

THE SEEDLING

The Newsletter of Burnaby and Region Allotment Garden Association
BARAGA, Volume 30, Number 1, April 2011

This edition compiled by Eleni and edited by Sharon and Roman

VOLUNTEERING

Did you know that, by volunteering for 6 hours or more this year, you can save \$35 on your plot rental next year? Saturday 9 to noon Work parties will start very shortly.

Some immediate volunteer needs are: Editor of the Seedling. There are 4 issues per year. This newsletter is the 1st. Contact any director. Community Garden Co-Ordinator. To work with Eleni and all other members interested in taking care of the garden.

DO NOT OVERFILL THE GARBAGE DUMPSTERS

The dumpsters will not be picked up when they are filled beyond the top. Don't leave excess in wheelbarrows beside the dumpsters.

BARAGA'S COMMUNITY GARDEN PLOT 256

The Community (or Education) Garden plot is up and started! Thanks to Hussein who built a greenhouse, a cold-frame, a compost bin and the perimeter boards, along with starting raspberries, rhubarb, strawberries, and lettuce.

If you have a few extra vegetable plants you would like to donate, please bring them on by with a note saying what plot you are, what the plants are and if there is any special needs.

One of the important tasks is to set up a group of people who are interested in managing the site. Weeding, planting and harvesting are among the jobs.

The food from the plot will go to Maywood Community School, an inner-city school in the heart of Metrotown. Every Thursday morning, dozens of families come to the school to take home food which has been generously donated by local businesses.

The fresh veggies will be a welcome addition. We will need volunteers to help get the donations ready and brought to the school on Wednesday's.

If you are willing and interested, please leave a message with your name and plot number in the box inside the greenhouse and Eleni will contact you.

Remember, any work done for this project will be credited to your BARAGA volunteer hours.

THEFT AT THE GARDEN

Several incidences of theft have been reported and unfortunately, it looks likely to be some of our members that are committing the crimes. We would like to remind you that BARAGA is a community based on friendship and trust. If you've taken something, do the right thing and return it. No questions asked.

It's important to remember that if you steal or interfere with another members plot you will lose your plot if you are caught.

AD-HOC BEE COMMITTEE

UPDATE: The Directors are in communication with the City of Burnaby to get clarification of the BARAGA bees on BARAGA land. If they are allowed to remain here, there will be a vote sometime later by the members to decide on the future of bee-keeping here. The voting recommendations and procedures have been withheld until clarification by the City and final discussion and approval by the board of directors.

Please read the following report submitted by the Ad Hoc Bee Committee. This report is the culmination of four meetings held.

The purpose of the committee was to discuss the keeping of bees at BARAGA to include keeping of bees by individual plot holders.

The findings of the committee are as follows:

1. That the directors need to approach the City of Burnaby in writing, regarding an amendment of the lease to include the keeping of honey bees on BARAGA land.
2. The lease agreement is up in November 2011.
3. Although BARAGA land is zoned Agricultural, the lease states that no livestock is allowed.
4. Bees are livestock.
5. Of the eight community gardens in the lower mainland known to have bees, none allow bees on individual plots.
 - a) Some of those bees are privately owned and managed by one beekeeper.
 - b) Those beekeepers are required to be registered with the BC Ministry of Agriculture.
 - c) One Community Garden has a sandwich board stating that the beekeepers are working with the bees.
 - d) Most of the garden allotments researched were significantly smaller in area than BARAGA.
 - e) One community garden has a coordinator and a bee committee. It requires that each beekeeper committee member must have at least a beginner beekeeping certificate.
 - f) There are three places in the lower mainland to take beekeeping courses.

6. There is an attached spreadsheet “Bees in Community Gardens” with more information about other community gardens. (not in this newsletter)
7. Keeping too many colonies in too small an area can increase the possibility for disease and parasite transfer.
8. Medicating should be done to ALL bees in the vicinity with the same treatment and at the same time.
9. BARAGA has 2 million dollars liability insurance which may/ may not include the bees.
10. Those people who are allergic to insect stings should be carrying proper medication.
11. Some people are afraid of bees.
12. Zoning regulations are up for interpretation because BARAGA is ALR but is administered by the Parks and Recreation Commission of the City of Burnaby. It is also not Residential land.
13. The Zoning bylaws have guidelines for the keeping of honey bees on Single family Residential lots.
14. Mason and some Bumble bees that are native to BC can be ‘housed’ at BARAGA without permission.

If the City approves beekeeping on BARAGA lands, a committee should be struck to discuss and set guidelines for the existing colonies. We recommend a statement be made that it is understood that no bees other than BARAGA bees be allowed by individuals until rules and regulations have been set.

Respectfully submitted by:

Eleni Harvalias, Terry Copeland, Jaquie Bunse, Daniel Chiang, Dick Goold, Heather Ewasew, and Luigi Aiello

Leongs Nursery has offered to bring us flats of plants that have about 3 months of organic fertilizer in the soil. The only thing they ask is that the bottom trays be returned. If you take some of the flats, please return the tray to the pallet.

Just a reminder: Share.



KALE: Brassica Oleracea -- A Vegetable Powerhouse

Kale originated in Asia Minor and is descended from Wild Cabbage. The ancient Romans and Greeks ate kale and it is generally thought that it was introduced to Europe by the Celts or Romans around 600 BC. It was brought to North America by early English settlers sometime in the 17th Century. At one time Kale was one of the most common green vegetables in all of Europe. Kale is a Scottish word but it is called many names in many languages because of its wide spread use.

Kale belongs to the family of Cole crops (broccoli, cauliflower, brussel sprouts). There are several different varieties of kale, some with curly leaves and some with straight leaves. The most popular varieties grown in the Pacific Northwest are green, red, Red Russian and a new variety called Lacinto (all available from West Coast Seeds).

Green Kale has ruffled leaves and is deep green in colour. Red and Russian kale are similar to green only they have a deep red colour. They all grow on a stalk like brussel sprouts.

Lacinto has long dark blue green leaves that look like ostrich feathers shooting from a central stem and can grow one metre tall. It can also make a beautiful addition to the ornamental vegetable garden.

In the lower mainland Kale can be grown as soon as the soil can be worked (usually mid to late march). Plant $\frac{1}{4}$ - $\frac{1}{2}$ " deep, 1" apart and thin to 8 – 12". It can be sown from mid March to mid June for a summer crop and again in mid to late July for a fall/Winter crop. It is extremely frost tolerant and a very pleasant surprise in early Spring.

The soil needs lime and Kale should not be planted where cole crops have been the previous 2 – 3 years. Days to maturity vary but are somewhere between 50 – 70 days from seed. Kale can be harvested cut close to the ground and will resprout , or pick leaves from bottom of plant when young and tender. Like parsnips and brussel sprouts, Kale tastes best after a frost.

Kale is susceptible to slugs, cabbage moths, root maggots and aphids as well as weeds which compete with it for nutrients and water when it is getting established. Floating row covers help

greatly in keeping aphids, moths and root maggots away.

Kale has one of the highest antioxidants, and carotene levels of any vegetable. It is especially high in lutein and zeaxanthin which helps prevent macular degeneration. Kale is also an excellent source of fibre. 130 grams (1 cup) of steamed and drained unsalted kale contains 354% of your daily vitamin A, 89% of vitamin C, 1328% vitamin K, as well as a great percentage of your other daily vitamins and minerals.

Kale should be picked when leaves are small, firm and unwilted for the most tender eating. Harvested Kale can be wrapped as picked in a damp paper towel inside a plastic bag and stored in the refrigerator for 14 – 21 days. Some information is adapted from the Westcoast Seed Catalogue

Thanks to Tom

"DID YOU KNOW THAT THE COLOUR YELLOW ATTRACTS BEES"

"WELCOME BEES TO BARAGA GARDENS"

As requested, I have compiled a list of perennials that could be used at BARAGA, to attract bees to our garden. I think that our public flower beds should be planted, to attract bees to our area. I have chosen wet ground perennials that will flower March to October:

- nepta fassenii - catnip
- allium schoenoprasum - chive
- monarda didyma - bee balm
- delphinium coltorum
- centaurea Montana - bachelor button
- veronica teucrium
- verbena bonariensis
- verbascum hybridum
- thymus vulgaris - thyme
- sedum fubaria
- phlox paniculate - summer phlox
- lobelia cardinalis - cardinal flower
- liatris pycnostachya - gay feather
- solidago canadensis - golden rod
- aquilegia vulgaris - columbine
- aster dumosus - dwarf michaelmas daisies

ANOTHER TIP:

"If the gardener plants more radish, onion, cabbage or Italian parsley than they need, let the plants go to flower which also attracts bees"

Thanks Kenji.

BARAGA 2011 Seed Exchange

Meet and exchange seeds & seedlings with other gardeners.
Browse the BARAGA seed collection.

When: Watch the bulletin board for notices of meetings in the future.

Where: near BARAGA front office/ picnic tables/ north of main parking lot
Donate seeds anytime in white seed collection box.

What some plot holders are doing well in their gardens.



Rain water collection



Raised beds & narrow paths

To contact the president Don Hatch call
604-433-8055 and leave a message please.

You may also e-mail us at - support@baraga.ca

Our web site is baraga.ca where you can browse all back issues of recent newsletters.

This newsletter was edited.

Views expressed in this newsletter are not necessarily those of BARAGA.

Do you have a BARAGA Handbook? You can print your own updated copy directly from our web site. To save paper just read it online.