

# DIGGING IN

NOVA SCOTIA HORTICULTURE FOR HEALTH NETWORK

Fall 2025 Volume 11 Issue 4 [nshhortnetwork@gmail.com](mailto: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 Pollinator Pathway Established

Text by Annie Ferguson with Lesley Fleming, HTR

Photos by A. Ferguson

What began as a simple pollinator designation for the trail systems in Pictou County Nova Scotia has blossomed into a vision of combined pollinator habitats and food guild gardens—self-sustaining ecosystems that will thrive along the trail’s edge. In February 2024, Annie Ferguson became a certified [Butterflyway Ranger, a volunteer position with the David Suzuki Foundation](#), deepening her commitment to pollinator conservation. That summer, she proposed the “Pollinator Pathway” idea and the rebranding of the trails as linear parks for the Jitney Trail, a section of the [Trans Canada Trail](#) (TCT) and [Cape to Cape \(C2C\) trail system](#). Enthusiasm has grown with numerous organizations and individuals getting involved. A shared excitement motivated the project to continue, sparked by the vision and action of one individual.

The impetus for this pollinator pathway began in September 2022, from the devastation caused by post-tropical storm Fiona which left large swaths of the local forest damaged, and severely impacting the trail systems in Pictou County. Vast tracts of forest were blown down leaving piles of twisted trees and debris littering the land. Cleanup began immediately and over the next two years, large areas of downed forests were cleared. Many areas were clear cut to make the efforts more efficient. Some sections of trail were closed out of necessity and some were cleared back away from the trail. Where majestic hemlocks once stood, vacant, scarred sections of land were now exposed. The Jitney Trail system in Pictou County had a new look and out of this destruction an idea began to germinate that

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Photo top right: J. Wainscoat

would mature into a plan to introduce native plant gardens to restore native plant colonies along the Jitney Trail and to create a lasting corridor for pollinators. As the forest begins a new cycle, the native



wildflowers will hold the vulnerable soils and provide much needed food and nesting sources for pollinators. It would take a full year of clean up before energies could be focused beyond functional trail use to the introduction of the (proposed name of) Jitney Pollinator Pathway, a designation added to the Jitney Trail section of the TCT. The Jitney Trail is a multi-use trail under the management of PCTA, the umbrella group that coordinates clubs of hikers, mountain bikers, snowmobiles, ATVs, horseback riders and others using the trail system. The Jitney trail extends from the Town of Pictou to the Cumberland County boundary for 44 kms.

In late summer and fall of 2024 Annie Ferguson began collecting native wildflower seeds. Later that autumn, she presented the concept to the Pictou County Trails Association executive (PCTA). In October 2024, the

President of the PCTA and the Regional Manager of the Department of Natural Resources met with Annie to discuss the Jitney Pollinator Pathway proposal. Driving along the TCT and talking about possible site locations for the gardens, the extent of disturbance to the trail system, plant selection and the beings they supported underscored the environmental and educational opportunities that could develop out of the gardens. Shortly after the trail tour, official backing by all parties that would be involved in the project including the PCTA was formalized. The project was expanded to include food guilds to support both wildlife and people. Of note, the PCTA has since introduced new signage waiting to be implemented along their trail system and so the proposal has been extended to include educational signage that describes pollinator activity and their benefits in the natural world.

The path to establish the Pollinator Pathway involved many steps, people, Annie's vision and her own 100 Folk Farm in Scotburn, NS. Native plant lists were reviewed, seed collecting, cleaning, labeling and storing took on a more immediate pace. A field was selected and turned over to create a plot of land that would be dedicated to native plant grow outs. As fall changed to winter, many of the collected native seed species were sown using the winter sowing method where they are planted in modified, recycled containers and then set outside to experience the natural freeze thaw cycle common in the northern climate. With great success, thousands of new native plant seedlings emerged in the spring and summer.

To support the 2025 growing season, Annie initiated a fundraising project "Reflections in Bloom" offering seed packets from ten locally grown or wild-collected tea plant varieties, each accompanied by a landscape design plan, plant index, and educational materials on winter sowing, sheet mulching, and plant cultivation. The funds raised from these efforts have been used to purchase potting soil, pots, educational signage and to support the administrative fees of the project. Throughout the year, 100 Folk Farm hosted knowledge-sharing events and workshops, including co-hosting an annual

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garden party with the local [Scotsburn Community Food Forest](#), seed-saving and propagation sessions, winter sowing demonstrations, native seed bomb making, and a speaker series.

In late winter of 2024 and 2025, Annie completed the [Pollinator Steward Certification through Pollinator Partnership Canada](#), gaining a deeper understanding of the pollinator crisis. She and a fellow volunteer began visiting local schools—including Scotsburn Elementary, Tatamagouche Regional Academy, Northumberland Regional High School, and the Nova Scotia Community College Pictou Campus—to teach students the winter sowing method and the importance of planting with native species in their communities.



As part of the gaining momentum in the spring of 2025, the Scotsburn Recreation Club received a [Trail Care 2025 grant](#). On June 2, in partnership with PCTA and Northumberland Regional High School, 42 students, staff, and volunteers installed new pollinator and food guild gardens along the [Jitney Trail in Scotsburn](#). To date, six gardens have been started along the 44 km county section of the TCT, with three completed in Scotsburn. The vision is to plant gardens at each major trail intersection, signage kiosks and rest stops with additional habitat plantings in between.

In early May 2025, Annie and PCTA President Clifford MacDonald began siting the gardens, focusing on keystone species such as goldenrods, asters, helianthus, and willows that support food guilds.

100 Folk Farm is currently growing 80+ native plant species, mainly grown from 2024 winter-sowing. A Dybvig seed cleaner was acquired to process the often-tiny native seeds more efficiently and a RTV and trailer to support garden installation and maintenance along the 44km expanse of trail were obtained. As summer turns to fall, a new cycle of seed collection and educational programming has begun while also sharing the project vision at regional meetings, including a June 24, 2025 session with Trans Canada Trail executives. The long-term goal is to see this initiative spread beyond Pictou County—linking communities from coast to coast with a continuous pollinator pathway and linear park.





## A Volunteer's Vision

Annie Ferguson, Master Gardener and dedicated Pollinator Steward, with extensive experience in landscape, urban design & planning, the use of natural materials throughout their entire life cycle as well as subsistence living, education and horticulture was on a mission for establishing the Pollinator Pathway. References to her life experiences included living in communities where foraging food, food insecurity and ever deepening relationship with the plant world provided nutrition and health benefits. Growing healthy, regionalized plants often nets a yield of seeds that are intentionally encouraged through natural and healthy planting practices. “We can harvest and dry these seeds and perpetuate the abundance by sharing them out in community. This is one of the ways that we increase growth, biodiversity, and food security in Northern Nova Scotia”. With her partner Gord and his background in holistic management, complex industrial construction projects, low carbon building and permaculture, they worked diligently to establish the eco-habitat.

Their 100 Folk Farm, where some of the Pollinator Pathway work occurs, has been developed with permaculture-informed practices with the prime directive being “the only ethical decision is to take responsibility for our own existence and that of our children”. This is achieved through the Principle of Cooperation, “Cooperation, not competition, is the very basis of life systems and of future survival. We strive to create holistic habitats guided by the scale of permanence to preserve and extend natural systems thereby developing community self-reliance”.

The decision to act unilaterally and simply start creating beauty did not go unnoticed with the Pictou County Trail Association and Scotsburn Recreation Club, both local nonprofits providing some funding assistance for the Pollinator Pathway. The 100 Folk Farm has invested thousands of hours and their own funds in developing the plantings at scale. Thousands of plants, bushes and trees are ready to install in a fall planting program which best suits the selected perennials.



3rd in the 5-Part Series

## **Practitioner Tool: Therapeutic Horticulture Goals with THAD Activity Examples: Psychological/Emotional Domain**

Text by Lesley Fleming, HTR

Photos by SolStrock, Y. Miyake, Everyday Gardener & Gardenia.net

Original Publication: Fleming, L. (2025). Practitioner Tool: Therapeutic Horticulture Goals with THAD Activity Examples: Psychological/Emotional Domain. *Cultivate*, 5(3).

The psychological/emotional health domain is very broad encompassing behavioral, emotional, psychological and mental health elements. Health professionals define psychological health involving managing difficult situations, rational thinking and decision-making. Emotional health is the ability to manage moods, feelings and responses. Mental health can have both psychological and emotional aspects. Behavioral health involves actions that affect wellbeing, considered distinct from psychological inputs (The Phoenix Center, 2023; Dressler, n.d.; Gillette, 2023). Some health challenges, like stress and self-regulation dysfunction, have both mental and behavioral responses.

“Therapeutic goals are an essential component of therapeutic horticulture practice. In this third article in the 5-part series, therapeutic goals are identified by the psychological/emotional health domain, intended to be used as an index for identifying possible goals. Subsequent articles will cover other health domains –sensory and social, along with relevant therapeutic goals (Fleming, 2025). Previously published articles have covered [cognitive](#) and [physical](#) health domains. In each article and domain, examples from THAD ([Therapeutic Horticulture Activities Database](#)) have been selected to demonstrate applications for use in therapeutic horticulture interventions.

Setting therapeutic goals is based on client assessment and need, working toward specific outcomes, which can be measured informally or clinically charted. Achieving desired health outcomes requires intention, therapeutic techniques and client engagement.

Therapeutic goals can fall into more than one health domain. The THAD examples identify multiple therapeutic goals in each of the five domains for each activity, though typically only one or two would be emphasized in a given session.

A *Journal of Therapeutic Horticulture* article, [Therapeutic Horticulture and Its Therapeutic Goals: Expanding the Scope and Practice Through the Therapeutic Horticulture Activities Database and Its Use of Health Domain-Specific Goals](#) organizes TH goals also using health domains, referring to functional and goal areas, not specific therapeutic goals.

This series—[Practitioner Tool](#)—identifies specific therapeutic goals intended to expand practitioner knowledge and applications, this article focused on psychological/emotional health” (Fleming, 2024).

## Psychological/Emotional Health Domain: Therapeutic Goals + THAD Activity Examples

Goal Areas	Therapeutic Goal	THAD Examples
Self-Regulation	Practice self-regulation, recognizing & responding appropriately to physiological responses including impulsive behavior, addictions, hypervigilance	<a href="#">Gardening, Melatonin &amp; Sleep</a> (Fleming, 2023) <a href="#">Button Wreath Cards, Altruism &amp; Narcissism</a> (Fleming & Ellis, 2025)
	Create healthy boundaries in social settings, relationships	<a href="#">Plant Spacing &amp; Boundaries</a> (Poláčková, 2024)
	Delay gratification; develop sense of joy, pleasure	<a href="#">Forcing Blooms in Winter</a> (Fleming, 2023)
	Improve nutrition	<a href="#">No Bake Healthy Date Cookies</a> (Fleming, 2024)
	Modulate behavior, thoughts, emotions	<a href="#">Stone Angels, Guardian Angels &amp; Behavior</a> (Fleming & Ellis, 2024)
	Manage trust & anger	<a href="#">Bent Out of Shape</a> (Fleming, 2025)
	Develop coping skills for pain management; healthy ways to distract from pain	<a href="#">Checking Seed Germination Rates</a> (Relf & Morgan, 2023)
	Self-initiate tasks	<a href="#">Planting a Tea Pot Garden</a> (Kennedy, 2024)

Goal Areas	Therapeutic Goal	THAD Examples
Personal Growth	Explore sense of renewal & personal growth	<a href="#">Ready, Set Grow the Hydroponics Way</a> (Bethel, 2024)
	Practice empathy, patience	<a href="#">Planting with Patience &amp; Daffodil Bulbs</a> (Farmer, 2025)
	Build self-esteem, sense of self, empowerment	<a href="#">Flower Punk</a> (Rumpf & Griffin, 2024)
	Expand personal creativity	<a href="#">Living Art with Moss</a> (Fleming, 2024)
	Discuss and demonstrate gratitude	<a href="#">Gifts of Gratitude - Bereaved</a> (Guise & Fleming, 2025)
	Discuss resiliency, identify mechanisms for adapting to situations	<a href="#">Harvesting Herbs Grown for Leaves</a> (Relf, Fleming & Predney, 2023)
	Learn strategies for PTSD, challenges of anxiety, insomnia, grief	<a href="#">Adopting a Room Plant: Growing a Sense of Place in Residential Treatment</a> (Brown, 2025)
Coping Strategies	Discuss trauma, triggers, coping strategies & practice accepting support (trauma-informed care)	<a href="#">Sowing Seeds in Winter</a> (Poláčková & Fleming, 2023)
	Develop strategies for feeling sense of safety	<a href="#">Expanding a Sense of Safety- Trauma &amp; Trafficking Survivors</a> (Fleming, Kelejian & Poláčková, 2024)
	Identify safe outlets for expressing fear	<a href="#">Pruning Your Fears</a> (Tashjian & Murphy, 2023)
	Develop strategies for coping with fatigue where psychological and physical elements are present	<a href="#">I'm Tired: Plants &amp; People</a> (Fleming & O'Connor, 2023)
	Normalize feelings of inadequacy	<a href="#">Moss Frame</a> (Sterling, 2023)

Goal Areas	Therapeutic Goal	THAD Examples
Social Emotional Learning	Promote positive social emotional learning & behaviors	<a href="#">Waiting for Water Chant</a> (Grimes, 2024)
	Develop strategies for coping with frustration	<a href="#">Building &amp; Planting a Pallet Garden</a> (Carroll, 2023)
Mood	Enhance mood	<a href="#">Pressed Flower Keychains</a> (Miyake, Kawamura & Fleming, 2024)
	Develop strategies for mood disruptions including dealing with adversity & unpredictability of life	<a href="#">Salty Moods &amp; Salty Plants</a> (Fleming, 2025) <a href="#">Multiple Relocations' Sense of Place-Military</a> (Fleming, 2025)
	Calm an anxious brain	<a href="#">Meditation with Essential Oils</a> (Relf & Fleming, 2024)
	Reduce negative, self-defeating or suicidal thoughts	<a href="#">Positive Energy Sun Satchel</a> (Brown, 2023)
Grief	Cope with grief, redirect to positive aspects; cope with (slow) passage of time	<a href="#">Harvesting for Communal Meal</a> (Stanko, 2024)
Behavioral Strategies	Practice relaxation skills	<a href="#">Growing Mindful Awareness in TH Activities</a> (Fleming & Creus, 2024)
	Improve quality of life	<a href="#">Cut flower Arrangement in a Meaningful Container</a> (Fleming & OConnor, 2023)
	Use personal agency exploring the right to live at risk & what this means	<a href="#">Tending Garden Beds - Dementia</a> (House & Fleming, 2023)
	Plan & practice healthy lifestyle choices (nutrition, access to outdoors, physical exercise)	<a href="#">Love &amp; Heart-Shaped Leaves</a> (Fleming & Hildinger, 2025)

The scope and variety of therapeutic goals in the psychological/emotional health domain are extensive. Mental health challenges related to COVID, suicide rates, child anxiety, human trafficking, unhealthy relationships and ecophobia continue to rise, with need for health services addressing these. Long standing TH interventions have worked with, and continue to work with populations experiencing addictions, psychosis, PTSD, depression, eating disorders, pain, and social anxiety with health challenges from these presenting as psychological, emotional and behavioral issues. “There has been expanding interest and applications of TH and HT for self-regulation dysfunction, across populations—children, veterans, incarcerated—which have psychological, emotional and physiological implications” (Fleming et al., 2025; Fleming et al., 2023; Poláčková et al., 2023).

This listing of goals is not definitive, but is intended to broaden practitioner understanding and application of therapeutic goals for therapeutic horticulture delivered to multiple populations.

Dressler, J. (n.d.). The difference between mental and emotional health: What your organization can do to support both. *Web MD Health Services*.

Fleming, L. (2025a). [Practitioner tool: Therapeutic horticulture goals with THAD activity examples: Cognitive domain](#). *Cultivate*, 5(1).

Fleming, L. (2025). [Practitioner tool: Therapeutic horticulture goals with THAD activity examples: Physical domain](#). *Cultivate*, 5(2).

Fleming, L., Bethel, M., & Roberts, T. (2023). Self-regulation, its neuroscience foundations and horticultural therapy: Growing the connections. *Journal of Therapeutic Horticulture*, 33(1), 19-39.

Fleming, L., Diehl, L., Grimes, K. (2024). Therapeutic horticulture and its therapeutic goals: Expanding the scope and practice through the therapeutic horticulture activities database and its use of health domain-specific goals. *Journal of Therapeutic Horticulture* 34(1).

Gillette, H. (2023). What's the difference between mental health and behavioral health? *Healthline.com*.

Poláčková, Z., Fleming, L., Brown, J., & Kelijian, H. (2023). Horticultural therapy health interventions with female survivors of human trafficking: Program models. *Journal of Therapeutic Horticulture*, 33(1).

The Phoenix Recovery Center. (2023). Mental health vs psychological health.

*Lesley Fleming, HTR has delivered therapeutic horticulture to a variety of populations using specific therapeutic goals. She has led the THAD advisory team in developing the on-line database of therapeutic horticulture activities and their correlated therapeutic goals across health domains. Leah Diehl, RLA, HTM and Katie Grimes, HTR, MAT contributed to this article.*





## Organizations to Know

Compiled by Lesley Fleming, HTR

[Florida Horticulture for Health Network website](https://www.flhhn.com/) <https://www.flhhn.com/>

[FLHHN Resource Hub](https://www.flhhn.com/resource-hub.html) <https://www.flhhn.com/resource-hub.html>

FLHHN monthly eblast Chive Talking (need to subscribe to FLHHN)

[FLHHN Webinars](https://www.flhhn.com/recorded-webinars.html) (upcoming & recorded; some co-hosted with NSHHN)  
<https://www.flhhn.com/recorded-webinars.html>

[Nourish Nova Scotia](https://nourishns.ca/) <https://nourishns.ca/>

[Ecology Action Center](https://ecologyaction.ca/) (planting workshops) <https://ecologyaction.ca/>

[The Deanery Project](https://thedeaneryproject.com/) <https://thedeaneryproject.com/>

[Canadian Horticultural Therapy Association](https://chta.ca/) <https://chta.ca/>

[CHTA Evidence-based research – Indigenous Plant Knowledge Resource List](https://chta.ca/evidence-based-research/)  
<https://chta.ca/evidence-based-research/>

[THAD \(Therapeutic Horticulture Activities Database\)](https://hort.ifas.ufl.edu/therapeutic-horticulture-activities-database/)  
<https://hort.ifas.ufl.edu/therapeutic-horticulture-activities-database/>

Journal of Therapeutic Horticulture  
<https://www.ahta.org/the-journal-of-therapeutic-horticulture>

[Dalhousie University HT course](#)

[Common Roots Urban Farm BiHi](https://commonrootsurbanfarm.ca/bi-hi/) <https://commonrootsurbanfarm.ca/bi-hi/>

[American Horticultural Society's Sensory Gardening Manual](#)

## 10 Holiday Ideas for People-Plant Programming

By Lesley Fleming, HTR, Eleanor Moriarty Wroath, Mikkele Lawless, Nancy Ellis, Betty Guise, LSW & Bree Stark

Photos by Bedford Tribune, Garden Therapy, Connecticut Public Journal, M. Rhodes, D. Lorraine, Mother Earth Living, L. Fleming, Lamplust, B. Guise & WFAE

Holiday time and its many celebrations offer infinite ideas for hands-on activities for people-plant programming. Ten ideas, drawn from THAD ([therapeutic horticulture activities database](#)) should provide inspiration and therapeutic goals appropriate for most populations. Most are budget friendly.



**Fall Leaf Luminaries** - Used indoors or outside along walkways with battery candles, the decoupage leaf jars brighten any holiday. Flat live, fabric or paper leaves work best. (top left)



**Scents of Nature at Christmas** - Making a small arrangement with fragrant pine and other greenery is pleasant, can be gifted, and for bereaved individuals, can be therapeutic for sensory and other reasons. (top right)



**Amaryllis Bulb Planting & Amaryllis Waxing** - Starting bulbs as gifts, so that their growth can be enjoyed by the recipient brings life, joy and color. Waxing bulbs, a newer technique eliminates the need to water while providing color on the bulbs and in the home. Decorate with glitter too! (middle left)



**Button Wreath Cards** - Reasoning and sorting skills are put into play creating cards with colorful buttons. THAD shares info on altruism, directly related to this activity. (middle right)



**Holiday Herbal Wreath** - Herbs and spices like rosemary, bay leaves and dried fruit are attached to a wreath form with wire, to make a fragrant non-edible decoration, memorializing a loved one or as a gift for family and friends. (bottom right)



**Cinnamon Stick Holiday Ornament** - Bundle cinnamon sticks together and tie

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with ribbon. Versions of this can be stars, reindeers, or a tree with ribbon tied along the stick. Enchanting for holiday trees. (bottom left on previous page)



**Xmas Ornament Walnut “Strawberry”** – Transforming walnuts into strawberries can be fanciful, with fine motor and hand dexterity skills practice. Create new traditions with new ornaments. (top left)

**Mini Evergreen Doorknob Decorations** – Smaller than a wreath but using fragrant evergreen cuttings and pine cones, decorating doorknobs is festive especially with colorful ribbon and bells. (top right)



**Gifts of Gratitude** – Appropriate gifts for anyone, and particularly impactful given to people who have supported bereaved individuals. Three gift ideas with directions: edible treat packets, cards or framed pictures using scrapbook materials, and herbal tea or hot chocolate blends. (bottom left)

**Ring in the New Year with Plant Connections** Celebrate many cultures and their new year traditions where plants play a role. Mandarins, apricots, peaches, kumquats, and branches forced to bloom symbolize good luck, renewal and hope. (bottom right)



*Holiday therapeutic horticulture activities were drawn from THAD (therapeutic horticulture activities database), written by the practitioners listed in the byline. The article was compiled by Lesley Fleming, HTR. It has been concurrently published in Florida Horticulture for Health Network’s epub Cultivate.*



## Recycling Christmas Trees Support the Environment

Text by Lesley Fleming, HTR

Photo & graphics by Yana Yana & J. Brown

For plant enthusiasts, Christmas fanatics and people who love the traditions from yesteryear, having a fresh Christmas tree is wonderful on so many levels. Live Christmas trees are considered a sustainable renewable resource; growers' horticultural practices include planting more seedlings than harvested trees. The release of oxygen and absorption of carbon dioxide during growth is beneficial to the environment, impactful for fighting climate change, as is the practice of recycling or mulching Christmas trees (Nature Conservancy, 2025).

Consumer preferences for Christmas trees purchased during the holidays identify the top three varieties: Balsam Fir with soft needles, strong fragrance in the classic shape; Fraser Fir with durability for needles and fragrance; and Blue Fir, bluish green color with a double needle look. Availability may be related to geographical location or established shipping/vendor relationships. Recommendations include choosing healthy trees that are not dried out, pinching a few branches by sliding fingers to the end or lifting the tree, and thudding it on the ground. In either scenario, if needles fall off, the tree is not as fresh as it could be. Keeping the tree outdoors in a protected area until it is ready to be used, where cooler temperatures are available is recommended.

Other tips for keeping a Christmas tree at its best for the holidays. Make a fresh perpendicular not diagonal cut of ½-1" to allow for better water absorption, removing the callous growth from the original cut. Place a Christmas tree bag under tree stands for tree removal. These can be hidden under stand, or tree skirt. Use a stand that holds fresh water and add water daily (1 quart of water per inch of stem diameter) (NCTA, 2024). Water immediately upon arrival home. Some recommend the first drink should be boiling water to improve absorption and sap removal. Avoid additives, fertilizer, and don't let pets drink from the stand. Find a location for the tree away from heat sources, ceiling fans or vents which will more quickly dry the tree out. Using humidifiers or spritzing the tree is recommended as are LED bulbs with low heat output and energy efficiency. And take the tree down before it is too dry. Consider [tree recycling](#) available in most communities at curbside, drop-off recycling centers, tree recycling/mulching programs, or cut up for yard waste removal. Other recycling options: bird feeders, mulch, fish feeders sunk in private ponds, soil erosion barriers, paths for hiking trails or living rooted trees.

National Christmas Tree Association (NCTA). (2024). How to care for our farm-grown Christmas tree.

[Realchristmastrees.org](https://realchristmastrees.org).

The Nature Conservancy. (2025). [Real vs. fake—Which Christmas tree is better for the environment?](#)

[Nature.org](https://www.nature.org).

## Resources Fall 2025

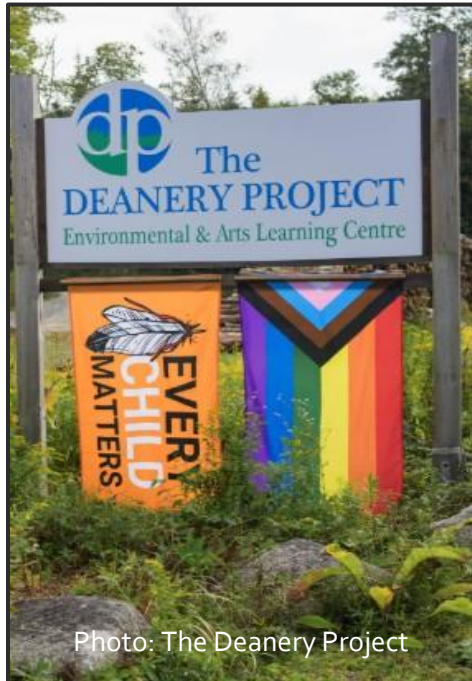


Photo: The Deanery Project

[The Deanery Project](#) in Lower Ship Harbour, NS offers a wide variety of programs, courses and events in support of strengthening local community, nature, education, ecology and arts.

Designing Water Resilient Landscape course, part of a [Permaculture Design Certificate](#) through The Deanery Project.

[Mobile Food Market](#) monthly deliveries to The Deanery Project supports access to fresh and healthy produce at this and other locations.

[Pollinator Picnic](#) led by SEED, designed for families with young children to support environmental stewardship and pollinators.

The Deanery Project partners with [Eastern Shore Forest Watch](#), Nova Scotia Nature Trust, [HOWL Experience](#), [Ecology Action Centre](#), Dalhousie University and Flaxmobile.

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Winter 2026 Issue of *Digging In*:

Practitioner Tool: Sensory Domain, THAD Forget Me Nots & Dementia

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We would like to acknowledge Nova Scotia is traditional territory of the Mi'kmaq people. We are grateful for Peace and Friendship treaties. We are all Treaty people.