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We can complain because rose bushes have thorns, or  
rejoice because thorn bushes have roses.

Abraham Lincoln

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## **Hi Gardeners!**

As fall steadily approaches we hope everyone has had a great summer of gardening. We have had various events this summer, a community garden tour, a compost workshop, we made stepping stones at White Buffalo Youth Lodge, and went Strawberry picking at the Strawberry Ranch. All the events were met with great interest and attendance. Thank you to all the participants.

### **UPCOMING EVENT**

#### **Good Food Fair -**

**Saturday, August 27th 8:00 a.m - 12:00 p.m.**

We will be having a Community Gardening display at the Good Food Fair. Presentations will be on the sidewalk from City Hall leading to the Post Office adjacent to the Farmer's Market. Be sure to come out and show your support and check out all the wonderful displays!

### **THE R,S,T,U,V,W,X,Y,Z's OF GARDENING**

Rhubarb rules.

Southern exposures are not for everyone.

The beauty of roses bypasses not the wisdom of ferns.

Under tender loving care, pets, children, and gardens thrive.

Venture forth with gratitude.

Weed out the negatives in your life.

Xpect the unexpected.

You are unique, with special gifts to share.

Zero in on what matters to you and go for it!

Source: <http://www.plantea.com/>

### **A SPECIAL THANKS GOES OUT TO:**

Ben and Ann Epp at the Strawberry Ranch for their generous donation during the Strawberry Ranch Field Trip.

The Youth Volunteer Core for all their hard work weeding over the summer.

All the gardeners for their hard work and making all our summer events so successful.

# DID YOU KNOW?



## Garden Critters

For every person on earth, there are at least 200 million insects.

Bees do not have ears.

Only female mosquitoes bite and drink blood. Male mosquitoes do not bite, but feed on the nectar of flowers.

When wasps sleep, they bite into the stem of a plant, lock their jaw into it and then fall asleep.

Source: <http://gardeningtips.org/trivia.shtml>

## Help The Planet

**Recycle:** newspapers, plastics, glass, metal, yard clippings

**Organize:** a beach, park, highway, or water-way cleanup

**Carpool:** or use public transportation

**Go Organic:** Use alternatives (mulch, compost) to chemical herbicides, pesticides, or "cides" of any kind

**Learn:** what the endangered species are for your area and what you can do to protect them

**Conserve:** electricity and water

Source: <http://www.emilycompost.com/>

? The biggest watermelon grown weighed 262 pounds ?



? The tallest sunflower grown was 25.5 feet & the smallest was 2.2 inches ?



What are the 10 most popular home grown vegetables in the USA and Canada?

According to a survey, the top 10 are (in order of popularity): Tomatoes, Peppers, Cucumbers, Onions, Beans, Lettuce, Carrots, Sweet Corn, Radishes and Cabbage. Tomatoes were grown in a little over 85% of all gardens with Cabbage being grown in only 30%.

Source: <http://www.heirloomseeds.com/trivia.htm>

# Gardening For Kids

Getting your children involved in gardening is an excellent way to spend quality time with them. It is not only an opportunity for your child to learn about plants but also instills an interest and respect for nature and the environment.

Gardening is an excellent source of fresh air, exercise, and can lead to healthy eating. The goal of getting your child interested is to make it FUN! This page provides a variety of activities that are inexpensive and easy to do.

## *A Tasty and Healthy Snack*

### **Ants on a Log**

Celery Sticks  
Peanut Butter  
Raisins

Wash and cut celery into 2 inch sections  
Spread peanut butter into the hollow of the celery  
Gently press raisins into the peanut

## **Make sure to include Kid-Friendly Plants in your Garden**

**Balloon Flower** - The Balloon Flower gets its name from the round shape of its flower before it opens up, which looks like a balloon!

**Grape Hyacinth** - This flower looks like a bunch of grapes, only upside down!

**Lamb's Ear** - The leaves on this plant are woolly, downy, and soft.

**Sunflower** - Giant sunflowers can grow up to 10 feet or even taller!

## *Fun Gardening Activities*

### **1) Clear Garden**

Let your children see how plants sprout and then form root systems. Wet paper towels and put them in clear plastic cups. Finally sprinkle radish seed on the paper towel until the seeds are clearly visible. Set the cups in the sun and keep the towels moist, you will have growth in no time.

### **2) Terrarium**

Children love to work in miniature. Create a terrarium out of a two gallon soda bottle. Mosses, pebbles for walkways, and bark can spark the imagination.

### **3) Worm Farm**

Line a large cardboard box with a garbage bag. Fill it with soil, organic matter, and a few worms. Keep it shady and moist, but not too wet. Add kitchen scraps (vegetables only!) Worms will help teach your kids about the interdependence of plants and organisms as they turn vegetable kitchen scraps into valuable compost.

### **4) Pot People**

Draw or paint faces on small clay pots, then fill with soil. Plant grass seed, water, and watch the "hair" grow.

# Citizens' Centennial Celebration

# Saskatchewan Celebration

*September 4th, 2005*

*Diefenbaker Park*

A celebration day for everyone —  
lots of free entertainment, family activities,  
and the largest fireworks show in the province's history!

CHEP is a part of this celebration and will be operating an  
Old Fashioned Food Tent.

CHEP needs volunteers to assist with this event.  
It will be a fun day working with good food and good people.  
***Think about volunteering!***

***Volunteers are needed to:***

- Shuck and clean corn on the afternoon of Friday, September 2nd
- Work at the food tent on Sunday, September 4th  
(two hour shifts from noon to 7 p.m.)

***Volunteers will receive a gift of a CHEP apron!***

For more information on volunteering at this event,  
please call Karen or Nelda at CHEP 655-4575 or email: [Karen@chep.org](mailto:Karen@chep.org)