

Grow Now, PLAN AHEAD

From delicious recipes and thriving gardens to exciting fall programs, discover what's happening at We Grow Food in our **Spring Quarterly Newsletter**.

Homemade Garlic
Scape Butter Recipe

Cool-weather crops
to plant in September

Perennial plants to
add to your gardens

Stone Soup returns
this fall!





Cool Weather CROPS

Keep your garden growing with succession planting and cool-weather crops!

Succession planting may seem intimidating at first, but it's well worth the effort. By filling empty spaces in your garden and understanding each crop's growing time, you can often double your edible garden's harvest while also protecting your soil from excessive sun exposure.

Some crops, like peas and radishes, can be planted every two weeks for a continuous harvest throughout the season.

Then there are the cool-weather crops that thrive in the cooler temperatures and shorter days of spring and fall, including:

- Spinach
- Bok choy
- Lettuce
- Swiss chard
- Kale



COOL WEATHER CROPS CONT.

We Grow Food begins growing these seedlings in mid-August and has them ready for distribution during the first and second weeks of September.

Many of these crops are ready to harvest by Thanksgiving, while others

continue producing until the first frost, or even into November!

Harvested vegetables can be enjoyed in a communal soup or fresh salad, while herbs can be dried and stored for use throughout the winter months.

Interested in receiving cool-weather seedlings for your edible garden?

EMAIL:
wegrowfoodediblegardenproject@gmail.com

EMAIL NOW



Garlic Scape BUTTER

Ever wonder what to do with all the garlic scapes harvested from your garlic plants?

Here's a delicious recipe that can easily be divided into portions and frozen for later. It's perfect for garlic bread, roasted vegetables, sautéing meats—or even grilled cheese! (Trust us... it's delicious!)



INGREDIENTS

- 10 garlic scapes (buds and tough ends removed)
- 1 cup roughly chopped parsley
- ½ cup chopped chives
- 1 lb butter (if using unsalted butter, add a pinch of salt)

INSTRUCTIONS

1. Wash and thoroughly dry the herbs.
2. Place the garlic scapes, parsley, and chives into a food processor (or finely chop by hand).
3. Add the butter and blend until smooth, approximately 45 seconds.
4. Spoon the garlic scape butter into containers and refrigerate or freeze until needed.



TIP

Line an ice cube tray with plastic wrap, fill each section with garlic scape butter, and freeze. Once frozen, you'll have perfectly portioned cubes ready whenever you need them!

Planting PERENNIALS

Imagine an edible garden or schoolyard where fresh fruit returns year after year. With thoughtful planning, perennial gardens can provide a continuous harvest from spring through fall.

Planting perennials not only saves time and money, it creates a long-term, sustainable food source for your school and community.



Recently, while visiting two schools, I discovered a Golden Delicious apple and a beautiful pear lying on the ground. Looking up, I realized there were hundreds of ripe fruits still hanging from the trees.

Neither the office staff nor the students realized the fruit trees were there. After tasting them, I can honestly say they were incredible!

That experience inspired We Grow Food volunteers to begin identifying forgotten fruit trees at schools, with plans to help prune, restore, and maximize their harvests.

Learn about the Benefits of Perennial Planting

Plant once, harvest for years. Save money by purchasing seeds and plants only once

Require less watering. Deep root systems allow perennial plants to access moisture and nutrients far below the soil surface.

Greater nutritional value. Deeper roots allow plants to access a wider range of nutrients.



PLANTING PERNNIALS CONTINUED

Healthier soil. Since perennial gardens don't require annual tilling, beneficial soil organisms and mycelial networks remain undisturbed.

Earlier harvests. Perennials emerge earlier each spring, giving your garden a head start.

Support pollinators. Pair berry bushes with flowering herbs and groundcovers to reduce weeds, attract beneficial insects, and discourage pests.

Create food forests. Fruit trees provide shade, habitat, and abundant harvests. A single mature pear tree can produce 200–400 pounds (approximately 300–600 pears) each year!

If your school is looking to have fruit trees planted or have your existing fruit tree pruned maintained please reach out to us. We would be happy to visit and discuss details.



Plant it
FORWARD



How to Turn One Carrot Into Soup for 400 People

During the winter of 2026, We Grow Food partnered with IGNITE Durham Learning Foundation to bring the Stone Soup Program to nine schools, and the results were truly inspiring.

Students were invited to bring a single vegetable from home, which became part of a giant community-made soup that fed nearly 400 students at each school.

Throughout the morning, students of all ages took turns washing, chopping, and adding vegetables to large pots. After simmering with herbs and seasonings, the soup was served at lunchtime.

To the surprise of many adults, students absolutely loved the hearty vegetable soup—some even said it tasted like pizza!



STONE SOUP IS BACK CONTINUED

Thanks to funding from the Durham Region Thriving Communities Fund, We Grow Food will be bringing the Stone Soup Program to 20 additional schools between September and November, with an exciting new addition!

Each participating school will receive its very own Stone Soup Kit, allowing classrooms to continue preparing soup together throughout the school year.

EACH STONE SOUP KIT INCLUDES:

- Crock pots
- Wooden spoons
- Ladle
- Vegetable peeler
- Child-safe knives
- Cutting boards
- Food and equipment safety guidelines
- Stone Soup recipes

Together, we're helping students build confidence in the kitchen, reduce food waste, and discover how one simple vegetable can help feed an entire community.

STONE SOUP REMINDS US THAT

Every Contribution Matters – Even one small vegetable can help create something extraordinary when everyone works together.

Community Starts Here – Students of all ages and abilities have something valuable to contribute and enjoy helping one another.

Food Brings People Together – Preparing and sharing a meal builds confidence, creates connections, and encourages children to try new foods.

Waste Less, Learn More – Cooking together teaches valuable life skills while helping students understand the importance of reducing food waste.

Celebrate Creativity – There is no single "right" way to make Stone Soup. Embracing new ideas and different ingredients makes every pot unique.



Growing beyond THE SCHOOLYARD

Every garden has its challenges, but sometimes those challenges create unexpected opportunities to grow.

As the school year came to a close, Dunbarton High School learned that major summer construction would prevent access to the school grounds, including the water needed to care for their edible garden. Rather than let months of hard work go to waste, teacher **Paul Brunette** carefully transplanted the vegetables into pots and brought them home, where his children will care for them throughout the summer.

This thoughtful act is a wonderful example of the

dedication that helps school gardens thrive. It also reminds us that the impact of an edible garden doesn't stop at the school gates. By bringing the garden home, Paul has given his children the opportunity to experience the magic of growing food firsthand—learning where food comes from, developing responsibility, and enjoying the rewards of caring for something from seed to harvest.

At We Grow Food, we believe gardens grow more than food, they grow curiosity, confidence, and community. Thank you, Paul and family, for helping those lessons continue well beyond the classroom walls.

THE RIPPLE EFFECT

One garden can inspire:

- A family to garden together
- A child to try a new vegetable
- A community to share food
- A lifelong love of growing

Every edible garden plants seeds that reach far beyond the garden bed.



**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
Cadarakque 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
McCaskills 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
Valley View 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
Sinclair SS
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!

