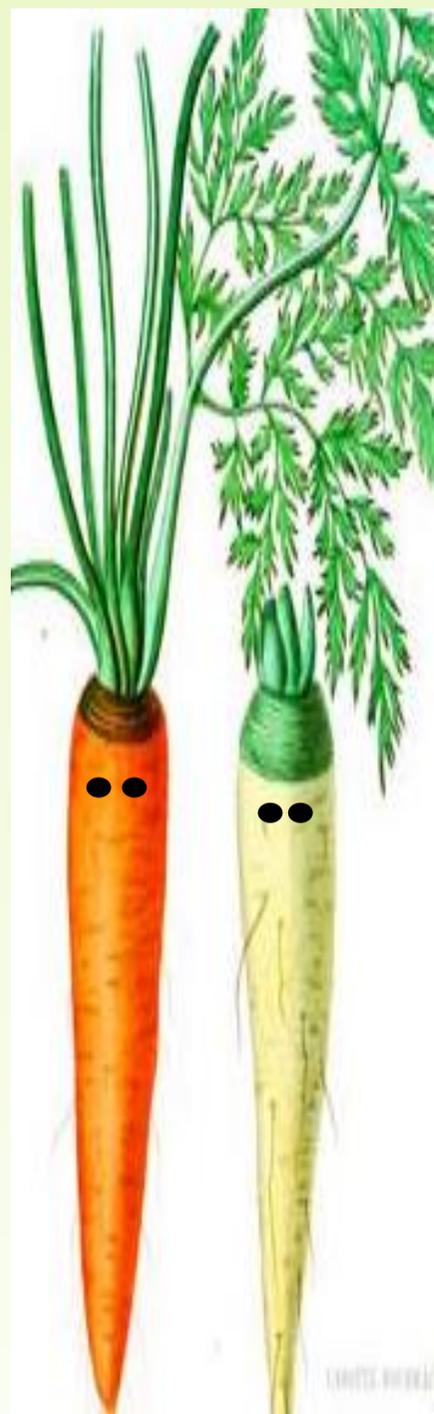


Welcome Gardens! Newsletter

June 13th/2017

LATEST NEWS!

Check out the Clayoquot Biosphere Trust's container garden in Tofino! No having a plot is never a problem to grow vegetables



Tips for harvesting your herbs and leafy greens

Herbs usually grow fast and start producing flowers and seeds. If you want to have bushy and strong plants the secret is pinching and harvesting. Pinching means removing an upper portion of a stem on an herb plant in order to encourage new leaf growth from the lower dormant leaf buds. This not hurts your plants on the contrary you will get bigger plants.



This also applies for leafy greens like lettuce and kale. If you want to extend your salad harvesting season, you might plant leaf lettuce that can be cut over and over again. For the cut and come again method, it's best to plant loose-leaf lettuce varieties, but head lettuce varieties also work. Using this method your lettuces don't need as much space as when planting head lettuce. Once the leaves have reached a size of about 4" long, the outer leaves can either be harvested individually or can be cut one handful at a time about one inch above the crown of the plant. Be careful with not cutting into or below the crown as this will most likely kill the plant.



Read more at Gardening Know How: Making Herbs Bigger Through Pinching And Harvesting <https://www.gardeningknowhow.com/edible/herbs/hgen/making-herbs-bigger-through-pinching-and-harvesting.htm>

Garden Activities Happening in Victoria next week

Make your own Miso

Miso is a paste that is most often made from fermented beans, salt, and grains inoculated with a special mold called koji. It shines when featured in miso soup, and is a delicious ingredient that adds a savoury flavour and nutrition to so many other dishes! In this workshop, we'll make our own miso by mixing prepared cultured rice with other ingredients. We'll also discuss the wide variety of methods used for making miso, other foods that can be made with koji, and resources for learning more.

When: Saturday June 17th

Time: 1:00-3:00 pm

Where: Compost Education Centre.
1216 N Park St
Victoria, BC V8T 1C9

Fee: \$20

Government House plant sales

Tuesdays and Thursdays from June 13 to Aug. 31

sales will be open at the Government House Plant Nursery next to the Tea Room. Proceeds go into the maintenance and enhancement of the gardens at Government House, 1401 Rockland Ave.

Do you have recipes or stories? Please share with us welcomegardens@vircs.bc.ca

For more information about times and topics, please visit VIRCS event calendar at www.vircs.bc.ca or Welcome Gardens facebook page <https://www.facebook.com/vircswelcomegardens/>

Victoria Immigrant and Refugee Centre Society- VIRCS