

October 23, 2013

Grow food year-round with *Lettuce Grow*

Wondering how to grow your own food through winter? The next *Lettuce Grow* workshop will teach participants how to grow an abundance of vegetables year-round.

Self-sufficient Gardening for Food Year-Round takes place Saturday, October 26 from 1 to 3 p.m. The workshop will highlight a range of tools that equip new and experienced gardeners for successful winter growing and will include simple steps to build a basic passive solar greenhouse.

Participants will learn about a range of topics, including year-round vegetable production from seed to harvest to preservation, important components of soils and water for growing a garden, passive greenhouses and container culture, natural composting and potting soil, care of perennial food plants, plant management and human health, and more!

“As always, instructor Hans Rhenish brings a wealth of knowledge and is passionate about teaching participants new growing techniques and answering their questions,” says Kira DeSorcy, lead instructor for the *Lettuce Grow* program. *“Hans will show participants that having a winter garden is easier than you might think and has some unexpected benefits such as sweeter more tender plants and fewer pests.”*

Kira DeSorcy’s Winter Gardening Tip: Adequate organic matter is vital for winter gardening. Add compost to the garden bed to reduce soil erosion and keep nutrients in place for the plants during heavy winter rains. This saves you money and reduces the chance of exposing plant roots due to frost heaving in the soil.

To register for a *Lettuce Grow* workshop visit <http://www.nic.bc.ca/continuingeducation/> and search course code GENI 7943 or visit the NIC campus in person.

Like this article? What to hear more? Is there a workshop you would like us to organize? Write us your questions and requests to growlocal@campbellriver.ca

The *Lettuce Grow* courses and article series support the implementation of the City’s Agriculture Plan and the community sustainability goal of local food self-sufficiency and resiliency.

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