

## *Seedy Saturday Cornwall 2019 - Workshops*

### **ORGANIC BACKYARD GARDENING PRESENTED BY DIANA FREEMAN**

**UPSTAIRS at 11:00 AM.**



Diane Freeman is the owner of Wild Rose Organic Farm, which was named after the rose bushes that her maternal grandmother planted that still grace the property to this very day. The farm is cared for on the original homestead that has been in the family for well over 75 years. From her dairy farm roots, Diana has spent the past 30 years transitioning the homestead to produce fresh, healthy, organic vegetables and herbs that she has been providing at local farmers' markets for the past 10 years.

In her workshop, she will educate on growing the more popular vegetable options that are available. This includes seed starting, transplanting and health and organic care of plants, along with ways to improve and promote healthy organic soil.

### **LET'S BUILD IT: 3 SIMPLE PROJECTS TO GROW MORE WITH LESS PRESENTED BY ALAIN D'AOUST**

**DOWNSTAIRS at 11:00 AM.**



Born and raised in the city of Cornwall, Alain D'Aoust is a father, ecological designer and educator. He has worked in partnership with farmers, schools, non-profit organizations and local business owners in designing, implementing and advocating for ecological food production systems. In addition to consulting, designing and delivering workshops, Alain is coordinating the Edible Cities Project which aims to convert public facing landscapes into edible ecosystems through effective design and community engagement.

His hands on workshop will be a rapid fire demonstration of three low cost projects to help grow more bountiful produce with less space and few resources. Right before your eyes, Alain will build a wicking bed, a potato tower and a worm composting system all while providing education on the benefits. The finished projects will be raffled off to the audience to take home and use.

### **MULCHING: LESS WORK, MORE FUN! PRESENTED BY BILL CARRIERE**

**UPSTAIRS at 12:00 PM.**



An active member of the Transition Cornwall + Food Action Group, Bill Carriere has been gardening organically for over 40 years. He and his wife, Karen, have close to an acre in gardens and growing areas on their local rural property, which includes a greenhouse. You name it and Bill and Karen are or have likely tried to grow it. Many years back Bill discovered the enormous benefits of mulching in his garden beds. This practice changes growing tremendously.

What is mulching? you might ask. Bill is the one to talk to. Not only will he answering that question, but will cover other inquiries such as the benefits, how to mulch (a demonstration will be provided), what you can use, and mulching specific crops.

## HOME GARDEN PRO PRESENTED BY ZACH LOEKS

**DOWNSTAIRS at 12:00 PM.**



Zach Loeks is an educator, designer and farmer. He grew up in New Mexico on a Permaculture homestead, worked as a forestry researcher, then moved to Ontario where he started the award-winning farms, Rainbow Heritage Garden and Kula Permaculture Farm. His book "The Permaculture Market Garden" is about how to start a small property from scratch to become an efficient and profitable edible ecosystem. Zach now runs the Link Hands Food Heritage Farm, a diversified living laboratory farm dedicated to conservation and research of perennial food plants. Zach travels and speaks internationally on topics ranging from root cellaring, organic gardening, food forest design, and whole farm management.

**The Home Garden Pro:** This intensive workshop exam the immense opportunities for home gardeners to grow like a professional. The tools, techniques and concepts understood by professional market gardeners are distilled in this workshop to an eloquent plan for the home grower. This workshop examines how to improve home garden yield, reduce gardener fatigue and enhance property aesthetic. It clarifies how to measure success in term of time/space/energy and reveals the primary skills to bring about an efficient, affordable and beautiful home garden.

## HAUDENOSAUNEE SEED TRADITIONS PRESENTED BY KARAHKWINO-TINA SQUARE

**UPSTAIRS at 1:00 PM.**



Karahkwino- Tina Square is a Mohawk, wolf-clan seed saver from Akwesasne. She is an independent Cultural educator, known for sharing Haudenosaunee culture, creation story, legends and teachings about gardening and seeds.

This lecture style workshop will go through the history of the Haudenosaunee use of the three sisters, gardening and seeds, along with an inside glance to some of the work she has done with some of the seeds.

## REDUCE, REUSE, REGROW! PRESENTED BY ASHLEY SKIDDERS

**DOWNSTAIRS at 1:00 PM.**



After starting her family, Ashley, a second year Social Service Worker student, realized the importance of teaching her kids the importance of gardening that she learned from her grandmother. Ashley desires to educate people on the simplicity of growing produce and ways to reduce waste output.

This workshop will display and teach the participants about one of the methods Ashley has been practicing for the last year, using food scraps (things most people will throw away or compost) to reGROW the food. This not only shows you how to reuse what is available to you, but can reduce your waste output AND the money spent on produce.