

# SUSTAINABLE ROOTS

## SEASONAL NEWSLETTER

### UPDATES | INSPIRATION | OFFERINGS



## WINTER EDITION

Like many plants, our work tends to go a bit dormant in winter. But that doesn't mean that we haven't been keeping busy! We've been tying up the loose ends of the season, dreaming up big plans for the spring, and - most importantly - finding ways to continue to work with plants throughout the winter.

We are impatiently awaiting the day when we can all gather again, as we have big plans for workshops, plant walks and events. Thank you for signing up for our mailing list, you will be the first to know when these things will finally be able to take place. Until then, we would love to share some of the things that we have been up to this season.



### Black Walnut Cinnamon Buns

While Black Walnut (*Juglans nigra*) is native, if you have one (or many) on your property you may understand some of the hardships that come along with their fruit in the fall: squirrels and juglone (the allelopathic substance released from the fruit)

So instead of getting rid of them when they fall, let's eat them! I will warn you that it can be a long and tedious (and messy) process, but it's pretty fun and worth it for the unique flavour.

[RECIPE](#)

# Working with Invasives

You may already know that we offer Invasive Species Management services such as Buckthorn Removal. While this is a worthwhile option to prevent the spread of this invasive shrub, one issue that arises is what to do with the berries in the meantime.

Buckthorn is able to spread widely when the seeds are dispersed by animals. By finding a use for the berries, we can be motivated to collect them off of living trees and mitigate the spread.

[OUR SERVICES](#)



## Buckthorn Dye

There are so many plants that create beautiful natural pigments, but using invasive (or overly abundant) plants means that we can harvest without having a negative impact on the local ecosystem. Buckthorn is such a great plant to experiment with because depending on what part of the plant you harvest, when you harvest it, and how you process it, you can have completely different colour results. Click the link for instructions on making your own natural dyes.

[INSTRUCTIONS](#)

## Collaborations

### Herbal Subscription Box

You can find our plant dye creations in our friend Danielle Bourgault's 'Equinox Magic' Herbal Subscription Box, along with so many other plant medicines!

Head to this link to check out everything that the boxes have to offer, to purchase a subscription, and to support a local herbalist.

[SHOP](#)



# Who's been inspiring us?

## Weekly Nature Connection

This winter Chris Outdoors has been offering an incredible virtual mentoring series, with guest speakers and fascinating topics - all completely free. I highly recommend signing up for this series, and literally anything else that Chris offers. He's a very knowledgeable mentor and he's doing great things in this community!

[SIGN UP](#)

ChrisOutdoors™

### Living With The Seasons

a FREE Nature Mentoring Series | Monday Evenings



Natural Awareness | Self-Reliance | Seasonal Food

## 2020 Reflections



### "12 Gardens of X-mas"

At the end of our first season we thought it would be nice to look back on all of the things that we were able to accomplish! We came up with our "12 Gardens of X-mas" list, where we counted down some of our favourite Native Plant Pollinator Gardens that we had the privilege to be able to plant for folks this year. You can find our countdown list here in the highlights section of our instagram page.

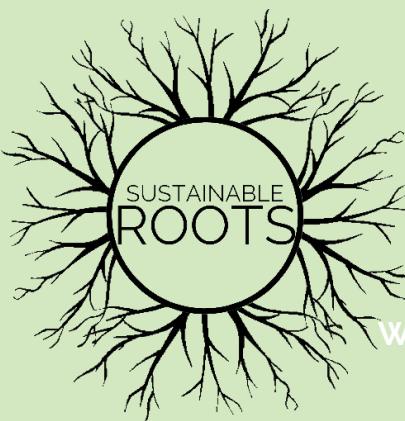
[PORTFOLIO](#)

## LOOKING AHEAD TO SPRING

If you're starting to make garden plans for Spring 2021, please feel free to inquire about our services. We will once again be offering our DIY Pollinator Garden Kits, and as a mailing list subscriber you will be first to know when we open up shop.

Stay tuned for updates on Spring Workshops and Plant Walks (if it is safe to do so)

Thank you for your support!



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