Inuvik Community Greenhouse

Home of the Community Garden Society of Inuvik (CGSI)

2018 Member’s Manual
Contact Information

May-Sept: 867-777-7855
Off-season: by email to Executive Director

Ray Solotki, Executive Director:
info@inuvikgreenhouse.com

Coordinator:
coordinator@inuvikgreenhouse.com

Jenna Foster, Greenhouse Assistant:
admin@inuvikgreenhouse.com

Important Dates and Deadlines

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>April 21, 2018</td>
<td>AGM (4pm) and Opening Day</td>
</tr>
<tr>
<td>June 1, 2018</td>
<td>By this date, plots must have begun being worked, after which un-worked plots return to waitlist or market use</td>
</tr>
<tr>
<td>Oct 13, 2018*</td>
<td>Last day to clean out plots (*date conditional upon weather)</td>
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<tr>
<td>Oct 14, 2017*</td>
<td>Season Closing Work-bee (*date conditional upon weather)</td>
</tr>
<tr>
<td>Dec 31, 2018</td>
<td>All volunteer hours must be completed, outstanding hours billed out (no hours available January - March, 2019)</td>
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<tr>
<td>March 31, 2019</td>
<td>Returning members must advise the CGSI of intentions to garden in the 2019 growing season</td>
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Membership Information

Greenhouse AGM
April 21, 2018 at 4pm in the Aurora College Foyer

Membership Term: April 21, 2018 to March 31, 2019

<table>
<thead>
<tr>
<th></th>
<th>Regular membership</th>
<th>Elder membership</th>
<th>Community plots</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual membership fee</td>
<td>$25</td>
<td>$25</td>
<td>$25</td>
</tr>
<tr>
<td>Plot Fee (4ft X 8ft plot)</td>
<td>$50</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td>Planter Box</td>
<td>$20</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Volunteer Commitment</td>
<td>10 hours per regular plot; 3 hours per planter box; or $18.75/hr up to $187.50</td>
<td>None, but encouraged to help as able.</td>
<td>None, but encouraged to help as able.</td>
</tr>
</tbody>
</table>

Membership Term:
- Regular membership: $25
- Elder membership: $25
- Community plots: $25

Auxiliary membership: $15

Prepay Option:
If you know you are too busy to volunteer, that is ok! You have the option to prepay your plot, including all volunteer hours. And you will receive a discount on the total cost per plot. Regular plot will include a prepayment of $170 for volunteer hours; planter box includes a prepayment of $45. You will then have 0 mandatory hours, and the excess payment will go to staffing costs. Come help if you can, but no expectations!
Definition of Membership

- **Regular Members**: All people gardening in a plot must be listed on the application form. $25 membership fee covers 2 adults and children under 18. Additional adult members must sign up as Auxiliary members and will be given all of the same privileges as Regular members. Anyone gardening unsupervised/given the access code must be signed up as either a Regular or Auxiliary member (people can be added at any time of the season by contacting Greenhouse staff).

- **Elder Memberships**: Elder memberships are reserved for individuals above the age of 65 that are in need of a reduced membership rate. Need will be assessed on a case by case basis by the Executive Director with guidance by the Board of Directors. Elders are not required to complete volunteer hours. If there are other adults that are below the age of 65 associated with the plot, they are expected to complete volunteer hours. Elder Memberships include up to 2 adults and children under 18. Additional adult members must sign up as Auxiliary members, and pay their $15 membership and will be given all of the same privileges as Regular members. Anyone gardening unsupervised/given the access code must be signed up as either a Regular or Auxiliary member (people can be added at any time of the season by contacting the Greenhouse staff).

- **Community Plots**: Community groups must provide names of people working on community plots (people can be added at any time of the season by contacting the Greenhouse staff).

- **Auxiliary Membership**: Aside from being “extra” members of plots, non-gardening members of the greenhouse who would like to have access to the building, be on the mailing list, and receive member benefits (such as lower admission to events) can sign up as Auxiliary Members at any time of the season.

The Inuvik Community Greenhouse is a Chemical-Free greenhouse. **Any pesticides or fertilizers used must be 100% organically-based (no Miracle Grow or Equivalent).**

**Inside the greenhouse, please:**

- No smoking
- No consumption of alcohol outside of a licensed event
- No dogs (pets) in the gardening area
- Do not leave your children unattended
Plot Information

Second Plots: At this time, only those members who had second plots prior to 2016 are eligible to keep their second plot space.

Volunteer Activities: Note that volunteer hours are earned only for particular activities, which will be discussed during Orientation with the Executive Director. Orientations must be completed prior to members receiving the door code. Orientations completed in 2016 or 2017 are valid for the 2018 season. Volunteer opportunities will be posted online, in the monthly e-newsletter (which can be mailed for an additional $15/year) and will also be written on the “job jar” at the greenhouse. It is the responsibility of members to track their hours in the Volunteer Hour Tracking Book within one week of completing the hours, or they may not be recorded. Filling water buckets, watering “gardener away” plots and emptying weed bins may NOT be counted as volunteer hours. Hours must be completed by December 31, 2018.

New plot requests: Names are put onto a waitlist and plots are allocated for rental on a first-come first-served basis after returning members have responded to indicate whether they will return to garden again (by March 31, 2018). Notwithstanding this prioritization, some available plots may be reserved for Market gardens. Elder and Community plot requests will be approved at the discretion of the Board.

Communication with staff: Our staff enjoy using the greenhouse space for personal garden plots as well. While “on duty”, staff will wear greenhouse shirts. Communication during regular business hours by email, phone number or Greenhouse Facebook page is encouraged. Please do not contact staff on their personal phone numbers or Facebook accounts for information regarding the greenhouse.

Greenhouse Rules

Please keep these rules as reference.

As a member in good standing, I will:

Policies

• Read and initial (on contract) the Advisement of Risk (p.12)
• Abide by the CGSI Constitution and By-laws (copies provided on request and available on website).
• Pay my membership and plot rental fees by May 1 and/or prior to beginning my gardening.
• Complete Greenhouse Orientation with ED or Coordinator prior to receiving the door code and prior to beginning gardening (new members).
• Advise the CGSI of my intention to return to garden in 2019 by March 31, 2019 after which plots are allocated on a first-come, first served basis.
• Abide by Policies as may be created by the Board from time to time (e.g. Safety Policy).
• Notify the CGSI in writing if my contact information changes (including my email, if I have one).
• List all members working on in the garden, and abide by membership rules stated in the Membership Orientation Handout.
Compost and waste

- Place my compostable items directly into the compost bins at the back of the greenhouse or outside behind the greenhouse according to the compost program, and not left in a wheelbarrow or garbage bin. Compost may be within compostable bags, but not plastic bags.
- Dispose of weeds/diseased plants offsite (not in compost) and notify the Coordinator of any serious disease or insect problems noticed in my plot or in surrounding plots.

~ Turn your SPOIL into SOIL ~

Do place in compost:
- coffee grounds
- vegetable scraps
- tea bags
- fruit cores and peels
- egg shells
- dryer lint
- leaves

Do NOT place in compost:
- meat products
- dairy
- plastic
- plastic
- weeds
- dog or cat poo

Plot Care

- Actively work my plot by June 1. Plots that have not been worked by June 1 may be re-allocated to the next person on the waitlist. No refunds will be given.
- Take responsibility for care of my plot and all waste I generate.
- Actively remove weeds from my plot and in aisles around my plot to prevent them spreading throughout the greenhouse.
- Manually water my plot using the storage barrels and watering cans provided and replenish water barrels after use. Unless I have a drip irrigation, which has been approved by greenhouse staff.
- Use only pesticides or fertilizers that are 100% organically-based (No Miracle-Grow or equivalent).
- Clean out my plot and associated shelves and bins at the end of the season. Any equipment I want to keep for the next season will be placed on top of my plot.
- Clean out my plot (excepting perennials) by October 13, 2018 or be charged two additional volunteer hours or $37.50.

~ Turn your SPOIL into SOIL ~
Volunteer hours

- Contribute a minimum of 10 hours of volunteer work per plot to the CGSI before December 31, 2018. If fewer than 10 hrs per plot were completed before annual membership expiry, outstanding hours will be billed at a rate of $18.75/hour and must be paid by January 15th, 2019.

- Record volunteer hours and describe activities performed to earn such hours in the volunteer log book within one week of having worked those hours, or if the book is inaccessible provide my hours and activities in writing to the CGSI within one week of the activity. Any hours not recorded in the log book or in a timely email or written correspondence as above, will not be counted towards volunteer hours worked.

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Does it count as volunteer time?

**YES**
- Helping at events
- Teaching a workshop
- Helping us transplant for the plant sale
- Tending to the community beds (e.g., IRC, town hall)

**NO**
- Watering “away gardener” plots
- Dumping weed bins
- Filling water buckets

General Greenhouse Activities

- Respect other people’s plots and gardening equipment.
- Respect members and greenhouse staff.
- Ensure that children under my care are supervised at all times and all toys used by children under my care are put away before we leave the greenhouse.
- Ensure that the water tap is turned off if I am the last one to leave the greenhouse.
- I will not smoke or bring my pets inside the greenhouse and will not consume alcohol inside the greenhouse unless it is during a licensed event.
- I will encourage my guests to take a scheduled tour, and will supervise all guests to make sure they do not tamper with other people’s plots.

Greenhouse Security

- I will respect the security of the greenhouse and not give out the door code to anyone. I will direct such requests to the ED, Coordinator or to the Board.
- I will ensure that the door is closed behind me when I enter and when I leave the greenhouse, unless there is a sign posted to indicate otherwise.
- I will not hold the door open and allow anyone to enter.
- I will make sure the back door is closed after taking my compost out.
- I will not enter the storage area, or take any tools or items from the greenhouse property without permission from the ED or Coordinator.
CGSI Advisement of Risk, Release and Medical Authorization

Please read this form carefully and be aware that in registering for participation in the Community Garden Society of Inuvik and its associated activities you are advised of the risks which you and your family/guests may experience as a result of participating. Activities associated with the Community Garden Society of Inuvik are such that despite preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of injuries such as the following. This list is by no means complete or exclusive, but includes:

1. Muscle strain and other muscle injuries
2. Heat stroke or heat exhaustion
3. Cuts and bruises
4. Allergic reactions to plants, insects or materials associated with gardening activities.

I release all claims which may arise against, and agree not to hold liable the Community Garden Society of Inuvik, or its respective members, officers, agents, employees and authorized volunteers, on my behalf as a result of participating in Community Garden Society of Inuvik activities.

I further agree to indemnify, hold harmless and defend the Community Garden Society of Inuvik and its respective members, officers, agents, employees and authorized volunteers from any and all claims by other parties resulting from injuries, damages, and losses caused by me arising out of, connected with, or in any way associated with the activities of the Community Garden Society of Inuvik.

In the event of any emergency, I authorize Greenhouse officials, volunteers or members to secure from any hospital, physician, and/or medical personnel any treatment deemed necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered.

Growing Tips

Included here are some tips to help your garden thrive. This is merely a starting point—we encourage you to attend workshops and to speak with the coordinator to learn more.

Planting

Direct seeding: Some seeds can be planted directly into your garden plot. Directions are provided on the back of seed packets, including suggested spacing between seeds, and ideal planting depth. Examples of seeds that can be planted directly into your plot include carrots, bush beans, chives, or beets.

Transplanting: Many plants do best if they begin their lives indoors. You can buy seedlings/transplants at the greenhouse plant sale, or you can start your own seeds at home. Be sure to keep your seedlings in a warm, sunny location. Examples of vegetables that do best when transplanted include broccoli, tomatoes, and cabbage.

Companion Planting: Did you know that some plants can be mutually beneficial for each other? Tomatoes and basil grow well near each other. Other pairings include dill and carrots, mint and cabbage, or leeks and beets. But don’t plant your beans beside onions or sage beside cucumbers. Check out the greenhouse bookshelf for more tips.
Growing Tips (continued)

Tending to your plants

Each plant has unique requirements, but here are some things to keep in mind when tending to your garden plot:

**Thinning:** Plants that have been directly sown into the ground (e.g., carrots, beets) may need to be thinned. Thinning is done when the plants are still small so that they have enough space in which to grow. If you time it properly, you can eat what you thin--such as baby beet greens.

**Pruning:** You may choose to prune some plants, like tomatoes or fruit bushes, to maximize the amount of the plant’s energy going towards growing the fruit. If a tomato plant becomes too bushy there may be a greater quantity of tomatoes but they will likely be smaller and more vulnerable to pests and diseases.

**Trellising:** Some vegetables like to climb, so providing them with a surface/trellis upon which to do that is important. Tomatoes, pole beans and cucumbers all benefit from trellising.

**Watering:** Water your plants in the morning and evening to minimize the amount of water that is evaporated in the daytime heat. Avoid watering directly onto plant leaves.

**Dealing with pests & diseases**
The most common problems in the greenhouse are powdery mildew and aphids. There are various options to treat powdery mildew, including ingredients such as milk, mouthwash, apple cider vinegar, and baking soda. Squash and other plants from the cucurbit family are most vulnerable.

Aphids can be deterred by companion planting (e.g., they don’t like onions). You can also try spraying them off the leaves with cold water. A mix of essential oils can also deter aphids, as do ladybugs.

Growing Tips (continued)

Harvesting

Plants grow very quickly in the greenhouse, so in July and August you may need to harvest your veggies several times in a week. Some vegetables can only be harvested one time (e.g., carrots, radish, etc.), while others will perpetually be producing goodies. For example:

**Kale:** Harvest a few leaves from the bottom of the plant each week, and allow the plant to continue to grow upwards for continued harvest.

**Salad greens:** Harvest with a knife or scissors, then allow several days for leaves to regrow for a second cutting.

**Preservation**

Your food can last all year if you use some preservation techniques:

**Dehydrating:** Use a dehydrator or your oven to dry vegetables. By removing the moisture from food products they can last for months, and take up much less storage space. Most fruits and vegetables lose 70% of their weight when dried.

**Freezing:** Most vegetables need to be blanched (boiled for 2-5 minutes and then briefly dunked in ice water) before being frozen.

**Canning:** Food can be kept on your shelves or in freezers year-round in preserved forms (i.e., jam, pickles, salsa, chutney, jelly, etc.). Visit the Bernardin website for a list of recipes.

**Fermentation:** Lacto-fermentation can increase the nutritional value of foods by preserving food in salt, whey, or starter culture (e.g., sauerkraut, kimchi, quick pickles).
Spring: Radish and Spinach Delight

2 bunches of radishes
1 sliced red onion
5 ounces spinach
1 tbsp lemon
Pinch of salt and pepper

Halve radishes and slice red onion, then sautée together in a skillet with olive oil for 8 minutes. Stir until onion and radish are tender. Stir in spinach, salt, pepper, and lemon, and cook until spinach has wilted, about one minute.

Adapted from Food Network recipe

Summer: Smoked Arctic Char Frittata

Vegetable oil
1 yellow or white onion, sliced
6 leaves of kale, coarsely chopped, blanched 3 minutes in boiling water, drained, squeezed and coarsely chopped
2 cloves garlic, chopped
1.5 cups boiled diced potatoes
4 eggs
1/2 teaspoon paprika (preferably smoked)
1 cup smoked Arctic char

Heat oven to 400°F. In a medium skillet coated lightly with oil, cook yellow onion over medium heat, stirring, 5 minutes. Add kale and garlic; stir 5 minutes. Add potatoes. Whisk eggs, 2 tablespoons water and paprika in a bowl. Stir in Arctic char and kale-potato mixture. In a cast-iron skillet coated lightly with oil, cook egg mixture over medium-low heat 1 minute. Transfer skillet to oven; bake until eggs are set and center is slightly runny, 6 to 8 minutes. Broil until top is golden, 1 min.

Adapted from Epicurious recipe

Fall: Cranberry-Apple Relish

12-oz fresh cranberries
1 Granny Smith apple, finely chopped
2 scallions, sliced
2 tsp. orange zest
1/3 c. orange juice
3 tbsp. sugar
Kosher salt
black pepper

Place cranberries in a food processor; and pulse until chopped, 3 to 4 times. Transfer cranberries to a bowl and add apple, scallions, orange zest and juice, and sugar and stir to combine. Season with salt and pepper. Chill.

Retrieved from Country Living recipe

Winter: Cloudberry Jam

3 cups crushed frozen cloudberries
5¼ cups sugar
1 package powdered pectin (1¾ ounces)
¾ cup water

Stir sugar and cloudberries and mix well. Set aside for 10 minutes or until the sugar is completely dissolved.

Combine the water and powdered pectin in small saucepan. Over high heat, bring mixture to a full rolling boil, stirring constantly. Continue boiling for 1 minute. Stir pectin/water mixture into the berry mixture. Stir constantly for 3 minutes.

Fill freezer containers leaving a ½ inch headspace. Cover the containers with tight lids and allow to stand at room temperature for 24 hours or until the jam is set. Store in freezer until ready to use. After opening, store jam in refrigerator for up to three weeks.

Adapted from University of Alaska Fairbanks recipe
Greenhouse Veggie Box Share

What: Sign up to receive a weekly order of fresh produce from the Inuvik Community Greenhouse. Some days this may include preserves, herbs, fruit, and other treats.

Why: We pick the veggies the morning of pickup, so you will be accessing fresh, nutritious, and organic food.

Where: Pickup @ greenhouse on Tuesday evenings, beginning July 3, 2018.

- Book your events with us -

We’re happy to host birthday parties, activity nights, dinners, and a range of other events. Contact us to discuss pricing and venue details.

<table>
<thead>
<tr>
<th>4-week share</th>
<th>$140</th>
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<tbody>
<tr>
<td>8-week share</td>
<td>$275</td>
</tr>
<tr>
<td>12-week share</td>
<td>$400</td>
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</tbody>
</table>

Greenhouse Giftshop

Visit the giftshop located in the greenhouse to find unique items and gifts. Hours will be posted in the spring.

- fertilizer
- watering cans
- tomato cages
- greenhouse gift items
- gardening gloves
- soaps
- soil
- coffee
- seeds
- & more!

Yoga & Fitness Classes

Join us on the upper level of the greenhouse for yoga and fitness classes. These classes are open for everyone, not just members, so bring your friends!

Beginning June 4 on Monday and Thursday @ 7pm

<table>
<thead>
<tr>
<th>Single pass</th>
<th>$6</th>
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<tbody>
<tr>
<td>10-pass punch card</td>
<td>$50</td>
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List of Resources

More information can be found on our website, www.inuvik-greenhouse.com

Seed companies

West Coast Seeds: www.westcoastseeds.com

High Mowing Organic Seeds: www.highmowingseeds.com

Salt Spring Seeds: www.saltspringseeds.com

Seeds of Diversity Canada: www.seeds.ca

Gardening tips

Northern Farm Training Institute: www.nftinwt.com

University of Alaska Fairbanks: www.uaf.edu/snras


Arctic Institute of Community-Based Research: www.aicbr.ca/community-gardener-gatherings/

Canadian Organic Growers: www.cog.ca/our-services/library/
In loving memory of

Emily Mann