



## What is Canadian Organic Growers (COG)?

Canadian Organic Growers (COG) is Canada's largest and oldest voice for organics. We are a national grassroots charitable organization (Revenue Canada charitable #13014 0494 RR0001) founded in 1975 with members in every province and territory. Canadian Organic Growers has a national office in Ottawa and thirteen chapters in regions across the country.

**COG OTTAWA** promotes organic locally grown food. Our mission is to make it more available and affordable. We are proud of Eco Farm Day, Feast of Fields and Growing Up Organic, supported by, Down to Earth newsletter, GOG Ottawa E-news the COG Ottawa booth and our website [www.cog.ca/ottawa](http://www.cog.ca/ottawa)



## Introducing a More Inclusive Membership

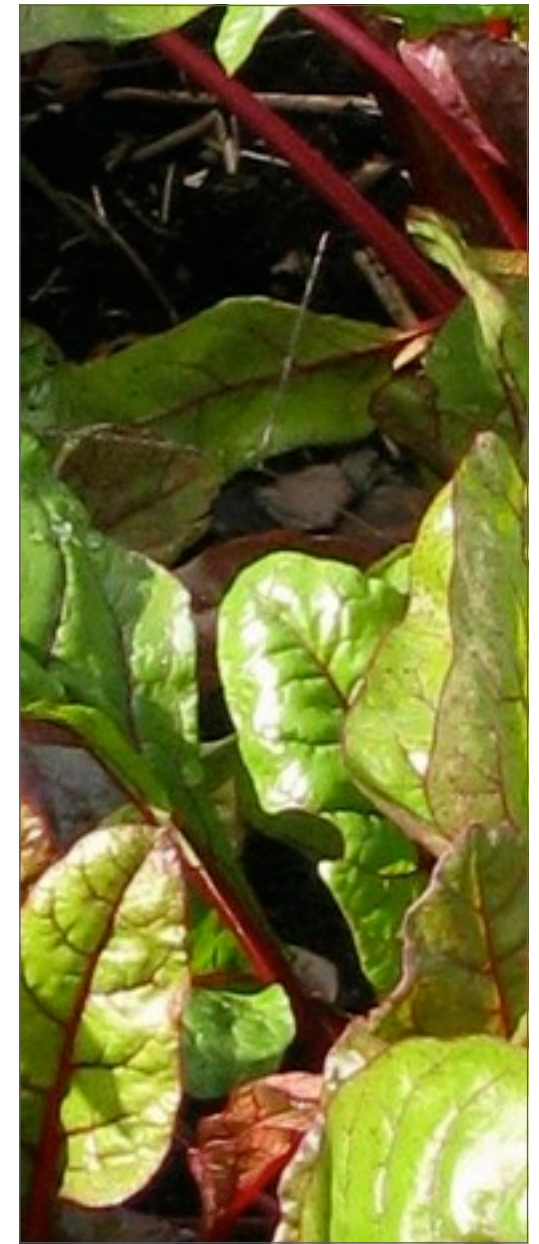
We're not just for farmers; our membership base is diverse. In fact, our mission is:

**to lead local and national communities towards sustainable organic stewardship of land, food and fibre while respecting nature, upholding social justice and protecting natural resources**

Organic farmers cannot realize this dream on their own. Farmers and Canadian Organic Growers need the support of a much larger community committed to building a food system based on the principles of organic agriculture.

COG members voted overwhelmingly for a more inclusive membership that will allow ALL members of the organic community to support our vision. Price will no longer be a barrier to membership in COG and we encourage everyone who cares about the food system to support an alternative model of food production by joining Canadian Organic Growers.

Canadian Organic Growers  
Cultivons Biologique Canada



# DIG ORGANIC !

## Organic Gardening Workshops Spring 2011

by Canadian Organic Growers

Ottawa, City of Ottawa and

Just Food



Wednesday evenings 7. 30 pm -9. 30 pm

April 6, 13, 27 and Thursday, April 28.

Cost per workshop: \$20.00, \$25.00 non residents.

Location: Sandy Hill Community Centre.

250 Somerset Street East Ottawa

(two blocks east of King Edward).

Registration opens March 9 at

Sandy Hill Community Centre

Tel: 613 .564.1062



### WORKSHOP OUTLINE

#### *Workshop 1, April 6*

**Pat Lucey**

PRINCIPLES OF ORGANIC GARDENING- 40 minutes

**George Bushell -70 minutes**

#### **BUILDING AN ORGANIC SUPER SOIL**

Soil cycle, soil composition, structure, mixture; plant nutrients

ph factor, soil amendments/renewal.

It is recommended that those taking Modules 6 also sign up for modules 1 & 2 as they cover the basics.

#### *Workshop 2, April 13 George Bushell*

##### **PART 1 SEEDING & TRANSPLANTING**

Joys of seed starting, Organic seed sources, seed starting requirements, Transplanting to the garden.

##### **PART 2 WINTER STORAGE OF FRUITS & VEGETABLES**

Temperature & humidity requirements. Cold rooms, recycled chest freezers; Drying; canning; Freezing

#### *Workshop 3, April 27 George Bushell*

##### **FOR BACKYARD & ALLOTMENT GARDENERS**

**Organic approach to veggie growing, weeds & insects - 2 hours**

Why grow your own, Growing space required/why, where to garden, Sun & water requirements, How to optimize use of available water, when to plant.

Identifying weeds, Reviewing some common weeds, Identifying insects, reviewing some common garden insects, Good garden practices.

#### *Workshop 4, Thursday April 28 Rob Danforth*

##### **ORGANIC CONTAINER GARDENING WORKSHOP**

Organic vegetable growing for apartment, balcony, rooftop, deck or small yard - 2 hours

Topics: Benefits, Planning, Containers, Tools, Soil, Plants and Methods



### OUR INSTRUCTORS

#### **Pat Lucey**

Pat has been gardening organically since the age of 6. She lives and gardens on a small farm and regularly teaches organic gardening.

#### **George Bushell**

George is President of the Gloucester Allotment Garden Association, a member of COG Ottawa and has written articles for Harrowsmith, COG and other magazines. He has given composting seminars for the cities of Ottawa and Gloucester.

[www.georgebushell.com](http://www.georgebushell.com)

#### **.Rob Danforth**

Retired High School teacher. Backyard gardener and community gardener for 35 years. Manager of Gloucester Emergency Food Cupboard garden and coordinator of composting and of volunteers for the Arrowsmith Community gardens.