

Grow Eat Learn Digest



What is the Grow Eat Learn Digest?

This quarterly newspaper was created by the Grow Eat Learn team to share garden stories from the schools and

youth we work with, information and tips about gardening and growing food, as well as to highlight upcoming events and programming related to school and community gardens across Mi'kma'ki (NS).





















Read more on page 1!



Resource Share: Fall Planting Guide for School & Community Gardens

Learn more about what to plant, when, and different strategies for growing food until December! Features information on cover crops, row cover, planting perennials before winter and lots of ideas on what plants to grow.



nouirhsns.ca/ learning-hub



Students, Garden clubs, Educators, School staff!

We'd love to share art and stories from school gardens across Mi'kma'ki. Send us photos, art, or your favorite tips and fun facts for our **Youth Column!**

Art & Story Submissions are Open!

E-mail submissions to: grow.eat.learn@nourishns.ca

School Garden Story Share:

Growing veggies, skills & a love for food with West Pictou Consolidated Garden Club

Writing & photos by Raina McDonald, Garden Mentor (Northern Mainland)

West Pictou Consolidated began its vegetable garden in 2010 under the passionate leadership of teacher Madame Brown. Since then, the garden has become an inspiring model for school gardens — a place for outdoor learning, connection, and plenty of healthy snacking.

This year, the project got a fresh boost of energy. Some of the old wooden beds were replaced, a new composting system was added, and the club thrived with the support of an amazing parent volunteer. From starting seedlings indoors in spring; to planting a seed-saving garden; to harvesting veggies and herbs; and preparing a celebratory fall feast- the garden club experience at West Pictou has helped build community and cultivate resiliency for all involved.

While the garden faced challenges, including critters sneaking root vegetables before harvest, there were also big wins. Garden club grew to 33 students, with older members mentoring younger ones. The seedsaving project produced a strong supply of Tanya's Pink Pod Bush Beans and Yorkshire Hero Shelling Peas for future planting.

When asked about their favourite part, most students agreed: the fall feast with local chef Courtney. This year's menu featured blueberry basil lemonade, fresh salsa, roasted veggies, hearty stew with pumpkin biscuits, and chocolate zucchini loaf!

"The garden connects the students to their food sources and teaches them life skills while also engaging their curiosity. Personally, I love the ability to help reduce food insecurity in our community." -parent volunteer and garden champion Katelyn Dykstra.

Following food from the garden to the kitchen!



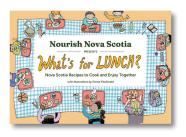




Katelyn Dykstra and Madame Brown hold seeds saved by students for future planting, with guidance from Nourish Nova Scotia's Garden Mentor.

What's for Lunch?

Are you a new cook, a young chef, or a family learning together in the kitchen?



Check out our new cookbook! Every copy purchased supports school food programs in Nova Scotia.





Illustration by Emma FitzGerald

Nourish Trailer

This Summer we launched our new mobile Nourish Trailer and popped up around the province to support community projects.

Stay tuned for 2026 trailer locations & programs!



School Gardens Story Share:

Membertou Youth Centre Pollinator Garden

Writing & photos by Sakej Doucette, Indigenous Foods Coordinator/ Garden Mentor (Cape Breton)

This year at the Membertou Youth Centre, we've been busy connecting with the land through hands-on projects that celebrate both tradition and sustainability. Together with the youth, we built a Three Sisters garden mound, learning about the teachings of corn (pie'skman), beans (wikun) and squash (ejkutjk) and how they support one another. We also created a pollinator garden, providing food and habitat for bees, butterflies, and other important species, while learning about the vital role of honey bees in our ecosystems.

As the seasons turn to fall, our focus is shifting toward seed saving—ensuring the gifts of this year's harvest can carry forward into the next—and planting garlic to prepare the soil for spring growth. These activities not only grow food, but also nurture knowledge, confidence, and community connection for our youth.









Mi'kmaq Words to Learn



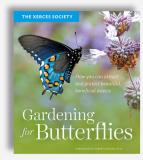
Corn (pie'skman)



Beans (wikun)



Squash (ejkutjk)



Book Review:

Gardening for Butterflies: How you can attract and protect beautiful and beneficial insects

by the Xerces Society (2016)

Writing by Ruth Lapp, Regional Garden Mentor (Cape Breton)

This is a book written for anyone wishing to become a champion of pollinators and support their conservation. The photos and layout make <u>Gardening for Butterflies</u> a captivating book for a broad range of ages and offers information to meet a diverse level of engagement. Children of all ages will love the gorgeous images, and adults will appreciate the clear language and ease of understanding the complex and magical world of butterflies and moths.

There is a large section on 'native to North America' plants. The book is full of interesting and accessible information to be used by teachers, parents, and community leaders. This is a "must have" resource for anyone planting a garden in this time of climate change and declining insect populations.

A Critter in my Garden (Have You Seen Me?)

Yellow Garden Spider or Zipper Spider (Argiope aurantia)



"While I might look scary, I am really good to have living in your garden. My role is to maintain a healthy ecosystem by eating many pest insects such as flies, mosquitoes, aphids and even grasshoppers. I am by nature very shy around humans, and if given the opportunity will get out of your way when you are working in your garden."

Did You Know?

Some Sphinx Moths (also known as Hawk Moths) can fly up to 50 km/hour!

While all moth caterpillars have voracious appetites and eat pretty much constantly, some adult moths don't eat.... ever!

The adult Luna Moth, for example, doesn't even have a mouth. After it emerges from its cocoon it lives for about a week. Its sole mission in life is to mate and lay eggs.





How to Plant Garlic

Photos & Guide by Jess Ross, School Community Gardens Project Lead

Step 1

Step 2

Step 3

Garlic takes 10 months to grow! That's why we plant it in the fall & harvest in July!



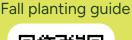
Prepare soil with amendments!



Plant Garlic! 2-4' deep, 4-6" apart!



Cover with soil and mulch. Label too!







Languages Around the World

Garlic - English

Ail - French

लहसुन - Hindi

Kitunguu saumu - Swahili

ਲਸਣ - Punjabi

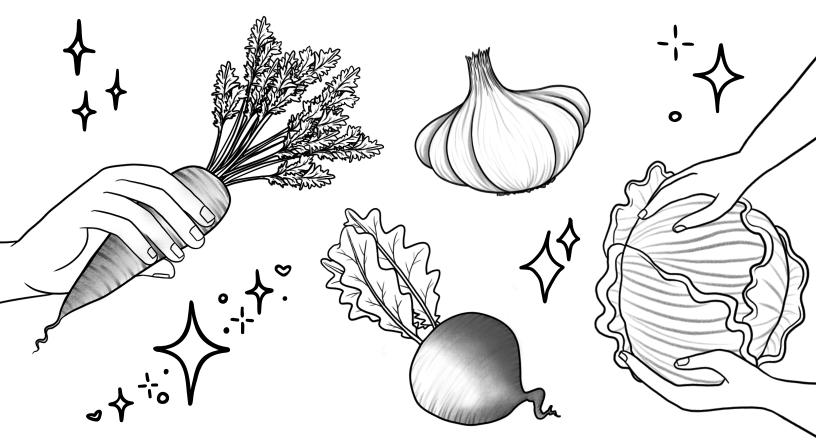
часник - Ukranian



大蒜 - Mandarin

Hebrew - שום

Gairleog - Gaelic



Coloring page illustrated by Bria Miller-Chiome, Regional Garden Mentor (HRM)



Learn how to join on our home page!



Virtual School Garden Support Drop-Ins!

For Educators, Youth & School Garden Leaders!

We'll be hosting a themed monthly drop-in space on Zoom for educators & faculty working in school garden. Bring your questions & learn!

Putting the Garden to bed (October 28th) and Microgreens (November 18th) from 3:15-4:15 pm.

















