

February 13, 2013

Film and workshop grow community around local agriculture

A screening of *Edible City* at the Campbell River North Island College Theatre on Wednesday, Feb. 20 at 7 p.m. will tell stories of extraordinary people digging into the dirt to transform their communities and grow local food.

"We just want to share how important it is that we know what's in our food and where it comes from," says Avy of the Timberline Earth Club. The film shows examples of creative, community-based food security projects, including work in many American inner city neighborhoods and in Cuba.

And speaking of growing food locally, the next *Lettuce Grow* workshop at North Island College can help you get growing with tips for saving money and making the most of growing space.

Join Helena Hartwood, on Thursday, Feb. 28 from 6:30 to 8:30 p.m., for guidance on creating your most productive vegetable garden yet. This workshop will walk participants through the process of choosing what to grow, ordering and purchasing seeds, planning a garden space, planting crops and tracking progress. Helena invites participants to bring seeds for a seed-swap.

"Turn your questions and imagination into a fantastic spring garden!" says DeSorcy, *Lettuce Grow* lead instructor. *"Trust us, you'll dig it."*

For more information or to register for the workshop visit <http://www.nic.bc.ca/continuingeducation/> and search for course code GENI 7931.

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

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Contact:	Kira DeSorcy, <i>Lettuce Grow</i> Lead Instructor	250- 202-2851
	Amber Zirnhelt, City of Campbell River	250-286-5742