



Planting a Community Garden

THIS CONTENT WAS CREATED
IN COLLABORATION WITH
EABAMETOONG FIRST NATION

UNDER A PARTNERSHIP BETWEEN
LEARNING BIRD AND
INDIGENOUS AND NORTHERN AFFAIRS CANADA



Learning Bird



Indigenous and
Northern Affairs Canada

Affaires autochtones
et du Nord Canada

Learning Objectives

- The steps needed to make a community garden
- Kinds of edible berries (wild red raspberry, velvet-leaved blueberry, wild strawberries, red currants)
- The work needed to sustain a community garden



Access to Food & Nutrition

Not everyone has access to healthy food.

Many people buy most of their food from a grocery store. But nutritious food is not always available to everyone equally.

For example: compare the most expensive food in your grocery store with the cheapest. You might find that healthier food is sometimes more expensive.

Planting a garden can be a great way to get nutritious food affordably.

Why plant a garden?

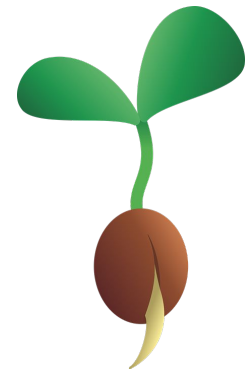
**What are some benefits to
planting a vegetable or herb
garden?**



Reasons to Plant a Garden

Replacing forests with gardens can create some problems. But gardening can also bring some good things to the community:

- It provides nutritious food for you, your family, and your community.
- Transporting food by trucks or planes can cause pollution. Growing food in the community can be safer for the environment.
- It is a fun activity to do with friends or family members.
- It can help you practice leadership, sharing, and teamwork.
- It builds a stronger connection with the land.



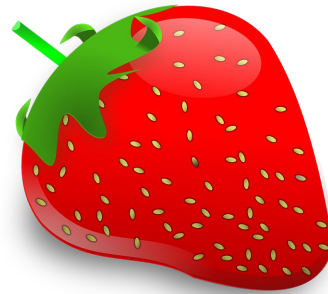
Edible Berries You Can Plant

Wild red raspberry (*miskominik*)

Velvet-leaved blueberry (*minan*)

Strawberries (*ode'minan*)

Red currant (*mîci' tcimînûk*)



Wild Red Raspberry

Miskominik

Wild red raspberry is a shrub that can grow up to 2 metres tall.

The dark green leaves are a little hairy underneath.

The flowers are white, and the fruits are red.

Miskominik are rich in vitamin C.



Velvet-Leaved Blueberry

Minan

Velvet-leaved blueberry is a short shrub that can grow up to 60 cm.

The branches are hairy. The leaves are soft.

The flowers are white, and the fruits are blue.

Minan are rich in vitamins and antioxidants.



Wild Strawberry

Ode'minan

Wild strawberry is a short plant that lives for over two years.

The leaves are green and toothed.

The flowers are white with 5 petals. The strawberries are red.

Ode'minan is very delicious. You can make jams and juices with them. The berries and leaves can also have health benefits for blood and digestion.



Red Currant

Mîci' tcimînûk

Red currant is a member of the gooseberry family.

The berries grow on short deciduous shrubs, with leaves and yellow-green flowers.

Berries that are ready to pick turn bright red.

The taste of *Mîci' tcimînûk* is a mix of sweet and tart, and they can be eaten raw or turned into jams, jellies, drinks, sauces, and desserts.

They can also bring flavour to other meals, like meat, fish or salad.



Steps to Planting a Community Garden

Step 1: Mark the Garden Area

Decide where the garden will be.

Mark the edge of your garden space. You can use rocks or wood.



Steps to Planting a Community Garden

Step 2: Decide on the Crops

Decide on the herbs, vegetables and fruits recommended for your local climate.
Then have someone (like your teacher) buy the seeds for them.

Note: Growing fruits generally takes a longer time than herbs and vegetables.



Steps to Planting a Community Garden

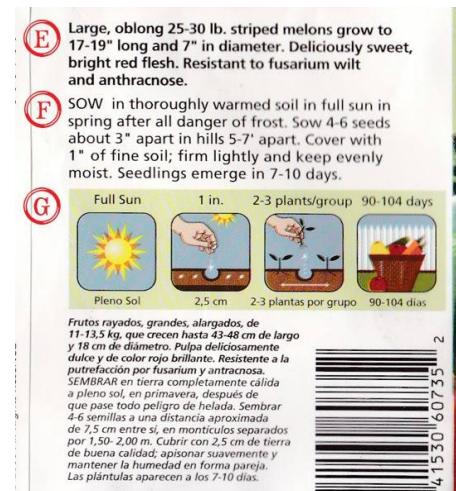
Step 3: Read the Seed Packets

When you have the seed packets, carefully read the instructions on each packet.

Different plants need different amounts of space in gardens.

Some seeds have to be planted deeper than others.

Some seeds need more sunlight or shade than others.

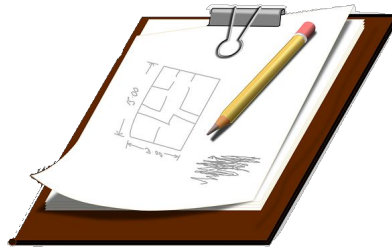


Steps to Planting a Community Garden

Step 4: Plan the Layout of the Garden

Where will you plant everything?

Use the information from the seed packets to make a diagram or sketch showing where the seeds will go.



Steps to Planting a Community Garden

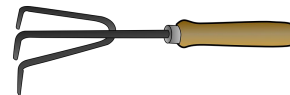
Step 5: Prepare the Soil

Add compost or fertilizer to the soil. This gives the seeds the nutrients they need.

Make sure the soil is dry and warm before **tilling**.

Tilling is when you prepare the soil for crops, like digging or overturning. Tilling helps prepare the soil for the seeds, but too much tilling will damage the soil.

Only till your soil in one direction.



Steps to Planting a Community Garden

Step 6: Plant the Seeds

Your soil is ready. You have the seeds. You have your diagram.

Now plant the seeds in the rows you made!



Steps to Planting a Community Garden

Step 7: Water the Garden

Seeds need water to grow!



Steps to Planting a Community Garden

Step 8: Maintain and Take Care of It

Remove weeds as they grow.

Keep watering the garden. Give a lot of water to the garden once a week.

NOTE: Watering depends on the weather. If it was a really rainy week, don't water too much!

Have fun!

Credits

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