

Spring 2009

250-391-9002
westshorecentre.com



WestShore Centre for Learning & Training



Food & Landscape: Urban & Backyard Gardening

Gardening Courses offered this Spring

Backyard Composting - Feb 7

How to Grow from Seeds - Feb 7

Planning Your Vegetable Garden - Feb 9

Organic Gardening: Managing Your System - Feb 28

Creating an Edible Landscape - Mar 9

Gardening 101 - Mar 23

Growing an Abundance of Food in Small Spaces - Mar 28

Backyard Composting - Mar 28

Gardening with Mushrooms - Apr 4

Introduction to Permaculture - Apr 18

Saving H2O in the Food Garden - Apr 30

Art of Container Gardening - May 4

Creating an Urban Oasis - May 7

Soil Stewardship - May 14

Growing Young Gardeners—May 2

Hands-on learning. All classes will include some lecture with outdoor or “get dirty” activities. Come prepared with your gardening gloves and appropriate clothing.

Backyard Composting : Preparing for Summer Planting

Compost is “black gold” to gardeners. A good compost mix added to your soil will produce thriving, healthy plants – NO fertilizers necessary. Compost keeps soil loose and porous, helps it retain water, maintains pH and adds nutrients. Create your own “black gold” system. Learn the essentials of backyard composting and soil preparation so you have a rich organic mix for summer planting. Participants will see three types of composting in action.

Facilitator: Candace Thompson Fee: \$15 + gst

Sat Feb 7 1 – 2:30 pm (follows How to Grow from Seeds)

Sat Mar 28 1 – 2:30 pm (follows Growing Food in Small Spaces)

Growing From Seeds - Getting a Good Start

Want to get a good start on your seeds for the spring? February is the right time. When you grow your own plants, seed choices can be endless – from heritage vegetables, to herb, to flowers. Local organic farmers will help you make informed seed choices and show you growing techniques. Examine types of seeds, pre-germination treatments, handling of seedlings, and planting methods that work best for selected species. Participants will have the opportunity to work with flower, herb and vegetable seeds.

Facilitators: Candace Thompson, Ian King & Theresa Willman

Fee: \$39 + gst Sat Feb 7 9 am to noon 122-09seed-1

Planning Your Vegetable Garden – Year Round

Victoria is one of the few places in Canada we can grow vegetables year round. A good garden plan will allow you to enjoy fresh greens and vegetables throughout the year. Learn basic plot planning and design, including assessing soil type and fertility, irrigation, vegetable choices and seeds, and plant rotation. Participants are asked to create a diagram of their garden space and bring a list of vegetable favourites—what you like to eat and grow.

Facilitator: Candace Thompson Fee: \$49 + gst

Mon Feb 9 & Feb 16 6:30 – 8:30 pm 122-09vg-1

Working & Learning Together—Garden Mentors

Thursdays Feb 26, Mar 12, Mar 26, Apr 2, Apr 16 from 3:00 – 4:30 pm

Elementary and secondary students and members of the community are invited to volunteer to help at the Teaching Garden. A farmer/gardener mentor will be available to guide and advise youth volunteers.

Volunteers will help with planting, re-potting and tagging plants in preparation for the Teaching Garden plant sale on **Saturday, April 25, 10 am—2 pm.**

Candace Thompson

Candace established Eagle Paws Organics in 2000 at Chipperfield Farm in East Sooke. She educates farmer apprentices through SOIL (Stewards of Irreplaceable Land), and is part of IOPA (Island Organic Producers Association). Candace believes in maintaining an outdoor lifestyle through sustainable and environmentally conscious living. The incredible world of food is her passion.



Proceeds from the Plant sale will go to the WestShore Teaching Garden programs.

The Teaching Garden has been made possible through generous donations made by Dick Gibson (Garden Solutions), McKenzie Seeds, Eagle Paws Organics, PND Soilmart, Lee Valley Tools, Integrity Sales and Distributors, Re&R Enterprises and all the volunteers.

WestShore Teaching Garden

located at

2139 Sooke Road

WestShore Centre staff and student invite you to join them for the

Spring Plant Sale

Sat, April 25th

10 am—2 pm

Organic Gardening: Managing Your System

Organic gardening is becoming a healthy choice to growing your own food. Local organic farmers will guide you through the process of organic garden management. Examine the foundation to your garden – soil. Take a look at natural pesticides, beneficial insects, compost teas, herbal made fertilizers, seed choices and other organic choices.

Facilitators: Candace Thompson, Ian King & Theresa Willman

Fee: \$ 45 + gst Sat Feb 28 9 am – noon 122-09org-1

Creating an Edible Landscape

Growing your own food can be extremely satisfying with great benefits for your health, your pocketbook and the environment. Based on permaculture principles, this workshop will explore unique approaches to integrating fruits, berries, herbs and annual and perennial vegetables throughout the landscape. Participants will have the opportunity to develop a landscape plan for their own yard. Bring a diagram of your garden space to class, noting sun, shade, soil type and what is presently growing.

Facilitator: Candace Thompson Fee: \$35 + gst

Mon March 9 6:30 – 8:30 pm 122-09el-1

Growing Food in Small Spaces

Using intensive organic growing methods, the average urban yard or community plot can grow a tremendous amount of fresh fruit, berries, veggies and herbs. This session will explore a variety of techniques and strategies for increasing back yard food production while building healthy soil, conserving resources like water and energy, and creating a habitat for other species. Models such as lasagna gardening, square foot gardening, bio-intensive raised beds, no-tills gardens, and perennial forest gardens will be presented.

Facilitator: Candace Thompson Fee: \$45 + gst

Sat Mar 28 9 am – noon 122-09fss-1

Introduction to Permaculture

Design for sustainable living now. Permaculture is a system of ecological design that allows us to build sustainability and self-reliance into our homes and communities. Through presentation, group exercises, and a hands-on component, participants can begin to develop an understanding of key design principals and practical strategies for applying these principles.

Facilitator: Geoff Johnson Fee: \$69 + gst

Sat April 18 10 am – 5 pm 122-09ip-1

Saving H2O in the Food garden

Despite their many ecological benefits, home food gardens can be thirsty places. With good ecological design, water conservation and food production need not conflict. In this class we'll look at how to use a combination of practical approaches and methods to reduce your garden's demand for water while increasing its on-site supply.

Facilitator: Geoff Johnson Fee: \$35 + gst

Thur Apr 30 6:30 – 8:30 pm 122-09h20-1

Creating an Urban Oasis - An Introduction to Urban Homesteading

As public concern over peak oil, climate change, and food security grows, so too does the movement to "re-localise" our resources. Much more food, water, and energy can be produced and cycled in the city than most folks realise, and where better to start than our own home habitats? This presentation will provide an overview of various systems that can be developed to make homes on small and medium sized lots more sustainable and autonomous.

Facilitator: Geoff Johnson Fee: \$35 + gst

Thurs May 7 6:30 – 8:30 pm 122-09uh-1

Soil Stewardship and No-Dig Veggie Gardening

One of the greatest things about growing food at home is developing an appreciation for soil. How we view this most fundamental of elements has a lot to do with how well we treat it (and history shows how important that is!) This workshop will help you develop an understanding of soil basics such as texture, structure, and soil ecology. But we'll also look at techniques we can use to look after our soils while increasing their productivity in a sustainable way.

Facilitator: Geoff Johnson Fee: \$35 + gst

Thur May 14 6:30 – 8:30 pm 122-09ss-1

Gardening with Mushrooms

Although they may not know it, most gardeners are already mushroom growers! Find out just how easily delicious mushrooms can be grown by the home gardener. Techniques demonstrated will be the inoculation of straw or woodchip beds with grain and chip spawn. Also learn how to maximize your garden ecology by introducing fungi as mycorrhizae.

Facilitator: Justin Napier Fee: \$35+gst

Sat Apr 4 9 am—11 am 122-09mus-1

Want to find out more about
Community Gardens and
growing in the WestShore?

Go to www.westshoreharvest.ca

Geoff Johnson

Geoff has focused on studying, practicing, and teaching urban permaculture since 1995. As site educator at the Compost Education Centre (1999-2005) he instructed workshops on the practice of urban homesteading. He has participated in several community agriculture projects, in Victoria and in Australia and the Indian Himalayas, and completed a six month internship at the Bullock's Permaculture Centre in Washington state. Currently, Geoff is developing a demonstration urban homestead and bike-powered food nursery in Fernwood where he practices the methods on which his workshops are based.



Landscape Gardening & Garden Art

Gardening 101

This starter course will feature basic horticulture. It is excellent for the novice and a great refresher course for the seasoned and experienced urban horticultural warrior! The course will follow this format: interactive lecture, hands on application (that means getting our hands dirty!) and then some hands on garden work that will allow participants to demonstrate their knowledge. Topics will include: annual, perennial and shrub identification, soil and light conditions, irrigation, basic garden and landscape designs, and planting strategies.

Facilitator: Paul Thompson Fee: \$79 + gst

Mon Mar 23—Apr 6 6:30—8:30 pm 122-09g101-1

Creating Garden Sculptures

Learn how to create durable garden sculptures. Artist, Anita Doornekamp will take you through the process of relief sculpturing. Relief sculpture is raised from a flat surface and suggests depth rather than actually having a lot of depth. Using clay to model your base sculpture, you will then use a replacement material called Ciment Fondue. This special cement mixture is about 20 times stronger than cement and is durable and weather resistant. It is widely used for outdoor sculptures and fountains. It's easy to paint or to leave in its natural soft dark brown colour. The four classes will include: creating a mold, plaster casting, filling the mold with ciment fondue and treating the final sculpture. Participants will take home a finished sculpture.

Facilitator: Anita Doornekamp

Fee: \$159 + gst (includes materials) 122-09gs-1

Saturdays May 2 - May 30 9 am—noon (no class May 16)

Anita Doornekamp has been adventurous with her artwork ever since her box of crayons melted in the sun. She loves all forms of art and craft. Her concentration in her Fine Arts degree was printmaking, but she explores various other mediums: pen and ink, water colour, acrylic painting, ceramics, ciment fondue sculpture, bead weaving and

The Art of Container Gardening

From the ancient hanging gardens of Babylon to your own balcony and backyard deck this course will delve into the art and science of container gardening. Examine soil composition, container types, plus container placement, watering and maintenance. Participants will get the dirt on how to create great magnificent displays in containers.

Facilitator: Paul Thompson Fee: \$59+gst

Mon May 4—May 11 6:30—8:30 pm 122-09cg-1

Paul Thompson:

Paul Thompson has taught horticulture to legions of enthusiasts in both Ontario and British Columbia. Paul has been the general manager of Canada's largest garden center and a horticultural entrepreneur for more than twenty years. Paul is an exciting and gifted teacher whose interactive and engaging style has his students clambering for more.

For parents and young gardeners – ages 5 to 10

Planting the Seeds to our Future: Growing Young Gardeners

Gardening with your child can be an enriching and enjoyable experience. Learn what appeals to young children and how to get them turned onto gardening. Topics include: garden safety, making good soil, planting seeds and cuttings, what tastes good and is easy to grow, and how your garden grows, including weeding, watering, and feeding your plants. The focus of this course is on interactive hands-on learning for both child and parent. Be prepared to dig in and get dirty.

Instructor: Jennifer Plumridge Fee: \$10 for parent(s) & child/children

Sat May 2 9 - 10:30 am 122-09gyg-1

Sat May 9 9 - 10:30 am 122-09gyg-2

Grew it Myself Kids Garden Bucket - For Kids and Parents

Create a miniature edible garden in a colourful bucket. Parents and children will enjoy this hands-on fun class. We will cover the basics from seeds to garden care and each family will go home with their own edible garden to enjoy all summer long.

Instructor: Cindy McDonald Fee: \$10 for parent & child

Sat Apr 25 10—11:30 am 122-09kgb-1

To register call 250-391-9002

WestShore Centre office is located at 814 Goldstream Ave

Classes are held at the WestShore Annex, 2139 Sooke Road