



News and Events, April 14th, 2010

The new board is here! The year at Sprouts has come to an end. We've had a great term thanks to our customers, our fantastic volunteers and especially, our dedicated board. It is sad to see some board members go, but we have some amazing individuals coming in to further their amazing work with our organization.

The incoming board members are: **Amanda Chan** as Treasurer, **Mandy Desautels** as Bulk Buying Coordinator, **Gurkurit Randhawa** as Secretary, **Jeremy Taylor** as Store Coordinator, **Danielle Gravnic** as Workshops Coordinator and **Emily Hitz** as Workshops Assistant, **Nicole Jahraus, Victoria Witt and Kathleen Crowley** as our new Kitchen Managers, and **Maia Bessemer** as Promotion and Outreach Assistant.

Welcome to all of the new board members!

To those who must leave us, we appreciate all of your hard work. We will miss all of the laughs, the amazing food we've shared, and your passion to strengthen our community, our food system, and this humble little place we call Sprouts.

Thank you.

Study Hours at Sprouts!!!

~April 19-29, 2010~

Come study at Sprouts! We will be selling coffee and tea and selling off the remaining stock for reduced prices!

We will be open Monday- Friday the week of April 19-23 and Monday-Thursday the week of April 26-29. Hours are 9am-5pm.

*Remember: we will not have volunteers for study hours, so bring your own mug because we're not doing your dishes!

On the cafe menu this week..

Savoury Offerings

– It's Bean Grate, soup.

Baked treats

– Special Famous Sprouts Brownies

– Oatmeal Raisin Cookies

– Apple Crumble Cake

– Granola Cookies

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We cook and bake with exclusively organic ingredients. Anything not sourced locally, is fair-trade.

To All of you Foodie Photographers...

FarmFolk/CityFolk and the Vancouver Museum are holding a photography contest and 4 month exhibition, "Home Grown."

The contest details are here:

<http://www.flickr.com/photos/homegrowncontest/>

The winner of the photo contest has their image in the exhibition and at the same time they take home \$500 worth of Vancouver Farmers Market produce and products! Below are the exhibit details.



HOME GROWN! RECLAIMING SOIL AND SEED

FarmFolk/CityFolk Society and The Museum of Vancouver open the 4 month photography exhibition, Home Grown! on August 26, 2010. For the past 3 years international award-winning photographer Brian Harris has focused his camera on local sustainable farming and Vancouver's urban agriculture scene. The 40 images on display in Home Grown! portray our local farms, farmers and urban growers with Brian's characteristic hopeful and intimate cultural style of portraiture. The photographs act as a spring board for an in depth exploration of many critical issues related to sustainable farming and the exploding phenomena of urban food production. Come and be inspired and engaged by what many local farmers, urban growers and localvores are doing to return our society to a more sustainable and healthy relationship with our earth and food.

Fair Trade Vancouver

There are some great events happening around Vancouver. Come meet, greet and learn about fair trade!

One of our amazing community partners, [Fair Trade Vancouver](#), is now holding information sessions over the coming weeks about fair trade products in various industries. They are hosting an event about fair trade in the wine industry this Friday, April 16 at 7pm at the Rhizome Café at Main and Broadway. See their [meetup page](#) to RSVP and check out the schedule for the coming weeks!

Visit their website for great resources on fair-trade products, and join their Facebook fan page for regular updates while you distract yourself from exams! (<http://www.facebook.com/FairTradeVancouver>)





SPEC Workshops!

The SPEC, Society Promoting Environmental Conservation, is hosting a slew of great practical workshops and a screening over the next few weeks. The upcoming workshop will be facilitated by of our own, our new Bulk Buying Coordinator, Mandy Desautels! See upcoming workshop details below-

Bird, Bees and Biodiversity

Date: April 17 @ 2 - 4 pm

Cost: \$10/person

Facilitators: Alicia Embree and Mandy Desautels

Learn how to support our local flora and fauna while you grow. We'll help you learn the basics of using flowers, natives and other plants to support species at risk. This 2 hour long workshop is limited to 15 participants so that we can engage you in hands-on activity. Our focus is on knowledge sharing and inspiring you to learn more and take action.

Proceeds from this volunteer run workshop go to support SPEC's School Gardens Project. See our [School Gardens page](#) for more information.

Film Night – No impact man

Date: April 22 @ 6.30 pm

Cost: \$5/person

Earth Day film screening by Forworld Media & SPEC: No Impact Man.
Join us at 6:30 pm for live music by Soft Serve.

Film synopsis: Follow the Manhattan-based Beavan family as they abandon their high consumption 5th Avenue lifestyle and try to live a year while making no net environmental impact.

For guaranteed seating: register & purchase tickets on SPEC's website. Tickets also sold @ the door.

“Proof that eco and entertainment aren't mutually exclusive” –Variety



Soil Fertility & Plant Health Management

Date: April 24 @ 9 -12

Suggested donation: \$35/person

Facilitator: Grant Watson

An extremely important topic in organic gardening is soil health and fertility. Healthy soil is a vibrant community. Learn how to be an ally, not an enemy of your soil. We'll also cover some key techniques for promoting and protecting your annual and perennial food plants, as well as the ones that just look pretty, from disease and pests.

Soil management

- know your soil type and characteristics
- building organic matter
- maintaining a healthy balance
- managing moisture levels
- additives
- tilling
- weeding techniques

Plant health

- the basics
- common pests
- preventative measures
- attracting predators
- pest-specific strategies

Learn some weeding techniques, identify pests and make your own compost tea.

Facilitator info: Grant Watson operates Grant's Gourmet Gardens. He has been teaching both children and adults about growing food since 2003.

This workshop is co-hosted by [SPEC](#) and [Village Vancouver](#). Part of the proceeds will help support SPEC's [School Gardens Project](#). The suggested donation for this 3 hour workshop is \$35.

[This information is taken directly from the SPEC]

NEIGHBORHOOD FOOD GROWING, SHARING, AND PREPAREDNESS 2010

Join one or all six of these workshops by Robin Wheeler about food security, apartment gardening, and community. They are specially oriented toward urban dwellers living in apartments in Vancouver.

Green Millennium Foundation (GMF), Village Vancouver (VV), and West End Residents Association (WERA) are proud to present **Robin Wheeler** (www.ediblelandscapes.ca), author of **Food Security for the Faint of Heart**, and **Gardening for the Faint of Heart**, and founder of a local organic growers' group (www.onestraw.ca) and the Sustainable Living Arts School (www.slas.ca) in a series of workshops on the **food-secure household, gardening, food growing, and community organization, targeted especially for residents of the West End**. The workshops will be held on one Sunday and two Saturdays at the **West End Community Centre in Vancouver**. For exact descriptions of each workshop, please visit the GMF.

May 1 (Sat) 9:15-10:30 am – FOOD DIRECTED EMERGENCY PREPAREDNESS

May 1 (Sat) 10:45 am- 12:15 pm – SEED SAVING IN THE CITY

June 5 (Sat) 9:15-10:45 am – FOOD PRESERVATION

June 5 (Sat) 11:00 am-12:30 pm – INTENTIONAL COMMUNITY - SHAPES IN SHARING.

Price: \$15 per workshop. Anyone who registers for all six workshops will receive a bonus gift of their choice of either of Robin's books.

Registration. Register online (www.westendcc.ca), in person, or by calling (604-257-8333). You can download the Spring 2010 Guide. See page 22!

MORE INFORMATION: See "workshops" on www.greenmillennium.org

New Web-page on the Sprouts Website

Have you ever wondered about our Suppliers?

We have added a resource page to the Sprouts website with information about our local distributors! Check it out at <http://ubcsprouts.ca/guides/Distributors.pdf>.


sprouts

Interested in Bulk buying in the summer? Stay tuned for more details! Email Amy at sprouts.promotion@gmail.com for more information.

