

February 6, 2013

Pruning for Health: From Tree to Table

Do you have an old tree that you want to rejuvenate? Are you planning on planting and want to give your tree or shrub a fruitful start?

Join us on Saturday, February 16th at the latest Lettuce Grow class for a hands-on and informative workshop with expert horticulturalist and edible landscaper Helena Hartwood. Learn about reasons for pruning, types of pruning cuts, when to prune and what to use. Find out how pruning can prevent and manage pest problems. Instructors and students will be onsite in a beautiful multi-aged orchard at Ripple Rock Farm on Quadra Island where participants can see how to prune, and give it a try themselves!

Helena is a wealth of knowledge and will answer your pruning questions. To top it off, participants will head inside later in the day to warm up and enjoy some of the fruits of our labors over a locavore (made with local ingredients) lunch prepared by passionate local chefs Moreka Jolar and Heidi Scheifley (The Cooks Cooperative and co-authors of the Hollyhock Cookbooks). Participants will meet at Ripple Rock Farm (you will receive a map). A carpool will leave from the North Island Campbell River campus if there is interest. For more information or to register visit <http://www.nic.bc.ca/continuingeducation/> or call Julia Peters at 250-923-9724.

"There is nothing more consequential today than our relationship with food: decisions made about how and where we grow it and what we eat are paramount," shares Jolar.

"There's more to growing food than most people assume, there's an art to every aspect of it that factors into the quality of nutrition (and quantity!) you gain from the fruit. Because each cut has the potential to change the growth of the tree, no branch should be removed without a reason," adds Kira DeSorcy, *Lettuce Grow* Lead Instructor.

There is a lot of fruit that could be harvested in Campbell River, and many varieties that could be planted. Did you know, you can even grow peach trees here if pruned correctly? "We have a lot of fruit trees in Campbell River that need some TLC. There's so much potential here!" says Chelsea Holley, backyard gardener and mother of Nolan Holley. Nolan had no comment, as his mouth was full of local fruit.

Like this article? What to hear more? Is there a workshop you would like us to organize? Write us your questions and requests to growlocal@campbellriver.ca

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