

plant?" CHW took this information and shared it with the Health Promotion Coordinator for future reference when doing the seed ordering. There were some new plants ordered for the community with the explicit intention of broadening the horizons as to the many varieties (purple carrots, Easter egg radishes, kohlrabi) of vegetables available to plant. CHW completed a form of what seeds were selected to keep track of the communities' likes and dislikes to be kept for future reference when ordering seeds in the spring.

Results:

Each year, the number of gardeners increased with the exception of this year (2011). Crane River has experienced flood conditions in April 2011 that resulted in the community equipment (tractor with garden tiller attachment) being utilized for emergency dike construction. This delayed the planting season. Many of the residents of Crane River had their own gardens but still relied on the equipment on a yearly basis. CHW recommended that the residents use planting pots as an alternative. For each of the last five years there has been one community garden used and the following number of home gardens: 2007- 21 gardens; 2008 - 23 gardens; 2009 - 29 gardens; 2010 - 31 gardens; 2011- 18 gardens.

What worked:

Community residents had the opportunity to select what they wanted and were able to phone in their orders. They appreciated continuity from year to year as well as consistency in the process of being able to pick up their seed selection at one location, locally within the community. Many residents have a difficult time coordinating a method of travel to get to town to buy the vegetable seeds and plants.

What didn't work and any changes made:

The flood situation weighed heavily on everyone's minds. The equipment availability was only one factor that prevented many residents from planting a garden this year. Many individuals were far more focused on sandbagging their homes from floodwater than planting this year's garden. Gardens were too wet to plant early and later on, became very dry with little rain. Some community members planted gardens in their yards, but were evacuated due to flooding, and were unable to tend to their gardens as roads were closed.

Unexpected Outcomes:

One community resident was astonished with her accomplishment in successfully planting dill, romaine lettuce and corn this year. She stated that everything she has in her garden came from the Community Garden Initiative and this was her first time planting dill. Members also shared how they use wild varieties of food, such as saskatoons, chokecherries, raspberries, strawberries, cranberries, tree "peanuts" and bush "bear nuts". Many residents from both communities are currently in a flurry doing all their canning during our wonderful harvest weather. It was also found that community members wanted to know how to use more parts of the vegetables they grew (did not realize they could use the beet leaves), or how to process plants (freeze or dry herbs).

Other notes:

One community member grew raspberries in car tires filled with dirt. She was told when she purchased them that they would not produce until the 2nd year, but the canes grew very tall and had numerous berries on the plants that she was able to eat this year.

Volunteers:

Crane River Community Council (Land used for garden)
Crane River Maintenance Operator (operates the tractor with garden tiller attachment)
Crane River Recreation Director (O.J. Sabiston) - organized summer students to plant the garden

Facilities:

Parkland Regional Health Authority Health Office

Equipment:

Crane River Community Council tractor with garden tiller attachment

Other:

Each garden seed selection bag contained a photocopy of a planting guide for the home vegetable garden from the Basic Gardening Manual for Northern Manitoba

Total Costs:

The cost for 2011 gardens was about \$80.00 for seeds and plants.

Materials developed for your program:**- [Crane River community gardening attachment](#)**

1. Seed Selection Posters with contact information, initiative's intentions, and organization providing the seeds.
2. Garden Seed Selection list that would be attached to the poster for community to read and make their selections from
3. Seed selection form to be filled in when the community resident places the phone call with their orders.

Contact Information:

Community: Crane River

Region: Parkland

Contact person: Julie Moar, Community Health Worker

Email address: craneriverchs@prha.mb.ca

An alternate contact or for information on other Healthy Together Now programs in this area please contact Carol Schnittjer - cschnittjer@prha.mb.ca