.

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Quality Foods • 4871 Joyce

Manager: Guy Sigouin, pictured here with 32 Lakes coffee

The store: 12-location mid-sized grocery chain based on Vancouver Island

The local story: 32 Lakes coffee, Lois Lake Steelhead, and more. Guy will even buy local surplus (but pretty) apples and plums when they're in season. However, he also knows that most grocery shoppers shop for price, and locally-sourced is often – though not always – more costly.

Mitchell Brothers• 4687 Manson

Owner: Peter Mitchell, pictured at right with Lois Lake Steelhead.

The store: Independent family-owned grocery store since 1946.

The local story: Emmonds Beach Farm supplies Mitchell Brothers with lettuce and other produce when in season - plus several locally-prepared foods. He would like to buy more fresh local, and says there's certainly a market for it if producers are willing to grow reliably in large volumes.



Ecossentials• 6812 Alberni

Owner: Melissa Call, pictured with store-made dill sauerkraut, with local cabbages

The store: Local and eco-focussed grocery, plus cafe, toys and clothing.

The local story: The majority of Melissa's products are locally-sourced, from wild-harvested nettles to hand-made soaps. Her staff work with local farms to simplify the flow of produce into the store, and to create local value-added products, such as sauerkraut, maraschino cherries, fruit leather, jam and much more.



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Save-On-Foods • 7100 Alberni



Manager: Brad Carolei, pictured with Garden Gate spice blends.

The store: Save-On-Foods is part of the Overwaitea Group, with 145 stores in Western Canada.

The local story: Save-On is currently emphasizing BC products, with a special flagging program on shelves. There's a shelf near the check-outs featuring all local

products - which include those from Vancouver Island and the lower Sunshine Coast. Coast Berry Farm sells fresh berries in this store, but also sells frozen berries to the chain through Save-On's Langley office.

Pacific Point • 7013 Thunder Bay

Manager: Chris McMillan, with Raincoast Kombucha (baby not available).

The store: Small independent grocery store attached to a Serious Coffee

The local story: Bay Leaf Blessings, Raincoast Kombucha, 32 Lakes Coffee, Flowers by Cori-Lynn and One Tree Farm are just a few of the local companies Pacific Point carries. Chris is on the lookout for more local products, as he says his customers will choose local first.



Safeway • 7040 Barnet



Manager: Steve Wadsworth, pictured here with cucumbers grown on the Lower Sunshine Coast

The store: Safeway is part of the Sobeys chain, with about 1,500 stores in Canada, and headquartered in Nova Scotia

The local story: Because Safeway is so big, its buying power is vast.

When a local company is able to supply the store, its product gets bought in great volume - as happened with Coast Berry Company's blueberries last summer. Steve is looking forward to introducing more regional BC-grown and processed foods into the store this year. 🍎



Dan Clarke, long-time Powell Riverite, coop director

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Reusing what the fish leave behind

Adventures in Aquaponics





By Linda Wegner
wordsofworth.ca@gmail.com

In their quest to forsake Alberta winters, Marcia and Don Nahorney discovered the Upper Sunshine Coast, a place of natural beauty and a community that shared their commitment to healthy living.

Sunshine Coast Aquaponics In their quest to forsake Alberta winters, Marcia and Don Nahorney discovered the Upper Sunshine Coast, a place of natural beauty and a community that shared their commitment to healthy living.

“Powell River had everything we were looking for, including people prepared to go out of their way to buy something that was grown locally and organically. It had to be by the ocean and we found it all here,” Marcia told *Home Grown* magazine.

It didn't take a lot of persuasion to convince Marcia's sister and brother-in-law, Gayle and Jeff Kier, to drive from their home in Seattle to check things out. The Kiers and the Nahorneys never looked back and Sunshine Coast Aquaponics became a reality.

Jeff explained that while aquaculture and hydroponics are familiar terms and practices, the science of aquaponics is unique: “aquaculture’ refers to raising fish/shellfish while ‘hydroponic’ refers to growing plants in water rather than soil. Aquaponics is fish and plants growing together in an integrated system.”

In the greenhouse, lettuce grows in water circulating from the tilapia and sturgeon living in tanks nearby. Wicking beds, using the same water, provide support for the heavier feeding tomatoes, peppers and cucumbers. All aquaponic methods require about 10% of the water used in conventional, soil based horticulture

“Fish waste (ammonia) is converted by nitrifying bacteria into nitrites and then into nitrates in plant available form. Solid waste is filtered out and used in outside gardens. The fish have clean water; the plants are getting all the nutrients they need. Everything is happy,” he continued.

And plants aren't the only ones happy. As more and more locals purchased product, future plans for the business adapted. Although they have no intention to sell sturgeon roe, the eventual sale of sturgeon and tilapia meat is on the radar. In addition, once approval for a commercial kitchen is finalized, the family will be expanding products and sales to the general public rather than to the originally intended commercial market.

“Our business plan was to sell 70%-80% of our produce to restaurants and the rest to walk-in customers. It's switched and we're turning into a bit of a country store. The family will be selling baked goods, preserves, salads and sandwiches.” 🍅

Sunshine Coast Aquaponics was the recipient of the agricultural award at this year's Horizon Business Awards.



FERTILIZING FISH: Sturgeon (above) and tilapia grow in small tanks and the water is circulated below hundreds of plants growing at Sunshine Coast Aquaponics. The plants use the waste and clean the water that goes back to the fish. The closed system is environmentally friendly and productive. Far left, Gayle Keir tends starter lettuce, which will later be sold at their storefront, left. Above right, Jeff Keir checks out tomatoes - that's right tomatoes in April!

photos by Sean Percy

Books to barns

By Linda Wegner

Sean and Ruth Dees are experienced and successful entrepreneurs but now, as former owners of an independent pizza shop in Surrey and Breakwater Books in Powell River, they've headed for the farm.

Why did they close Breakwater Books? What's their next adventure? The answer

to both questions, they say, is simple. It's lifestyle.

Specifically, life on a farm. "I have a farming background," said Ruth. "I was raised in Ontario but spent my summers on an old Mennonite-style farm in Manitoba. When I was 19, my brother and I began a small farm of goats and cows we used primarily for milk but also for meat."



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Already they've transitioned from the high energy life of business owners to the busy but more relaxed mode of country living, raising sheep, turkeys and chickens.

"We currently sell eggs, turkey and lamb but demand is much higher than we are able or care to supply. We don't plan to get bigger. When you turn your hobby into a job, you no longer like your hobby," Sean explained.

In making the transition Ruth has learned to operate a backhoe - a useful skill as the couple clears more of their six acres for additional pasture land for sheep. Sean, who says he looks after the construction-end of things, is looking forward to training to become an

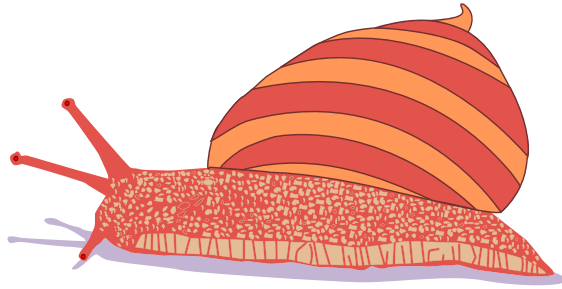
electrician.

Is there a future for someone else to open a book business? Yes.

"Basically this is a good business. There is a huge market for somebody who would put books together with toys. If someone wanted to pick up this idea, it's a good solid one."

For the Dees, however, sheep are calling. 🍎





A different pace

New residents have something in common: they grow food in their yards

By Isabelle Southcott • isabelle@prliving.ca

When Scott Randolph viewed the six original City Resident Attraction Campaign videos, he realized the people profiled all had one thing in common. “Every single one of them are growing their own food,” the City of Powell River’s Economic Development Officer said.

“That was one of the main reasons they decided to move to Powell River.”

For example, video stars Chris Matheson and his partner Uli Herl fell in love with Powell River after visiting for a weekend. They bought a home in Townsite. Chris telecommutes. Uli works for Townsite Brewing. Today they are avid gardeners and grow vegetables in their backyard.

Margot and Nathan Jantz, too, lived in North Vancouver before moving to Powell River. They wanted to start a family and were looking for an affordable property with a large backyard so they could grow vegetables. They love the Powell River lifestyle, and the fact they can grow their

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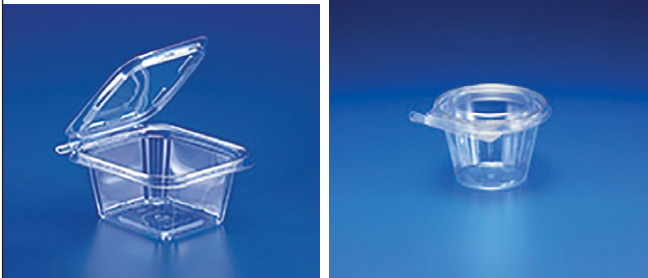
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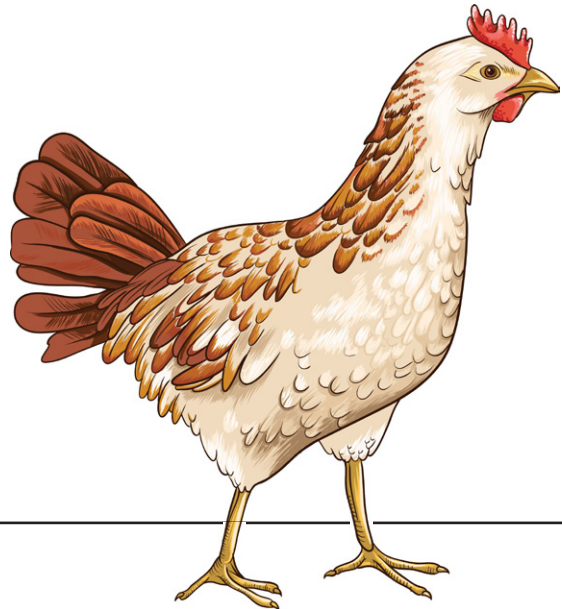
business, 32 Lakes Coffee Roasters, and watch their daughter run around their yard.

Growing food and being able to purchase property at a reasonable price make Powell River one of the most attractive communities in British Columbia – at least, that’s the idea Scott’s working with.

“New residents, especially those with young families, say that growing their own food is really important to them,” said Scott noting that the City’s campaign targets people living in urban centres. “We’re finding young families who can work from anywhere, entrepreneurs and telecommuters moving to Powell River.”

Although it will be a while yet before results from the 2016 Census are available (both the population and Agriculture census will be conducted in May) Scott believes results will show there’s been an increase in the number of young families in Powell River.

“We are eagerly awaiting the next Census results to quantify results.” 🍎



DIY FOOD GARDEN INSPIRATION


For those who want to grow their own food but don’t know how, Powell River offers a number of established, quality programs and courses to learn skills and get enthused.

Kevin Wilson’s Urban Homesteading series teaches people to grow their own food and perform many other useful tasks. Microbusiness Bootcamp will be offered in May, and the famous Homestead Skills Weekend is coming in July (fiddlersfarm.com/uhspr)

The Powell River Recreation Complex offers various food-related courses, including how to fish and pick oysters (coming up May 7).

Mother Nature just released a booklet for newbie-food gardeners who want to grow salad veggies.

The Powell River Food Security Project inspires with the Edible Garden Tour and much more (prfoodsecurity.org)

A woman with short dark hair, wearing a white chef's coat, is smiling and holding a large, round, woven basket filled with fresh produce. The basket contains a variety of items including a yellow pumpkin, a red apple, a bunch of green leafy lettuce, a bunch of celery, a bunch of yellow bananas, a red bell pepper, a bunch of green basil, and a piece of ginger. The background is a blurred green forest.

Deliciousness attracts
converts to veganism, says
chef Emma Levez-Larocque.

Compassionate Cuisine

Tempeh Kale Salad with Roasted Beets and Local Sprouts

Local, fresh foods are not only more nutritious, they are also packed with flavour that can be lost in foods that have to travel halfway across the country (or world) to get to your plate.

Even if you can't make your whole meal local, there are local elements that you can incorporate at almost any time of year. For example, this meal salad features overwintering kale and beets (local) and sprouts grown on my windowsill.

If kale has gone to seed by the time you get around to making this recipe, it could also be made with swiss chard or lettuce - alter depending on what's in season!

~ Emma Levez Larocque



Prepare the Kale:

- 1 large bunch kale
- 1 tbsp oil (you can use olive oil, flax, hemp or avocado - all of them are nice but give slightly different flavours)
- 2 tbsp orange juice
- pinch of salt

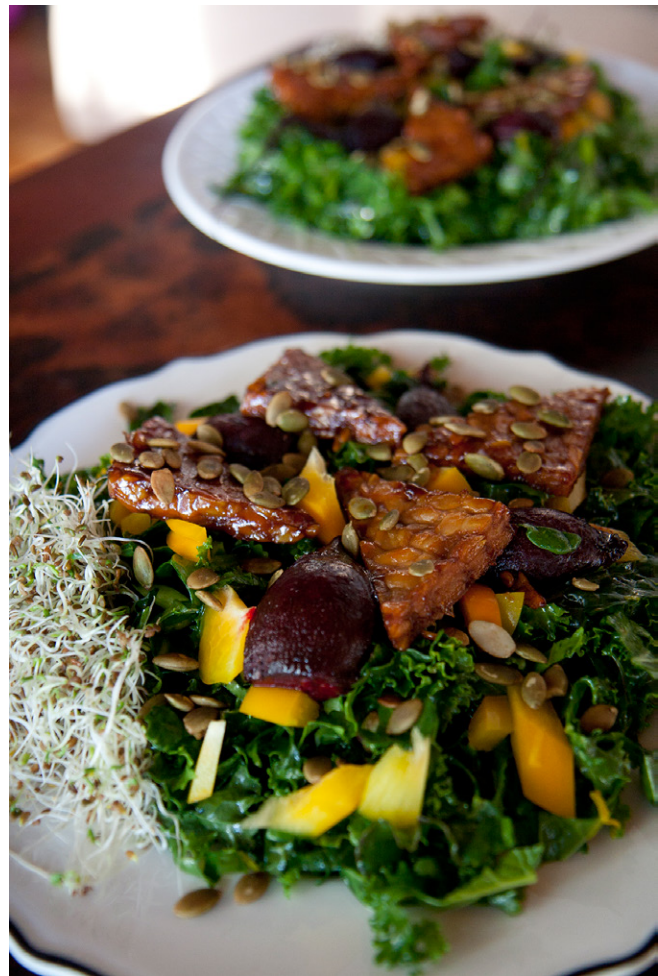
Wash the kale thoroughly, de-stem it and cut it into bite-sized pieces or ribbons. Combine dressing ingredients, and use the dressing to massage the kale* - i.e. pour it on the kale, and work it into the kale using your hands, gently massaging a few times (if your kale is tougher, do this for longer). Set aside.

* Don't use so much dressing that the kale is drenched - if you have extra, just set it aside, and you can add it to the salad at the end if you like.

Prepare the Tempeh:

- 1 cake of tempeh
- olive oil
- 1 1/2 tbsp maple syrup
- 1 1/2 tbsp orange juice
- 1/2 tsp grated ginger
- 2 tbsp tamari/Braggs

Combine the maple syrup, orange juice and ginger and set aside. Cut



the tempeh into four squares, then slice each square in half, to make the width of the tempeh about 1/2 an inch (a large, sharp knife makes this easier). Now cut each square into two diagonals.

Heat a large skillet over medium heat, and after a couple of minutes add a splash of olive oil (you need enough to just coat the pan, so that the tempeh is not on a dry pan).

Immediately place the tempeh triangles into the pan, making sure that the tempeh is not overlapping. After a few minutes, the tempeh will have browned; flip it over and do the same thing to the other side. When both sides have been browned add the maple syrup mixture and flip the tempeh again, letting it cook until all the liquid has been absorbed.

Now add the tamari/Braggs and once again, let it be absorbed (this can burn quickly so don't leave your pan unattended). Remove from heat and set aside.

To assemble the salad:

Lay the kale out on the plate, and top it with the rest of the ingredients:

- 2-3 beets, steamed and cut into wedges (you can do this ahead of time and keep them in the fridge for use in quick salads)
- 1/2 - 1 yellow pepper, chopped (or you could use a local carrot, julienned)
- handful fresh sprouts
- 2 tbsp pumpkin seeds 🍂

Factory farm truths lead author to veganism

By Deb Calderon

You might not know Emma Levez Larocque, but you've probably seen her work. A writer, photographer and literacy advocate for more than 15 years, she is the author of some beautiful local books including *Off the Beaten Path* and *A Dream of Giants: The Story of the Sunshine Coast Trail*. Three years ago, though, Emma decided to make a big change, which came from a desire to help to make the world a healthier, more compassionate place.

Emma's plant-based journey started two decades back when she was at university and first learned about factory farming. "Discovering that truth was the beginning," she says. "I started to make connections. Realizing that farm animals are as intelligent and sentient as the pets we love made me think. At age 20 I went vegetarian."

Then she started to understand the impact of animal agriculture on the environment and the health benefits of a whole-food, plant-based diet.

"At that point there was no going back – about seven years ago I decided to go vegan, and it was one of the best decisions I've ever made."

The more Emma learned, the more she wanted to share what she knew. She saw many people becoming interested in plant-based eating for health reasons, environmental concerns, or compassion for animals. But a lot of them seemed to think that being vegan meant eating bland, boring food. They worried it meant they could no longer dine out, or that they couldn't be healthy on a vegan diet.

Emma knew that these concerns, though important, did not have to be barriers for anyone. Two years ago, at age 39, she reached another crossroads, left her literacy job and went back to school.

"I know first-hand that one of the best ways to help people see a plant-based diet as a viable option is to show them how delicious vegan food can be," she says.

She enrolled in the School of Natural Cookery, based in Boulder, Colorado, where she studied to become a Certified Plant-Based Chef. She also wanted to learn more about nutrition and how food affects our health, so she studied to become a Registered Holistic Nutritionist at the Canadian School of Natural Nutrition. In February Emma graduated, and is now providing cooking and nutrition classes, one-to-one consulting, and educational programs locally, and online.

"I'm very excited about my continuing journey," Emma says. "I think we all want to make a difference. My way is to help people take the first step towards a healthier, happier, more compassionate life." Find out more about the work Emma is doing at plantbasedrhn.ca. 🍎



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rustygateberryfarm@gmail.com
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6505 King Ave
604 483-9902 jaxhuddleston@me.com
serendipityrabbitry.blogspot.ca
Providing processing services for rabbit breeders. New Zealand rabbits. Point person for locating live animals for pets or breeding.

Slow Farm

Linda Bruhn & Tom Read
Texada Island
604 483-1471
texadasf@gmail.com
Lettuce, salad greens and more.

Sugar Tree Farm (27)

Samantha Sherman and Lawrence Berge
7250 Tatlow Street
604 414-9531 sugartreefarmpr@gmail.com
Raising pedigree English Angora rabbits and cross bred rabbits. Seasonal sales of produce, plants, seedlings, angora fiber and moisturizing products.

Sunshine Coast Aquaponics (22)

604 578-8147
info@sunshinecoastaquaponics.com
Fish and plants together in a constructed, recirculating ecosystem utilizing natural bacterial cycles to convert fish waste to plant nutrients. Growing greens, tomatoes and garden vegetables. Also selling eggs, honey and seasonal fruit.

Andtbaka Farm (3)

Pat Hanson 2440 Lund Hwy 604 483-9890
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Bushmans Farm (4)

8556A Plummer Creek Road 604 483-3700
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coastberrycompany.com
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Market.

Glade Farm

Wendy Devlin 604 483-9268
wenmex@shaw.ca 6834 Smarge Ave
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vegetable, fruits, seeds and herbs? Wendy
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classes for individuals and groups.

Hammil Hill Farm (14)

3674 Padgett Road 604-485-7784
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Hardpan Farm (2)

Rin Innes
2795 D'Angio Road 604-414-0972
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Helena & Peter Bird
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Periwinkle Farm (19)

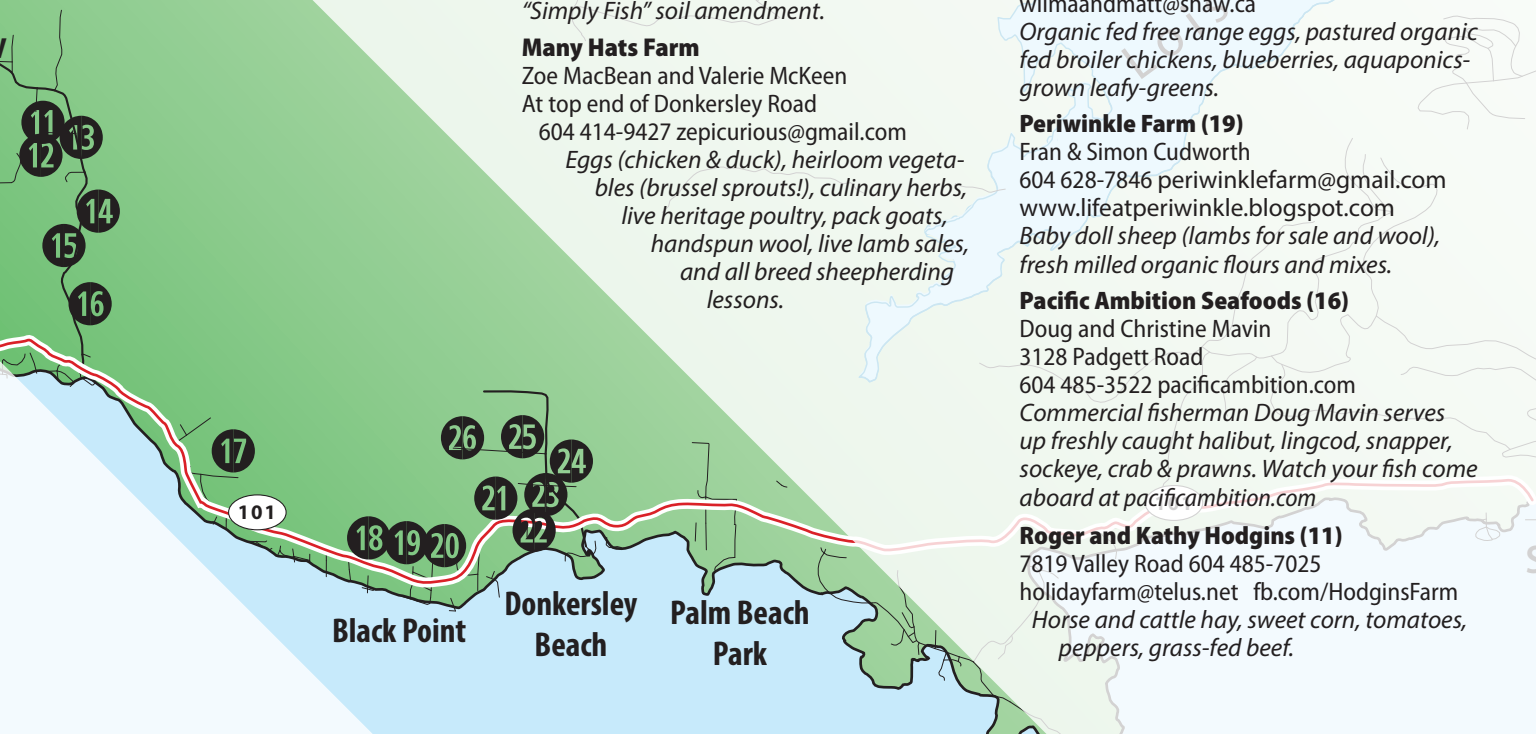
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Roger and Kathy Hodgins (11)

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holidayfarm@telus.net fb.com/HodginsFarm
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Go Nuts!

It's nuts how much of Powell River's nut crop goes unharvested, according to Ron Berezan.

"There's an incredible interest in local food and there are very few protein bases (other than animals) available here. We buy hazelnuts from California and Turkey. It's an incredible waste."

So Ron found and purchased a nut shelling machine and launched a business called Go Nuts Powell River. People can pay him to shell their nuts, or split the harvest 50-50 for his services.

"It's not a full-time business. I just want to see more people using the nuts, and planting nut trees. We have a debt to our forebears who planted these trees and we need to do the same for those who will come after us."

Hazelnuts are the most prevalent local nut, but Ron also shells walnuts, acorns and a few almonds as well as heartnuts, buartnuts and chestnuts.

Find Go Nuts Powell River on Facebook or call Ron at 604-223-4800.



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By Ioni Wais • vegetationstation.ca

Throughout human history, our species has collected wild foods. But even in our modern lives of fast food and credit cards, wild foods are still relevant: they provide us with an opportunity to disengage from the mighty dollar and enjoy nature's broad and luxurious bounty.

As with all foraging, please be sure of any wild plant; start with small amounts, and be sure to eat plants in their proper season. Avoid plants from polluted areas (e.g. roadsides), and familiarize yourself with poisonous lookalikes. This article is not intended as a foraging guide; always consult a botanist or expert forager.

The following are three tried-and-true substitutions for pricey foods:

1) Coconut water Fresh tree sap

While coconut water is full of electrolytes, minerals and vitamins, it is also expensive, canned, and imported. For a free, local, low-tech liquid, try fresh tree sap! Many of us are familiar with maple syrup, but enjoying the fresh sap saves you hours of boiling, and is refreshing & medicinal. While Sugar Maple (*Acer saccharum*) is most commonly tapped, all maples produce edible sap... even our Bigleaf Maple (*Acer macrophyllum*). Many locally-planted trees can also be tapped for sap, including Birch, Walnut, Beech and even Sycamore. Tapping is best done in the spring, and should be done by a skilled hand, with respect for tree health and safety.

Foraging: Better than Costco



Silver maple (*Acer saccharum*), ready for tapping!



Maple racemes and young shoots (*Acer macrophyllum*)

2) Expensive apples Local fritters

As Bigleaf Maple mobilizes its sap into its branches, it unveils brilliant racemes of greenish-yellow flowers. Full of nectar, these can be eaten fresh or added to salads. If you want to get fancy, why not batter and fry the racemes for a treat that's sure to impress? Pat dry and sprinkle with maple sugar. The young growing shoots on Bigleaf Maples also make tasty appetizers when fried in garlic and olive oil. Eat these sparingly, as they are slow to digest. Season with salt & black pepper, and pair with local chevre.

3) Vanilla Black Locust flowers

In addition to its rot-resistant wood, the Black Locust tree (*Robinia pseudoacacia*) produces brilliant racemes of creamy-white, leguminous edible flowers. It contains piperonal and other vanilla-like compounds, making it a suitable substitute for the world's second-most expensive spice. While the tree is not native to BC, it is commonly planted as a street tree in many Canadian cities, including Powell River. For something really unique, try making your own Black Locust ice-cream. I've taken to calling this plant Vanilla-Tree, which sounds a bit tastier than its accepted name. 🍓



Beautiful flowers of Black Locust (*Robinia pseudoacacia*)

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Saving seeds, saving ourselves

By Linda Wegner

When it comes to gardening, a seed is a seed. Right?

Well, not really, says Ellen de Casmaker, owner of Zilinsky Road's Eternal Seed (eternal-seed.ca).

Every large seed company in Canada sources seeds from the United States and Israel, she said. The problem is, they're not acclimatized to grow in West Coast conditions. And, sourcing seeds from far away is hardly sustainable.

"Food prices are already going up and this also will affect the price of seeds," she told *Home Grown*. "That's why it's a good thing for a community to have control over its own seed supply."



Three years ago, Ellen and a working group initiated a Powell River Seed Bank to solve just these problems.

The Farmers' Institute granted \$10,000 to the project, which will be housed in an existing building at the Open Air Farmer's Market. Participants can deposit and withdraw seeds, which will be kept in a dedicated fridge.

Interested persons are urged to sign up now; membership in the Farmers' Institute is not required.

"Some [non-local] varieties do well here but they could do better. All we have to do is grow some varieties more frequently and they will be adapted to our climate."

For seed bank membership, contact Ellen at 604-487-1304. 🍓

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Urban food forest



By Isabelle Southcott
isabelle@prliving.ca

A demonstration Food Forest made a big impression on Brooks students from Coast Mountain Academy. On April 6 and 7 they were hands-on with Ron Berezan at Sycamore Commons.

"It's easy to build a self-sustaining garden that could provide food for an entire community," says Grade 12 student Noah Gillen.

Clancy Sindlinger found the permaculture fascinating. "I learned about the different heights of plants and how the different levels of the garden work," she said during a break in the Permaculture Workshop.

"Every plant has a job," she says. "I'm happy to have some tools so I can start my own permaculture garden."

Arianna Shannon-Oliver was so inspired by Ron's workshop that she'd like to continue exploring and learning about permaculture. And Ricci Leitch said she didn't realize how much you can grow in a small garden.

A Food Forest is a very different

Laying The Foundation: Ron Berezan teaches the food forest system to Coast Mountain Academy students at Sycamore Commons in Townsite.

photo by Isabelle Southcott

way of growing food, says Ron, who teaches Permaculture Design, Urban Agriculture and Organic Gardening. "Instead of focusing on annual crop production (like most of the world's agriculture), food forests are largely perennial systems that are more stable, require less inputs and labour, less soil disturbance and provide a variety of yields including food, medicine, animal forage, beauty, and ecological benefits such as wildlife habitat and carbon sequestration."

The design of a food forest is patterned after the healthy forests around us. They are highly diverse in species, and feature many levels or "layers" of plants: tall trees, shorter trees, shrubs, herbaceous perennials, ground covers, root crops and vining species.

"What is being done at Sycamore

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Gardens is profound. And to have our students support this kind of place-building enriches not only their educational experience but their lived experience,” says SD47 teacher Ryan Barfoot, who leads the Coast Mountain Academy.

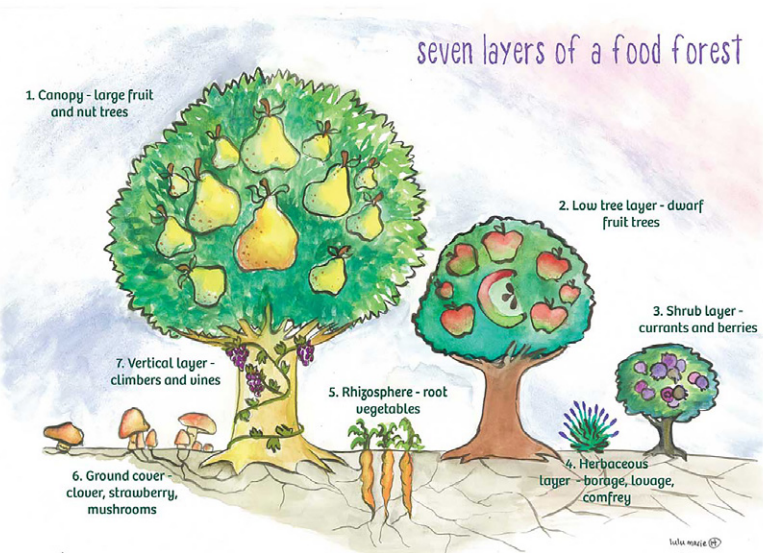
“In BC we are in the middle of some tremendous educational change. Not only is the curriculum being transformed, the very nature of how we teach is shifting. Embracing the people and the places in our community as our classroom is exactly what the world needs more of,” added Ryan.

The forest garden at Sycamore Commons will have chestnut, walnut and pecan as the overstory, followed by mulberry, cherry, plum, linden, elderberry and autumn olive as the lower tree layers. The shrub layer includes haskaps, saskatoons, currants, gooseberries, gumi, aronia, sour cherry and blueberries.

“Our herbaceous perennials include a wide range of edible perennial leafy greens, herbs such as sweet cicely and bee balm, rhubarb and numerous other species. We are using strawberry, creeping thyme, creeping comfrey, bedstraw and mints as our primary ground covers,” says Ron.

There are also numerous nitrogen-fixing species or “legumes” planted throughout the forest to ensure they are building soil and providing for the fertility needs of all of these young plants.

“We even have oyster mushrooms inoculated into the



Food Forests are a many-splendoured thing: In the 1980s, intentional forest gardening began in England. In BC, it has become a popular low-maintenance system of growing plentiful food in small spaces. *Courtesy of Cowichan Green Community.*

mulch and into logs for an added bit of diversity, nutrient cycling, and food.”

A forest garden evolves over time and takes many years to reach maturity, but there is always something available for harvest, even in the very first season. As the system develops, the harvests increase and the work required actually decreases. Once the plants are well established and begin supporting each other as they are intended to do, the role of the designer is primarily harvesting with some periodic maintenance and thinning out when things become a little too overgrown.

“This is a great approach for folks who want to create a dynamic and evolving garden that will feed them for many years,” noted Ron. It can be done on a small scale like that of Sycamore Commons (approximately 2,000 square feet), or scaled up to many acres on a rural property. While this concept is new to many, this kind of perennial agriculture has actually been practiced around the world for thousands of years.

The design of the Sycamore Commons food forest was a joint effort between Erin Innes and Ron Berezan. It is designed to rely primarily on rooftop-harvested rainwater for irrigation though some supplemental watering will be needed in the first couple of years. Like the rest of the Sycamore Commons site, the food forest is open to all and the harvest will provide abundance for the neighbourhood, parishioners of St. David and St. Paul Anglican Church and to anyone else who wanders through the garden over the years to come and can’t resist a berry or two.

Folks can stay in touch with the Sycamore Commons permaculture project through the Powell River Permaculture FB group. 🍎



"I'll help myself to your chickens, ripe fruit - and a side of artisanal garbage, SVP."

- The Bears

Accruin'

By Linda Wegner
wordsofworth.ca@gmail.com

According to Audrey Hill, Powell River SPCA, and Wendy Devlin, local farmer, there are two fundamental principles regarding bears: they are not interested in you, they just want food; and, if you're going to invest your money in animals or birds, be sure to take steps to protect them.

"My greatest rave is that people expect to have farm animals without taking proper precautions," Audrey says while noting that the bears were here long before we were.

Wendy agrees.



Bruins

"From a farmer's perspective, bears are a fact of life. Even before getting animals you should be thinking about everything you can do to avoid interactions because it usually ends up badly for the livestock and [sometimes] for the bears."

Lack of secure buildings or fencing can lead to dire consequences for property or animals, including pets and, if a bear ends up killing, wildlife officers are mandated to destroy it.

Whether a farmer or not, remember to keep sacks of feed and garden supplies secured and be sure to harvest crops regularly.

If you go to the trouble of raising or growing things, protect them. Bears get hungry, too. 🍎

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Three generations dig in

By Linda Wegner • wordsofworth.ca@gmail.com

Back in the 1970s and 80s, John and Mary Ann Taves raised their three children on a farm in Mission, BC. Growing their own food had “always been part of our life,” John told *Home Grown*.

Farming, however, was not in their plans when they moved to Powell River in 2011. Instead, their goal was low-key; John would manage the local MCC thrift store, and Mary Ann would volunteer. Two of their three children plus their young families joined them here.

Both elder Taves would focus on being grandparents. All was well. A large sign above their South-of-town front door proclaims the family’s lifestyle: Oma and Opa’s House.

Soon after moving in, however, Mary Ann was invited to a Kelly Creek Farmers’ Market meeting.

“I went right home and planted tomato seeds,” Mary Ann said.

Since that meeting, the couple has cleared much of their three-quarter-acre lot. At the market, they sell organically-raised strawberries, raspberries, cucumbers and tomatoes. They also sell strawberries to Ecosentials.

Two of the granddaughters, Maia and Sophia, work alongside Oma, planting and harvesting produce for the market.

“They get paid by the hour or by the basket, depending on the time of year,” Mary Ann said.

Not one to stand by and watch, John already has cleared land and sown hay, planted fruit and nut trees, built a barn, and has future plans to fence land and raise livestock.

“Water farmers,” they have installed huge tanks to hold rain water, the sole source of all the water they need for household use; well water is used strictly for garden irrigation.

Unable to set aside their first love, growing food is part of their lives once again. 🍅

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~ Sunny Dawn Kostelnik

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Gardening in the sharing economy

Powell River has several community and shared gardens located within the city limits and regional district. Some are for school communities only, others for club members while others for people who live in the area.

Schools including James Thomson, Texada Elementary, Edgehill, Henderson, Westview, Brooks, Kelly Creek and Assumption all have gardens.



Seventh Day Adventist Church Garden

Every year, The Seventh Day Adventist Church makes some of its land available to people from the community who want a little patch of land to grow vegetables on. Want in? Find it at 4880 Manson Avenue, or call Pastor Ernie Dunning at 604 485-7106

Kelly Creek Community Garden

Located beside, but not associated with, the church. Open to the public. Greenhouse and tool shed available. For more info contact Mike Martinig at kellyck@telus.net.

Powell River Garden Sharing on Facebook

Deanna Parsley is also interested in sharing garden space with others. She's created a Facebook page to encourage the community to share harvests and space in a new way.

"I would like to encourage those with land that they have prepared over years of gardening, and those with new spaces to share our energies, and creations," she said.

Tla'amin Community Garden

For members of the Tla'amin community. The garden features a raised bed system. It grows a little bit of everything including an orchard and a small nursery. It also has a "hot damn" composting system.

Contact Marlane Christensen at 604 483-4183 or Ann Paul 604 414-8971.

CRC Demonstration Garden

There is a demonstration garden at the Community Resource Centre (4752 Joyce Ave.) If you would like to get involved there and spend time learning how to grow food, please contact the Community Resource Centre at 604 485-0992 or email manager Martyn Woolley at martynwoolley@prcrc.org.

Club Bon Accueil Garden

For Club Bon Accueil club members and students of École Cote du Soleil only. Call Anne-Rachel Berube at 604 483-3966 or email admin@clubbonaccueil.com. 🍅



hothouse tomatoes • cucumbers
cherry tomatoes • bell peppers
hot peppers • lettuce • squash
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swiss chard • pickling cucumbers
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Shellfish seeds keeps stock local

Hummingbird Cove, located south of Powell River near Saltery Bay, is a new shellfish hatchery slated to begin operations later this year.

The hatchery will provide seed stock for the shellfish farm industry, develop seed for new species for shellfish farming, provide seed for shellfish enhancement projects and conduct research.

Hummingbird Cove's Executive Director, Xi Ping Ding, says, "We have learned from our friends at Sliammon and the archaeologists from the Sechelt First Nation, whose traditional lands we are on, about the rich history of people harvesting shellfish in this bay for thousands of years. The techniques today are different and the number of mouths we hope to feed is larger but the wisdom of the forerunners ensuring they did not over harvest and watching to ensure that one species is not favoured at the expense of another are practices we believe are important to continue. We share others' concerns for water quality in the bay. We draw our intake water from there and want to ensure it remains uncontaminated and healthy."

The purpose of a shellfish hatchery is to increase the survival rate of the vulnerable stock. "We believe the best way to prepare brood-stock for survival and to ensure easy adaptation to being placed in the open water is to mimic the natural environment for the seed while controlling the risk from predators."

Xi Ping says concerns for infection in a flow-through system are minimal since the fresh seawater is naturally resistant to development of infections that might occur.

"Our objective is to make the stock supplied to growers as natural and strong as possible to ensure success and high survival rates.

"We do not use hormones. Our discharge water is filtered and then run through a sand and wood-fiber filter which is later composted and used in land-based agriculture and landscaping."

Historically, BC Shellfish Growers face significant shortages of seed. In recent years the shortfall has been met by importing foreign seed from other countries.

"It is our hope that we will help fill the gap in supply and assist the industry in meeting its potential with home-grown seed," Xi Ping added. 🍎



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This issue of *Home Grown* wouldn't be complete without an introduction to what is likely Powell River's largest agricultural crop:

cannabis.

Here, the director of the city's first medical marijuana dispensary, **Grassroots Botanicals Wellness Cooperative**, presents three of the top Powell River-grown strains.

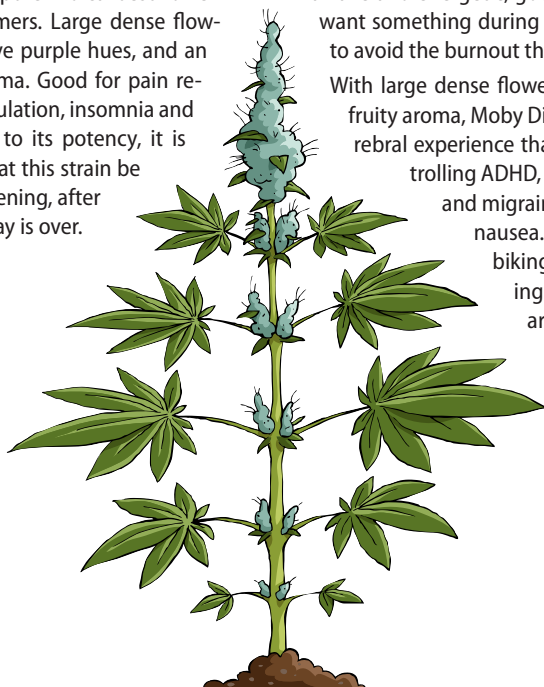
Dan Clarke, who opened Grassroots (4730 Willingdon) in January 2015, says his goal is to bring this underground industry fully above-ground. Using marijuana for medical purposes has, after all, been legal in Canada since 2001. South of the border, medical marijuana is now legal in 24 states. While Canadian federal dispensary legislation has stalled - meaning that Dan works in a legal grey area - the Supreme Court has delivered several recent decisions in support of his business model.

In addition, the federal government announced on April 20 that legislation will be introduced in the House of Commons in Spring 2017 to legalize and regulate recreational marijuana. Change is coming soon.

Herbal Healing

Bubba Pink Kush

By far our most popular and powerful strain, Bubba is almost pure indica best for experienced consumers. Large dense flowers with distinctive purple hues, and an earthy sweet aroma. Good for pain relief, appetite stimulation, insomnia and stress relief. Due to its potency, it is recommended that this strain be enjoyed in the evening, after the work of the day is over.



Moby Dick

This strain is 70 per cent sativa, so it is very awake and energetic, good for people who want something during the day, but want to avoid the burnout that often results.

With large dense flowers and a pleasant fruity aroma, Moby Dick gives a very cerebral experience that is good for controlling ADHD, anxiety, headache and migraine relief, PTSD and nausea. A great strain for biking, hiking, kayaking or just working around the yard. Not as effective for appetite stimulation or insomnia..

Mango Haze

This distinctive strain contains an equal amount of THC, the main psychoactive cannabinoid, and CBD, a cannabinoid that is not psychoactive, but has many beneficial medical qualities. CBD is an anti-spasmodic, a very effective anti-inflammatory, an anti-anxiety, and has some analgesic (pain relieving) properties.

THC is a muscle relaxant, and analgesic, so these two cannabinoids together are very effective at relieving the symptoms of a wide variety of conditions, notably arthritis, Parkinson's, epilepsy, fibromyalgia, or pain caused by inflammation, such as spinal stenosis, or old injuries. We have had this strain extracted into a variety of different forms, such as edible gel caps or sublingual infusions to provide the greatest variety of use.

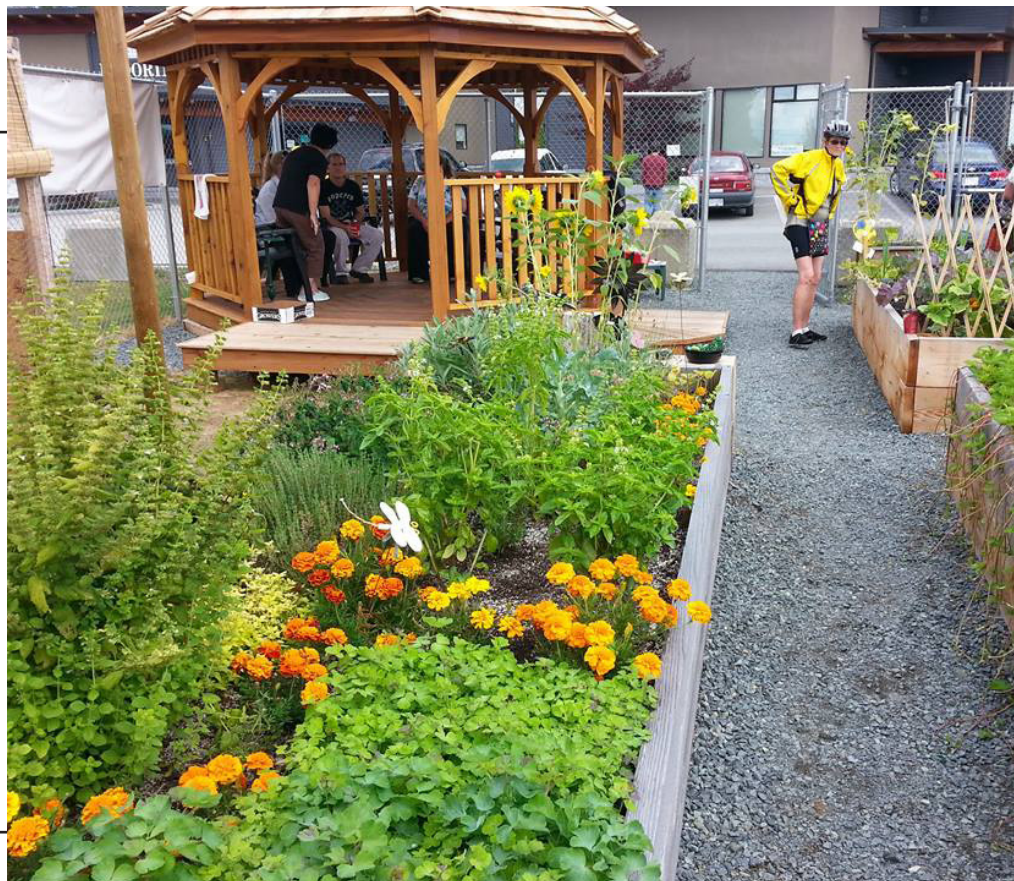
This is a great strain for people that are not regular consumers of cannabis, because the psychoactive properties are very mild, and the anti-anxiety properties provide a very relaxing experience. Very aptly named, Mango Haze has red hued flowers with a scent and flavour of mangoes. 🍌

Eat your heart out

Don't miss the eighth annual **Edible Garden Tour** on Sunday, August 14 from 9 am to 5 pm.

Organizers were still adding gardens to this year's fabulous lineup at press time but there will be a variety of gardens in different parts of our community on the tour.

To the right is the Brain Injury Society's garden, one of the feature gardens in 2015.



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FARM ART: Powell River Farmer's Market commissioned this piece by artist Catnip.

Get your market share

Open Air Farmer's Market

When • Saturdays 10:30 am to 12:30 pm and Sundays 12:30 to 2:30 pm., end of April through September.

Where • Exhibition Grounds in Paradise Valley

What • A fun outing for the entire family. Market hours are With a vendor in every stall, this market offers a wide variety of local fruits and veggies, meat, eggs, bedding plants, cut-flowers, food, country baking, candy, honey, teas, kombucha, soaps, wood crafts and ceramics. The miniature train will run on Sundays. There's a sandbox for kids to play in and on Sundays, the miniature train will run.

Lund Co-op

When • Friday afternoons from 2 to 5 pm, summer.

Where • On the Lund water taxi lawn

What • This north-of-town market sells locally-produced food including produce, Class B meats, eggs and honey.

Texada Island Farmers' Market

When • Sundays from noon until 1:30 pm from May 31 until Thanksgiving.

Where • At the ball field in Gillies Bay.

What • Between four and eight vendors usually sell Texada-grown produce. Another dozen or more vendors sell baking, crafts, preserves, jewellery and clothes. Lunch is available.

Kelly Creek Garden Market

When • Friday nights from 5:30 to 7:30 pm.

Where • Next to, but not associated with, Kelly Creek Community Church.

What • Listen to good times music, grab a delicious bite and stock up on farm-fresh produce, crafts and personal care items.

Vendors offer in season locally-grown vegetables, herbs, seedlings, seeds, plants, mason bees, farm fresh eggs, bread, herbal teas, goat's milk soap, lotions, tinctures, knitwear, baby-wear, kettle corn, cookies and home baking. New this year is the community produce table. Also new is open mic live music under the covered walkway.

Uptown Market

When • Saturdays from 10:30 am to 12:30 pm, year-round.

Where • At the Community Resource Centre

What • This market takes over from the winter market. Expect Shona's bread and a variety of other local edibles.

Savary Island Market

When • Tuesdays 11-1 during July and August.

Where • 2778 Brian's Way at La Hacienda.

What • Fresh produce from Lund Farmer's coop, fresh bread and other baking, local artisans, lemonade, barbecue lunch. It's a social event and islanders can get fresh food without a trip to the mainland. 🍎

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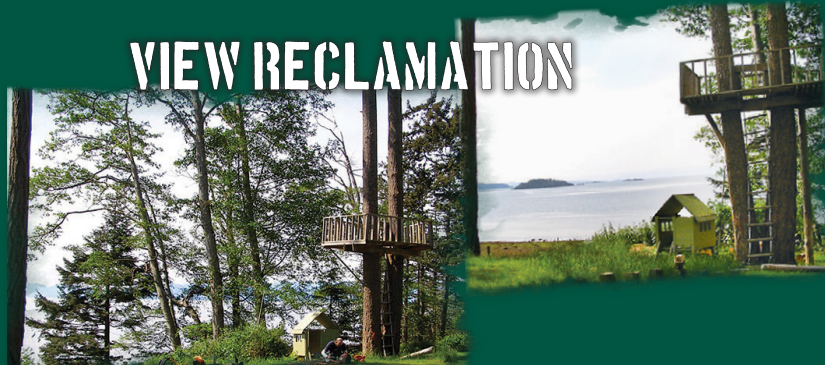
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