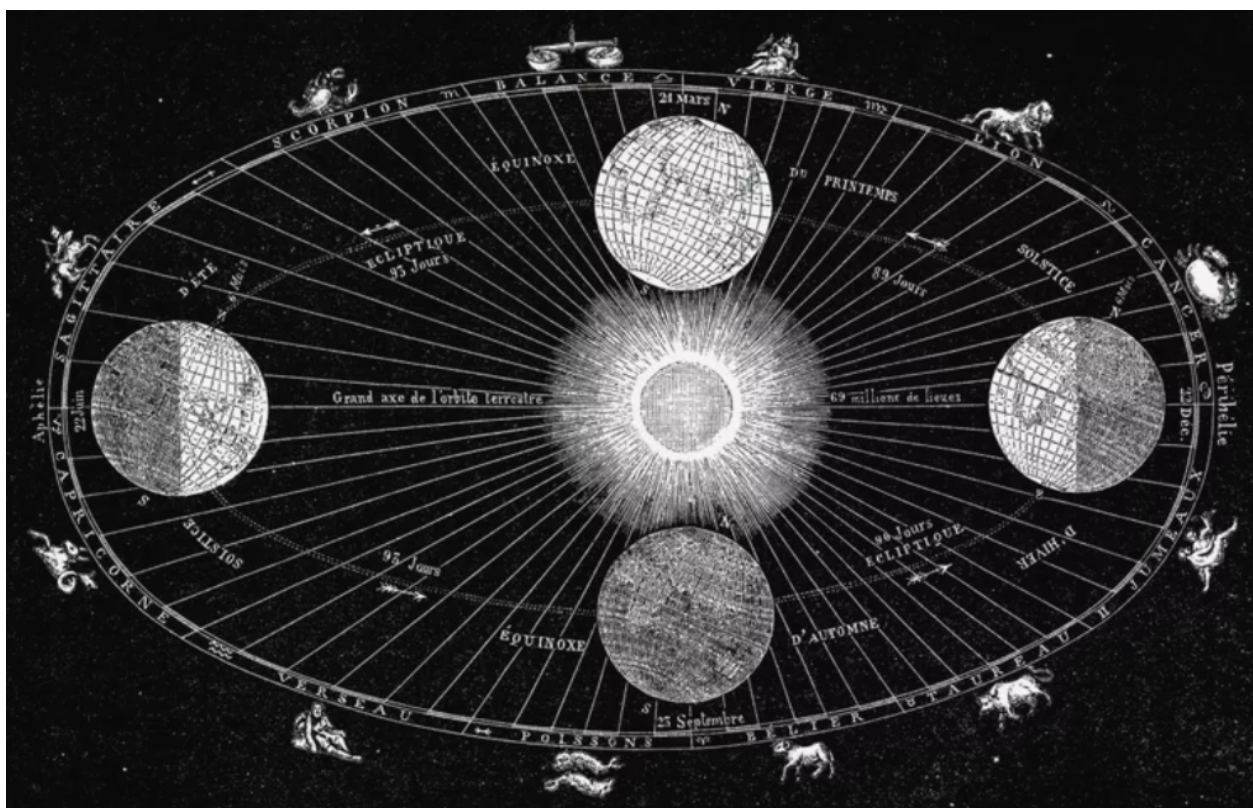




☀️ Skookum Newsletter - Summer Solstice Edition 🌿



Happy Summer Solstice! We hope this newsletter finds you all basking in the joy of the season, surrounded by the lushness of your gardens. With longer days and warmer weather upon us, it's time to celebrate the abundance of nature and share some valuable tips and refreshing recipes. We will also provide updates from the Skookum board and some events planned for the summer and fall months. Enjoy!

## Summer Garden Tip: Watering Strategies for Hot Days ☀️



As temperatures rise, it's crucial to ensure our gardens receive adequate hydration. Here are some tips to keep your plants healthy and thriving during the increasingly and sometimes unpredictably HOT summer days:

**Water Early or Late:** Water your garden during the cooler parts of the day, either in the early morning or late evening. This allows the plants to absorb moisture before the heat intensifies and reduces water evaporation.

**Deep Watering:** Instead of light, frequent watering, provide a deep soak to the root zone of your plants. This encourages strong root growth and helps plants endure dry spells. Consider using a soaker hose or drip irrigation system to ensure water reaches the roots directly.

**Mulch Magic:** Applying a layer of organic mulch around your plants helps retain moisture in the soil, prevents weed growth, and moderates soil temperature. Spread a generous layer of straw, wood chips, or compost around your plants, leaving a small gap around the stems.

**Monitor Soil Moisture:** Regularly check the moisture levels of your garden soil. Insert your finger into the soil up to the second knuckle—if it feels dry, it's time to water. Invest in a moisture meter to accurately gauge soil moisture and avoid overwatering.

## Solstice Recipe Spotlight: Rhubarb Iced Tea

from Board member Nicole Narbonne 🍹



Nothing beats a refreshing glass of iced tea on a hot summer day. This season, we encourage you to consider using up some of that plentiful rhubarb by turning it into a refreshing iced tea beverage:

### Ingredients:

1.5 liters of water

4 1/2 cups of chopped fresh rhubarb

Optional: 4-5 tea bags (black tea or herbal tea of your choice)

1/3 cup of sugar or honey or sweetener of your preference

Juice of one lemon

Fresh mint leaves for garnish (optional)

### Instructions:

In a medium-sized pot, bring the water, sweetener and rhubarb to a boil. Simmer for 10-15 minutes, or until the rhubarb becomes tender and starts to break down.

Remove the pot from heat and add the tea bags (if tea flavour is desired). Steep the tea for the desired strength, following the instructions on the tea packaging.

Once steeped, remove the tea bags and strain the rhubarb mixture into a pitcher. Allow the pulp to drain for a few minutes to get as much liquid out as possible.

Allow the rhubarb tea to cool to room temperature, then refrigerate for at least 2 hours or until chilled.

Serve the Rhubarb Iced Tea over ice and garnish with fresh mint leaves or slices of lemon or lime, if desired.

Sip on this delightful creation while gardening to keep cool or share it with good friends. It's the perfect way to celebrate the summer solstice and the vibrant flavors of the season.

### **Updates from the Skookum Board:**

Your current Skookum board consists of Nicole Narborne, Adriana Virtue, Jody Jankola, Jan Slakov, Lana Pankov and Amber Gould! We have been meeting every month to nurture Skookum behind the scenes and do all we can to reinvigorate and get Skookum member events, workshops, resources, and connection opportunities up and running. We are happy to announce that we are ramping up our efforts to bring you an array of exciting events and activities for the summer and fall.

### **Edible Garden Tour**

First and foremost, mark your calendars because the highly anticipated **Edible Garden Tour** is just around the corner. From August 11-13th, the Edible Garden Tour will be running all throughout the qathet region, showcasing the amazing backyard gardens and small farms within our community.



This is a fantastic opportunity for Skookum members to open their garden gates and share their passion for gardening, food sustainability, and garden design with fellow enthusiasts and community members.



**CELEBRATING 15 YEARS!**



## **EDIBLE GARDEN TOUR**

*FRIDAY AUGUST 11- SUNDAY AUGUST 13*

**Sign your farm or garden up by June 30th**

→ <https://go.liftcommunityservices.org/egt-signup>

FOR MORE INFO VISIT



@foodhubqathet



We invite you to participate in the Edible Garden Tour by signing up to have your backyard garden or small farm featured. It's a chance to showcase your hard work, share your gardening knowledge, and inspire others on their gardening journeys. The deadline for signing up is June 30th, so don't miss out! We are especially looking for more participants to make the tour even more robust and diverse.

**To sign up for the Edible Garden Tour, simply visit the website here: <https://go.liftcommunityservices.org/egt-signup>.**

All types of gardens, from vegetable patches and permaculture havens to urban homesteads and community plots are welcome to participate. Let's come together and celebrate the joys of growing our own food and cultivating sustainable food landscapes.

## **Upcoming Events**

We are committing to resuming regular seasonal member events with engaging guest speakers and opportunities to connect for lively discussions, plant and seed exchanges, and valuable insights from experienced members. We have a developing lineup of events and activities in the planning stage, so stay tuned for upcoming workshops on composting, seed saving and more this fall.

We will also be hosting a Skookum member 'Quicknik' at Mowat Bay to connect in person on Saturday, September 9 from 1-3 pm! This will be a chance to pop by for as short or as long as you'd like to get to know fellow members, build community and share food from our summer harvests. An official invite for this event will come to you in July.

Skookum Board members will also be at the Powell River Farmer's Market on two Saturdays over July and August to hold a booth, chat about food security to passersby, invite people to membership, and show off our amazing cider press. Look for us and come say hello!

We encourage you to check out our Skookum Chat and Social group on Facebook! This is a place where members can connect, share garden pictures, seek advice, share tips, talk food security and all things gardening! To join the group click here:

<https://www.facebook.com/groups/1596895823798163>

Thank you for your continued support and enthusiasm for the Skookum Food Provisioner's Cooperative. Together, we can continue to create a thriving and resilient gardening and food security hub in qathet.

Wishing you a fantastic summer solstice filled with bountiful gardens and gratitude as the warm ocean breezes and viriditas surrounds you!

~ Skookum Board