

Goodbye Winter, **HELLO SPRING**

See what's been growing at We Grow Food this season and explore seasonal tips and tricks in our **Winter Quarterly Newsletter**.

Learn About
Volunteering

Read About Our
Stone Soup Events

Explore Spring
Planting Tips & Tricks





“When we contribute, even something small, to our communities, we can do great things.”

The story of Stone Soup was first published in France in 1720. Since then, this heartwarming folk tale has been shared across cultures, reminding us that when everyone contributes something small, great things can happen.

This winter, many schools entered a draw to bring the Stone Soup experience to their students, and we were thrilled to select four schools to participate.

Our first stop was Eastdale Collegiate, where culinary students helped prepare the soup before serving 125 bowls throughout the hallways. One large pot of soup was even left behind for the school community to enjoy.



STONE SOUP CONTINUED

At St. Theresa Catholic School, students lined up class by class to deliver their vegetables for washing and preparation. It was quite a shift from working with culinary students in a commercial kitchen to chopping vegetables in a gym with Grade 2 and Grade 6 students using butter knives! Despite the cold, Michelle Vis cooked the soup outside on propane burners for hours. What was meant to feed 100 students somehow stretched to serve over 400, proof that when everyone contributes, a little can go a long way.

The day also brought an exciting surprise when Global TV arrived to cover the event, highlighting both the Stone Soup program and We Grow Food's Edible Garden Project.

DCDSB ARTICLE

Our third school, St. Joseph's, welcomed us with enthusiastic students and staff. With everyone working together, the vegetables were in the pot within 75 minutes, and more than 350 students enjoyed soup at lunchtime.

Our fourth school, Robert Munsch Public School, has postponed their event until after Ramadan. We look forward to visiting them soon and are certain it will be another wonderful experience.

Inspired by the success of these events and its commitment to increasing food supports and food literacy for students, **IGNITE Durham Learning Foundation** has partnered with We Grow Food to expand the program to even more schools.



March Recipe

STONE SOUP

Inspired by our recent Stone Soup events, here is a simple version of the hearty vegetable soup students helped create.



PREP TIME
25 MIN



COOK TIME
2 HOURS



SERVINGS
100

Instructions

START WITH THE AROMATICS

1. Heat olive oil in a large pot.
2. Add chopped onion, celery, and garlic.
3. Sauté until the vegetables begin to soften and turn translucent.

BUILD THE SOUP

1. Stir in tomato paste, oregano, and black pepper.
2. Fill the pot halfway with water and add chopped vegetables of your choice.
3. Add more water until the pot is nearly full and season with salt to taste.
4. Simmer for about 2 hours, stirring occasionally.

Notes:

Stone Soup doesn't require exact measurements simply add vegetables and seasoning based on what you have available. The magic of Stone Soup is that every small contribution helps create something wonderful.



INGREDIENTS

- 3 tbsp olive oil
- 1 onion, chopped
- 2–3 celery stalks, chopped
- 2 cloves garlic, minced
- 5 cups tomato paste
- ½ cup dried oregano
- 2 tbsp black pepper
- Assorted chopped vegetables (carrots, parsnips, peppers, green beans, tomatoes, broccoli, potatoes, squash, sweet potato, peas, zucchini, corn, etc.)
- About 18–20 L water, or enough to fill a large stockpot.
- Salt to taste

Seedling & SPROUTING EVENT

We are so excited to share the success of our recent March Break Seedling & Spring Workshop! This year's event was truly incredible, with all 400 spots fully booked and a fantastic turnout of community members coming together for a hands-on, educational, and inspiring experience.

From families with young children to individuals and older adults, it was amazing to see such a diverse group come together with a shared interest in learning how to grow their own food. The energy in the room was vibrant, curious, and full of excitement as participants explored the world of seeds, sprouts, and seedlings.

Before the event even began, we were supported by a dedicated group of volunteers who generously gave their time to help prepare materials, assemble supplies, and ensure everything was ready for our attendees. Their hard work behind the scenes played a huge role in making the day run smoothly, and we are so grateful for their contributions.



We would also like to extend a heartfelt thank you to the Town of Whitby and the Mayor's Community Development Fund for their generous support in funding this event. Their contribution made it possible for us to offer this workshop to the community and expand access to hands-on food education.



Whitby



During the workshop, participants were guided step-by-step through a series of engaging activities. We began by introducing the basics of starting seeds in a jar, followed by a demonstration on how to grow sprouts and seedlings in soil. Attendees then had the opportunity to get their hands dirty and plant their own selections, choosing from pea or sunflower sprouts, as well as tomato, pepper, or basil seedlings.

To help continue their growing journey at home, each participant left with additional seeds and



enough soil to replant in their own containers. It was incredibly rewarding to see everyone leave with both the knowledge and the tools to start growing their own food.



Overall, the workshop was a wonderful success, filled with learning, connection, and community spirit. We are so grateful to everyone who attended, volunteered, and supported this event



we can't wait to see what you grow!

Stay tuned for our next event coming soon, we're hoping for another wonderful turnout and would love to see you there!



MISSED OUR

SEEDLING & SPROUTING
WORKSHOP?

Download

THE RESOURCES

for helpful tips and tricks on seed starting,
sprouting, and getting your spring garden
underway.



SCAN THE
QR CODE

OR CLICK HERE



**“Alone we can
do so little;
together we can
do so much.”
- Helen Keller**

At We Grow Food, our volunteers are at the heart of everything we do. From gardens to classrooms to community events, their time, energy, and enthusiasm help bring our programs to life and allow us to reach more students and families across Durham Region.

Throughout the year, volunteers support a wide variety of activities.

Many help facilitate garden-based learning by assisting with lessons at local schools, helping students plant seeds, explore where their food comes from, and build confidence in the garden.

Others assist behind the scenes by preparing materials for workshops and school visits.



VOLUNTEER APPRECIATION CONTINUED

These tasks include, assembling kits, organizing supplies, and helping ensure our programs and events run smoothly.

Volunteers also help prepare our garden spaces for students and community members, occasionally assisting with building garden beds or filling them with soil so they are ready for planting and learning.

Whether helping with set-up, welcoming participants, or supporting activities and workshops, their energy helps create meaningful and engaging experiences for everyone involved.

As our garden network continues to grow, we are also excited to welcome volunteers who will be helping care for garden spaces through our new Adopt-a-Garden program, supporting select sites.

We are incredibly grateful for the many volunteers who dedicate their time to helping grow food, knowledge, and community.

BENEFITS OF VOLUNTEERING

Make a Local Impact – Help students and community members learn how to grow and understand their food.

Connect with Your Community – Meet like-minded people who are passionate about sustainability, gardening, and education.

Learn New Skills – Gain hands-on experience in gardening, food literacy, event support, and community outreach.

Flexible Opportunities – Volunteer at school gardens, community events, workshops, or through our new Adopt-a-Garden program.

Support the Next Generation – Help inspire young people to develop a lifelong connection to food, nature, and the environment.

Whether you have a green thumb or are just getting started, there are many ways to get involved and help grow food and community.



Adopt

A GARDEN

A NEW VOLUNTEER OPPORTUNITY

We Grow Food is excited to introduce our new Adopt-a-Garden Volunteer Program, a community initiative designed to support and care for our growing network of school and community gardens across Durham Region.

Through this program, volunteers “adopt” a garden site and help with light seasonal tasks such as watering, weeding, harvesting, and general garden care throughout the growing season.

It’s a flexible and rewarding way to stay connected to the land while helping

ensure that these important food-growing spaces continue to thrive.

Adopt-a-Garden volunteers play an important role in supporting local food literacy and helping gardens remain productive spaces where students and community members can learn about growing their own food.

If you’re interested in getting involved, we would love to hear from you. Visit our website to learn more about the program and how you can help grow food in your community.

MANDATORY TRAINING

All Adopt-a-Garden volunteers are required to attend a training session.

Initial Training Dates:

- **April 9**
- OR **April 11**


Volunteers may attend one of the above sessions.

Additional Training Opportunity:

- **July 4**

This session is available for all volunteers who would like additional information.

REGISTER NOW



**To plant a
garden is to
believe in
tomorrow.**

AUDREY HEPBURN

Garden Locations

PUBLIC SCHOOLS

Explore our garden locations across Durham Region and see if you can find your garden.

AJAX

Ajax HS
Alexander Graham
Bell PS
Bellwood PS
Bolton C Falby PS
Cadarackque PS
Carruthers Creek PS
Da Vinci PS
Dr Roberta Bondar PS
Duffins Bay PS
Eagle Ridge PS
J Clarke Richardson
Collegiate
Nottingham PS
Ontario Street PS
Pickering HS
Roland Michener PS
Southwood Park PS
Terry Fox PS
Vimy Ridge PS

COURTICE

Lydia Trull PS

NORTH DURHAM

Beaver River PS
Brock HS
Greenbank PS
Joseph Gould
MMcCaskills Mills PS
Port Perry HS
Prince Albert PS
Uxbridge PS
Uxbridge SS

OSHAWA

Clara Hughes PS
College Hill PS
Coronation PS
David Bouchard PS
Dr CF Cannon PS
Dr SJ Phillips PS
Durham Alternative
Secondary School
Elsie MacGill PS
Forest View PS
Glen Street PS
Gordon B Attersley PS
Hillsdale PS
Kedron PS
Lakewoods PS
Maamawi Iyaawag PS
Mary Street
Community School
Norman G Powers PS
Northern Dancer PS
Pierre Elliott Trudeau
PS
Seneca Trail PS
Sherwood PS
Stephen G Saywell PS
Sunset Heights PS
Village Union PS
Vincent Massey PS
Walter E Harris PS
Waverly PS
Woodcrest PS

PICKERING

Altona Forest PS
Bayview Heights PS
Dunbarton HS
Elizabeth B Phin PS
Fairport Beach PS
Frenchmans Bay PS
Gandatsetiagon PS
Glengrove PS
Valley Farm PS
Vaughan Willard PS
Westcreek PS

WHITBY

Anderson CVI
Blair Ridge PS
Captain Michael
VandenBos PS
CE Broughton PS
Chris Hadfield PS
Colonel JE Fairwell PS
Dr R Thornton PS
EA Fairman PS
Fallingbrook PS
Henry Street HS
Jack Miner PS
John Dryden PS
Julie Payette PS
Meadowcrest PS
Robert Munsch PS
Sir Samuel Steele PS
Sir William
Stephenson PS
West Lynde PS
Willows Walk PS
Winchester PS

Garden Locations & NON-PROFITS CATHOLIC SCHOOLS

Explore our garden locations across Durham Region and see if you can find your garden.

AJAX

Christian faith
Harwood Manor

BOWMANVILLE

Mearns Meadows
Nelson

NORTH DURHAM

Allan's place
D.A.R.S. Transitional
Housing Farm
Gillespie gardens

OSHAWA

Beatrice terrace
Beatrice woods
Lakeview
Olive
Wilson Terrace
Victim Services

PICKERING

Foxglove
HighBush
Orchard Park
St Martin's

WHITBY

Christian faith
Dryden Heights
Garrard Heights
Green St
Mannahelp
Marigold Court
Perry Terrace

AJAX

St Bernadette CS
St Patrick CS

OSHAWA

Monsignor John
Pereyma CSS
Sir Albert Love CS
St John Bosco CS
St John XXIII CS
St Joseph CS
St Thomas Aquinas CS

PICKERING

Father Fenelon CS
St Elizabeth Seton CS
St Isaac Jogues CS
St Mary CSS

WHITBY

Father Leo J Austin
CSS
St Mark the Evangelist
CS
St Matthew the
Evangelist CS
St Theresa CS

CHECK OUT OUR

GARDEN MAP

Available at
www.wegrowfood.ca or
by clicking the map
below!

