

DIGGING IN

NOVA SCOTIA HORTICULTURE FOR HEALTH NETWORK

Summer 2022 Volume 8 Issue 3 nshhortnetwork@gmail.com

The Nova Scotia Horticulture for Health Network is a coalition of people interested in supporting horticulture for health initiatives through resource-sharing, exchange of practices/knowledge, and networking.



Nova Scotia Food Alliances

Text & photos by Lesley Fleming, HTR

Food alliances are groups, formal and informal, playing a role in addressing food and nutrition security. In Nova Scotia, as elsewhere, they take several forms from community-led groups, policy-focused groups staffed and funded by government agencies, hybrid models with external and internal alliance participants, and some with a singular focus on food distribution or advocacy.

Key platforms for many food alliances include food box programs, community bulk buying clubs, digital communication and marketplaces connecting producer to consumer. Alliances may be one part of a greater whole – food policy councils, food banks, or community centers which may have multiple services including the distribution of food. Community commercial kitchens, community freezers, mobile food markets, pop-up markets, educational workshops, social services, and social events may also be integrated into food alliances in support of their food and nutrition security goals.

One important player in supporting Nova Scotia food alliances has been the Ecology Action Centre (EAC) and their *Our Food Project* 2011-2019. Funding from the Public Health Agency of Canada (PHAC) provided seed money and guidance to communities through EAC for establishing food alliances and other food literacy/food security initiatives. With the conclusion of that project, there appears to be a

CONTENTS

- 1 Nova Scotia Food Alliances
- 4 Exotic Herbal Vinegars
Empower Clients, Staff
and Volunteers
- 8 Staff Wellness Initiatives
and the Role of Plants
- 10 Herbal Garden Gifts
- 12 Autism Tool Kits
- 13 Resources

Photo top right: L. Fleming

decrease in activity including the number of food alliances. Some communities have morphed these into other entities, and some have incorporated activities into broader food action plans. With on-going concern, advocacy and food action within the province, food alliances, food policy alliances and food charters have emerged to play important roles in addressing food and nutrition security, food distribution and community health. The following were identified as food alliances in Nova Scotia:



Dartmouth North Community Food Centre expands “entry points for families with young children, providing a community gathering spot while expanding food access” (2022). Members grow, cook, share and advocate for good food through food distribution initiatives, community kitchens and gardens. It is a partner with Dalhousie Global Health Office, and its [Local Global Health](#) elective course for medical students providing real life experience intended to offer an understanding of health issues and social services of socially marginalized groups within their local community.

Eat Local Cumberland Alliance based in Amherst, NS, is a member based organization that promotes food changes in Cumberland County working towards a “more accessible, sustainable & healthy local food system through food-related action, education and events” (2018). It’s listing of food-related businesses and non-profits functions as an [incubator, directory, and community partner](#) with Amherst Food Assistance Network.

Island Food Network in Cape Breton has co-created a shared food vision for Cape Breton-Unama’ki, embodied in its report focused on food policy and uniting the community. One initiative is [the Cape Breton Food Hub](#) providing infrastructure and distribution linking more than 50 food producers to local households and restaurants across the island. On-line marketplace, accessible pick-up locations, along with educational and social activities work towards building community resilience. The producers represent a wide range of horticultural products, many from small producers: Blue Heron Farm offers cayenne peppers, garlic, frozen cranberries; Blue Pearl Farms grows certified organic wild blueberries; family business Eyking Farms grows carrots, cabbage, rutabaga; and Front Porch farm in Margaree Valley’s flood plain grows sustainable, permaculture designed vegetables.

Kings County Municipal Government’s financial assistance has been provided to elementary, middle and high schools in an effort to boost healthy food programs. Not exactly a food alliance, it represents [food action with a collective effort](#).

The Halifax Food Policy Alliance seeks to build a healthy, just and sustainable food system in the region. Partnering with Halifax Regional Municipality (HRM) in 2019, the development of [JustFOOD](#) action plan has been co-lead by the two organizations. Examples of real action impacting people: in the fall of 2021 500 Civic Dinner Kits were distributed through community partners across HRM; the

JustFOOD website was launched to connect and inform the community; and the JustFOOD Action Survey sought to gather data to guide its food policy. The Halifax Food Policy Alliance works with partner organizations and individuals in collective and collaborative ways, focused on creating a [food charter](#), policy briefs, and food assessments.

Nourish Your Roots, (NYR) is a farm-to-school fundraising program co-created by [Nourish Nova Scotia](#) alongside community collaborators. The purpose of NYR is to connect farms with schools to sell boxes of fresh produce as a fundraiser for the schools' own healthy eating programs. NYR was intentionally designed to help sustain school-wide healthy food programs and initiatives while supporting the local farm and agricultural economy in Nova Scotia. This unique food alliance hybrid model includes food literacy/advocacy and food distribution.

Many strategies are working to strengthen food systems, one of which is the food alliance model. Other mechanisms - [food policy groups](#) (FPG) emerging as effective entities able to implement policy at all levels of government. And the [Atlantic Canadian Food Systems](#), a collaborative entity of networks, producers, industry associations, indigenous communities, and advocates promoting a 'vision for a recovery that enables food systems', [using 10 key elements](#) to address the very broad range of food policy.

Ecology Action Centre. (2020). Accessing local food in Nova Scotia.

<https://ecologyaction.ca/nsfooddelivery...go>

MacRae, R. & Donahue, K. (2013). *Municipal Food Policy Entrepreneurs: A preliminary analysis of how Canadian cities and regional districts are involved in food system change*. https://capi-icpa.ca/wp-content/uploads/2013/06/Municipal_Food_Policy_Entrepreneurs_Final_Report.pdf

Rhodes, E. (2022). Breaking down silos to end hunger. *Foodtank*. <https://foodtank.com/news/2022/03/breaking-down-silos-to-end-hunger/>

The Alliance to End Hunger. (2022). Our work. <https://alliancetoendhunger.org/>

Yarmouth Food Supports. (2020). Need help filling your belly or cupboards? Yarmouth Food Supports. *Nova Scotia Health Authority*.

<https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/2035.pdf>

Lesley Fleming, HTR co-authored "Nova Scotia Horticulture for Health Activity", published in the *Journal of Therapeutic Horticulture* (2020), which included food action and food alliances in NS. Input for this article was provided by More Vail, Community Food Coordinator at Ecology Action Centre and Margo Riebe-Butt, RD, Executive Director Nourish Nova Scotia.

Nova Scotia Farmers' Markets

Nova Scotia has the most farmers' markets per capita in Canada! ([Farmers' Markets Nova Scotia](#), 2019). Twenty-seven farmers' markets have blossomed across the province, with many communities proud of these important food entities including: [Lunenburg](#), Bridgewater, Truro, New Glasgow, [Antigonish](#), Halifax Seaport Market, Halifax Brewery Farmers' Market, Alderney Landing in Dartmouth, Pugwash, Wolfville, [Annapolis Royal Winter Farmers' Market](#), Yarmouth, Tatamagouche, Spryfield, & Ross Ferry.

Nova Scotia farmers' markets support [Nourishing Communities Food Coupon Program](#), partnering with local social organizations to identify households experiencing food insecurity. Program participants are given anonymous alternative currency – food bucks – that can be redeemed at any vendor stall at the farmers' market.



Exotic Herbal Vinegars Empower Clients, Staff and Volunteers

Text by Mitchell Hewson, HTM

Photos by L. Hunter, L. Flanagan, & MattsFlicks/Flickr

Original publication in 2018; reprint permission granted from author.

An important part of horticultural therapy programming is to provide a variety of creative, culinary and motivational skills to empower, educate and stimulate your clients, staff and volunteers.

I always enjoyed working with creative arts, especially herbaceous material. I adapted this project (Mediterranean herbal vinegars) for a variety of populations and found it to be highly successful. Growing, harvesting and making the vinegars are part of the initial project, while organizing, labelling and designing the bottles complete the process.

All parts of this creative project can be broken down to meet the physical, emotional and psychological functioning levels of your clients. This project is also a great way to use nature as a living lab to assess and enrich your client's quality of life.

Purpose: To make exotic herbal vinegars for culinary use.

Population: This project is suited for most - it stimulates all the senses, especially the sense of smell (olfactory). This activity arouses and motivates both sides of the brain helping to maintain and reboot memory (neuroplasticity). We can increase our brain's neuroplasticity by simply staying engaged in new activities and learning new skills.

Background: Working with fresh herbs and vinegars is a great way to stimulate the senses providing a four-part purpose: growing and cultivating the herbs, collecting materials, making the vinegar and designing the finished product. Herbal vinegars were used in the 19th century for medicinal purposes, such as tonics and digestive aids, and to complement special food dishes. The aroma of fresh herbs

stimulates our memory response and provides clients with a plethora of wonderful tastes and smell sensations. Herbs are the gateway to the brain.

This project can be done any time or as soon as your herbs emerge from the ground. Materials: Herbs: sage, mint, basil, chives, marjoram, thyme, tarragon, garlic, oregano, parsley, lavender, lemon balm, dill.

Vinegars: Red wine, cider, white wine.

Spices: Caraway seed, cloves, peppercorns.

Fruit: Lemons or limes.

Containers: Clear glass juice bottles, vinegar bottles with caps (dollar store), ice wine bottles from wine-making stores.

Equipment: Small funnels, #7 corks to fit ice wine bottles (available at most wine making stores), a knife or pair of scissors, rubber or surgical gloves (non- allergenic).



For safety reasons, do not boil the vinegar as is usually done in conventional recipes. Use room temperature vinegar similar to making sun tea, allowing the sun to provide the heat and give flavour to the vinegar.

Recipes

Mint (spearmint, peppermint, citrus, and chocolate) in white vinegar: This combination is used for a fresh fruit salad or as a complement for roast lamb.

Sage and red wine vinegar: This combination is used as a marinade for pork chops, roast pork and as a spicy dressing for rice salad.

Lavender and white wine vinegar: This combination is used to flavour stewed fruit and can replace liqueur in some desserts.

Chive and caraway in white vinegar: This blend is great for tangy coleslaw.

Basil, marjoram, thyme, tarragon in red wine vinegar: This four-herb vinegar is an excellent dressing for fresh green salads.

Dill, lemon, garlic, parsley and white wine vinegar: Ideal mixture for any fish dish.

Mint and white vinegar: Use as a dressing for new potatoes.

Basil, garlic, chives in cider vinegar: Can be used as vinaigrette for freshly sliced garden tomatoes. Top with black pepper and feta cheese.

Procedure

Step 1: Always collect the herbs in the morning. Make sure they are free of insects and any discoloration in the leaves. Cut stems approximately 3 to 4 inches (7.5 cm to 10 cm) long. (Bottle size will determine the dimension of your herbs).

Rinse herbs in cold water and dry in a clean towel, or spin dry in a salad spinner.

Step 2: Bottles should be sterilized and all labels removed. To sterilize containers, either put through a dishwasher or pour boiling water into the glass and rinse. This activity should be done by staff or those individuals who can safely handle working with boiling water.



Step 3: When using corks, soak in warm water for 1 hour to absorb moisture.

Step 4: Begin class preparation by asking the clients which recipe they would like to use. (See recipes)

Step 5: Clients should wear rubber or surgical gloves when working with fresh herbs.

Step 6: Insert fresh herb into bottle, use a wooden skewer to push the herb down if it gets lodged into the top of bottle. After herbs have been inserted into the bottles, use a funnel to fill the bottle with vinegar. This task can be done in pairs, with one person holding the bottle and funnel, while the other pours vinegar into the bottle. Fill the container to within 1 inch (2.5 cm) of the top of the bottle, seal with cork or cap, and make sure the liquid does not touch the bottom of the cork.


Step 7: Tie a small card listing the ingredients around the neck of the bottle (cards are a great activity that can be done ahead). Decorate with ribbon, flowers etc.

Step 8: The finished product can be placed in a sunny window for one month, to help the herbs blend into the vinegar. However, vinegars with chive heads or basil should not be put into the sun, or the rich colours of the herbs will not stay in the vinegar.

Step 9: If using a cork to seal the bottle (before you add the card and decorations), you may embellish the top of the bottle by dipping it into melted wax for a professional look. For colour, add a nontoxic wax crayon to the melted wax. Finished products are great bazaar items that can be decorated for any special event or season. Ideal for weddings and showers. The beautiful colour of the herbal vinegars makes a great window display and they are ideal for gift baskets. There are no additives or preservatives in these recipes and they will last up to one year. For use in salads, mix equal parts of herbal vinegar with oil, and add honey or sugar to taste.

Therapeutic Benefits of Working with Creative Arts in Horticultural Therapy

- Engaging, working and designing with a variety of culinary and creative arts stimulates the client's memory bank and past work skills.
- Connecting with the natural environment gets one in touch with flora (herbs and plant materials).
- Providing an opportunity for client to work with scented material stimulates and awakens the senses.
- Allows clients to express emotion as well as providing a safe activity for grounding to occur.
- Offers a non-threatening activity to promote relaxation and sets the tone for an inviting atmosphere where socializing is encouraged.
- Uses right brain skills, such as imagination, symbols, feelings and appreciation, in conjunction with left brain skills that include logic, order/patterns and attention to detail.

<p>LEFT BRAIN FUNCTIONS</p> <ul style="list-style-type: none">-uses logic-detail-oriented-facts rule-words and language-present and past-math and science-can comprehend-knowing-acknowledges-order/pattern perception-knows object name-reality-based-forms strategies-practical-safe		<p>RIGHT BRAIN FUNCTIONS</p> <ul style="list-style-type: none">-uses feeling-"big picture" oriented-imagination rules-symbols and images-present and future-philosophy & religion-can "get it" (i.e. meaning)-believes-appreciates-spatial perception-knows object function-fantasy-based-presents possibilities-impetuous & risk taking
---	--	--

Mitchell Hewson was the first Registered Horticultural Therapist to practice in Canada. He has served a pioneering role in the development of this important therapeutic modality, with a focus on psychiatric care. He has focused on specialized populations including those who suffer from: post-traumatic stress disorder, dementia, addictions and others.

"Mitchell has been at the forefront of the horticultural therapy profession for forty years. Influencing the thinking and practice of horticultural therapy as it has developed in the U.S. and Canada, he has contributed to the professional practice in many other countries including Japan, Taiwan, China, Russia, Singapore, France, Belgium etc. His writing, his programs and his willingness to train others sets him apart. It is his effectiveness as a therapist that is the foundation for all of his professional work and it is his compassion with clients who have mental health issues that is often mentioned by his peers with admiration and inspiration." Presently Mitchell provides the only Horticultural Therapy on line study on mental health issues in Canada (horticultererastherapy@gmail.com)

Staff Wellness Initiatives and the Role of Plants

Text by Mary Partridge, HTR

Photos by RK MacDonald Nursing Home

Original publication in *CHTA Fall 2021 Newsletter*; reprint permission granted by author.

The horticulture program at the RK MacDonald Nursing Home in Antigonish has been formally active since 2013. Located in rural Nova Scotia, the RK has recognized the importance of the outdoor environment – evidenced by the abundance of natural lighting and views of nature in all the rooms, the well-maintained gardens surrounding the building and support of administration in properly maintaining these green spaces. The horticulture program operates under the umbrella of the Recreation, Spiritual, and Volunteers Services Department.

Recreation staff have embraced the incorporation of nature-based activities into regular programming and have made available a number of staff wellness initiatives. Early projects include workshops for staff on a variety of topics including: growing winter greens (microgreens, pea shoots) under lights, raised bed gardening, growing and harvesting herbs, and herbal teas. Another fun project has been green centerpieces for Easter. Oatgrass grown in small dishes and decorated with a little whimsy provided “hope for spring” and a lovely treat to take home at the end of their shift.

A fundraiser since 2013 has been the ‘RK Plant Sale’. This annual project serves a dual purpose 1. fundraiser for garden supplies; 2. preparing for the summer season of the RK vegetable gardens. We grow more plants than needed for the resident’s raised beds, providing hands-on opportunity for more residents to be involved in the seeding and care of vegetable and herb transplants.

Pandemic times precipitated a shift in this spring tradition. As one component of a series of staff wellness initiatives, the ‘RK Plant Sale’ became ‘Plant Giveaways’ taking place at end-of-shift during the month of June in 2021. Residents were pleased to participate in these much-anticipated ‘feel good’ events. Recreation staff assisted in nurturing the hundreds of seedlings. Others pitched in when needed including our new front lobby screening staff.

In addition to ‘the Plant Giveaways’, The Butterflyway Project, a movement creating habitat for bees and butterflies in communities throughout Canada took place in 2021. The RK collaborated with St. Francis Xavier University Service Learning, Town of Antigonish, the local garden club and other community organizations to make Antigonish a monarch-friendly community. The Recreation Department grew milkweed seedlings for monarch butterflies to give to interested staff. Staff were



Nova Scotia Horticulture for Health Network

NSHHortNetwork@gmail.com

also given packets of seeds for growing a Butterfly Garden. Future plans include collecting seed from milkweed growing in the RK's Canadian Wildlife Federation certified garden.

The RK is a 136-bed nursing home so it is no small effort to grow all these plants. This highlights the value residents and others place on the important work done here every day, a message made even clearer during these long months of pandemic. The Recreation staff are learning so much about incorporating nature-based activities into therapeutic recreation programs and the value to everyone in maintaining that important connection. These opportunities have encouraged other staff to garden, to plant, to grow and to harvest. There is much satisfaction in that process and is so beneficial for everyone's well-being. It is all worth the effort - coming together to bring a bit of nature into our lives, supporting the burgeoning enthusiasm in gardening, and the satisfaction felt when sharing with others.

Mary Partridge, HTR, Dip. Horticulture works in the Recreation Dept. of the R.K. MacDonald Nursing Home in Antigonish, NS coordinating the Horticulture Programs & Volunteer Services. First trained as a horticulturist with extensive experience in landscapes and landscape design, followed by 15 years working in healthcare with a Certificate in Human Services, she is now a registered horticultural therapist, combining her two areas of expertise.



Herbal Garden Gifts

Text & photos by Lesley Fleming, HTR, Antonia Phillips & Susan Morgan, MS, eat|breathe|garden

How can we use all of the great herbs we grow in our gardens? Think herbal gifts. Whether you are a home gardener or a plant program leader, there are many great ideas to share the bounty with others.



Bath bombs, bath salts & bath tea bags

Lavender combined with Epsom salt or oatmeal, & lavender essential oil are the key ingredients for several types of bath gifts. Pretty packaging makes the gift even more special.

Catnip mice sewn from scraps of fabric, filled with fiberfill and dried catnip will delight pet & pet-lover alike.

Fork & cork plant markers make a sublime keepsake to use in next season's garden, for now, accompanying the perishable gift of herbs.



Herbal salts using fresh finely chopped & washed herbs should be stored refrigerated in airtight jars. Best ratio: 3 cups herb to ½ cup salt. Basil, sage, chives, cilantro, or combinations like rosemary, orange & thyme work well. [Shelf-stable herb salt](#), dehydrated in oven until herbs are completely dry are another option. Be aware that moisture will wreck this herbal salt.



Herbal edibles – [compound butters](#), [lemon verbena fizz with simple syrup](#), & [pineapple sage salsa](#) are just a few gift ideas. Make the sweet and savory salsa and put into a mason jar. Embellish jar with label and ribbon. Or, make lemon verbena simple syrup and put into a mason jar. Embellish jar with label and ribbon. Gift with a bottle of Pellegrino. Or, make herbal compound butter. Wrap butter in parchment paper and embellish with twine or ribbon. Add label.



Homemade seasoning packet

Prepare bouquet garni with fresh or dried herbs to flavor soup, stews or stock. Wrap herbs in cheesecloth and secure with kitchen twine. Or, bundle the fresh herbs in a pretty arrangement, keeping it fresh in a small vase or cup of water until cooking time. Organic herbs can be dried on hanging racks, screens, or dehydrator until leaves are crunchy to the touch & ready to be stored in mason jars or tins. Edible herbs – rosemary, chamomile, mint, lemongrass, stevia, oregano, & thyme.

Nova Scotia Horticulture for Health Network

NSHHortNetwork@gmail.com



Jewelry made with dried herbs can convey secret messages in the language of flowers. Purchase a locket & insert colorful or sentimental herbs: oregano means joy, yarrow the herbe au charpentier - a remedy for pain, coriander has aphrodisiac qualities, & bay leaves dispel contagions (Scoble & Field, 2001).

Lavender wands, a traditional French handicraft known as ‘fuseaux de lavande’ can be simple or elaborate, made from 10 or more stems. Dry buds & remove leaves from stems. Tie a long ribbon at the base, then fold stems [like a birdcage](#) around flowers. Weave the ribbon in and out of stems, and make a handle. Lavender buds are great for sachets which can be embellished by hand painting or stamping the fabric bag. Tie with ribbon and sprigs of fresh flowers/herbs, a hint of the herb inside.



Pizzelles – dill & lemon or parmesan chive flavor crispy wafer cookies with a zing. [Pizzelle irons](#) (like waffle irons) are available at cookery stores or on-line. Great savory delights for afternoon tea.

Potted herbs in glass containers including soil, roots & shoots are a unique way to bring nature indoors. Long-lasting, but without drainage holes, be judicious with watering.



Yoga mat spray made of thyme or other fragrant herbs are extremely popular. Muddle herbs and add to [spritz bottle](#) with distilled water, tea tree, sweet orange or lavender essential oil, along with witch hazel extract. Shake before spraying.

To make your gifts extra special, package them with flair. Find creative label templates on-line, gift herbs in a colander wrapped in cellophane & tied with twine, use purchased clear plastic Christmas ornament balls loaded with dried herbs, and be inspired by Pinterest ideas full of color & charisma.

Almanac. (2022). Flower meanings: The language of flowers. *Almanac.com*. <https://www.almanac.com/flower-meanings-language-flowers>

Riccio, P. (2022). Breeding better herbs. *The American Gardener* 101(2): 30-35.

Scoble, G. & Field, A. (2001). *The Meaning of Herbs: Myth, Language & Lore*. Chronicle Books.

Lesley Fleming, HTR loves rosemary and uses it for many people-plant activities. Antonia Phillips creates silver items like plant markers, complimentary to any plant gift. Susan Morgan, MS facilitates therapeutic horticulture activities using herbs through eat|breathe|garden.com.

Autism Tool Kits

By Lesley Fleming, HTR

Photo by K. Li.Unsplash



Autism or autism spectrum disorder (ASD), refers to a range of conditions characterized by challenges with repetitive behavior, social skills, verbal and non-verbal communication and how the brain processes environmental information (Autismspeaks, n.d.).

Research has determined that there are subtypes influenced by genetic and environmental factors. “Each person with autism has a distinct set of strengths and challenges...[impacting how they] learn, think and problem-solve”. “In 2013, the American Psychiatric Association merged four distinct autism diagnoses into one umbrella diagnosis of autism spectrum disorder (ASD). They included autistic disorder, childhood disintegrative disorder, pervasive developmental disorder-not otherwise specified (PDD-NOS) and Asperger syndrome”.

Developments in the field have found that tools can be important in living with, and supporting individuals, their families, teachers and friends. [Autism Speaks](#), a well-known authority, has a [100 Day Kit for Young Children](#) and a separate booklet for school age children to help families understand autism after the initial diagnosis. The Halifax (Nova Scotia) Library system in collaboration with [Autism Nova Scotia](#) have created several [autism tool kits](#) that can be borrowed and explored, complimenting a free downloadable resource ‘[What is Autism](#)’.

Tool kits address a broad range of areas from dental visits, school community interactions, safety and employment. Tool kits typically fall into one of the main categories – sensory tools, communication tools, visual tools, and fidget tools.

Communication Tools include verbal and non-verbal items recognizing that communication is done through verbal interactions, hand gestures, facial expressions, pictures and written notes. Sample tools include instruction binder with communication cards, reusable dry erase boards, American Sign Language flash cards, and picture exchange system (PECS) with communication cards.

Sensory Tools are used for self-regulation, particularly helpful in situations where noise or environments can be overwhelming. Tools addressing this challenge include: ghost suit (zip inside to exclude and minimize sounds, sights and distractions); weighted lap pad; noise cancelling headphones; mini etch a sketch; Exersit air cushion; harmony rollers; sensory bubble and spiral tubes.

Visual Tools assist with tasks related to language processing, following instructions and accomplishing tasks. Tools include: checklists, sand timers, dry erase boards, Choices sample (used when faced with too many choices or to prompt an individual to start something), ‘working for’ sample for tracking and rewarding good behavior and work, and dual power times to show time counting up or down.

Fidget Tools which can help focus attention and ground or calm, are a wide assortment of gadgets. Gum balls, Japanese stick, 3D art pin pad, zipper bandz, DNA sensory ball, and atomic stress ball are a few of the tools available in autism tool kits.

Resources Summer 2022



School gardens continue to grow in popularity. [Whole Kids Foundation](#) identifies organizations that offer valuable resources:

[USDA Agriculture in the Classroom](#): An extensive database of lesson plans under Teacher Center: aquaponics, high-tech framing & more.

[Center for Ecoliteracy](#): Resources directed to school garden; topics include food and climate change interactive guide, enrichment activities grades k-5, and school meals for all.

[Center for Agroecology and Sustainable Food Systems](#): Resources teaching Organic Farming & Gardening.

[School Garden Support Organization Network](#): SGSO creates peer-to-peer learning opportunities through webinars, in-person gatherings, and an online forum.

Publisher & Editor in Chief Lesley Fleming, HTR
Contributors

More Vail, Mitchell Hewson, Mary Partridge, Susan Morgan, eat|breathe|garden,
Antonia Phillips, Margo Riebe-Butt, K. Li,
L. Hunter, L. Flanagan, MattsFlicks/Flickr, RK MacDonald Nursing Home, P. Lovmr.Unsplash

Nova Scotia Horticulture for Health Network

To receive current or back issues of *Digging In* contact NSHHortNetwork@gmail.com



[NS Horticulture for Health Network](#)

Fall 2022 Issue of *Digging In*:
The Social Side of Gardening, Incredible Edible Plant Facts

Products, services, references, and medical research contained herein are intended for informational purposes only and do not imply endorsement or practice by FLH4HN. Website URLs may be changed without notice. Original and creative material is considered the intellectual property of FLH4HN. We respectively request credit for reprinted articles.