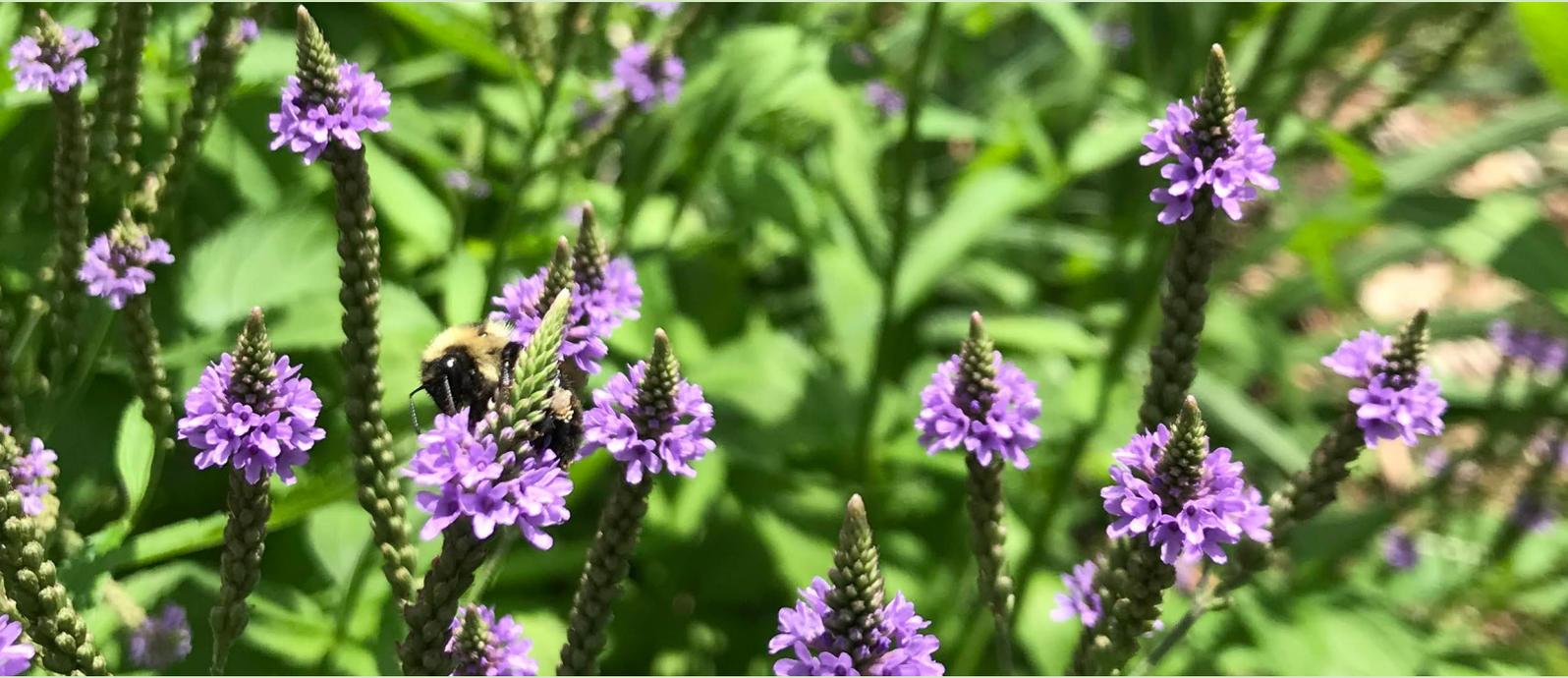


SUSTAINABLE ROOTS

SEASONAL NEWSLETTER
UPDATES | INSPIRATION | OFFERINGS



SUMMER EDITION

"August of another summer, and once again, I am drinking the sun, and the lilies again are spread across the water." – Mary Oliver

We are so so SO grateful for everything that Spring 2021 brought us. We were able to install more pollinator gardens in May and June alone than in our entire first year of business, we had the opportunity to work on some incredible restoration projects in locations all over Southern Ontario, and we connected with some really wonderful folks as vendors at our first ever farmers market!

But after an incredibly busy spring, we have finally been able to step back a bit and enjoy the summer! Now, we're taking some time to go camping, spend time with family and friends, tend our own gardens, and recharge for the fall.



Pollinator Gardens

I can't believe we're saying this but we are COMPLETELY booked for gardens for 2021. If you are interested in a Pollinator Garden installation, please reach out now to book a consult. **We are now booking for Spring 2022.**

Our pollinator gardens are designed with native plants to maximize the potential for different pollinators. We select native plants that suit Southern Ontario ecosystems and tailor them to your specific landscape.

[BOOK A CONSULTATION](#)

De-Lawn Projects

"Conventionally maintained lawns use up to 200 gallons of fresh, drinking-quality water per person per day to stay green."

-<https://earthobservatory.nasa.gov/>

Not only can lawns take a ton of resources to maintain, but they do nothing to support biodiversity or healthy ecosystems. We are SO happy to be helping so many folks turn their lawns into habitat. If you would like to "de-lawn" your space but aren't sure where to begin, here are some questions to ask yourself:

- Where do people use your lawn for playing games?
- Where do they use it for having outdoor dinners, stargazing, or relaxing?
- Where are the natural paths you and your pets use to get from point A to point B?
- Where is it important to have an open view?

These can be helpful for understanding how your space can be best utilized for you AND local wildlife.



Sunshine in a Bottle

My favourite herbal oil to make is St. John's Wort oil. *Hypericum perforatum* is **not** native to Ontario, and is considered invasive in some contexts. BUT this plant is a powerhouse of healing & medicinal properties, and making an infused oil with it's flowers could not be easier! Simply fill a sterilized jar with fresh or slightly wilted flowers and buds, cover completely in oil of choice, close jar and let sit for 4-6 weeks. Strain out flowers, and you'll be left with a gorgeous ruby red oil that I like to use topically to calm my nervous system and get ready for bed.

Collaborations

Canadian Wildlife Federation

Get your pollinator garden certified by the Canadian Wildlife Federation! We strive to make our pollinator gardens meet the standards set by the CWF, which aim to provide food and habitat for local wildlife.

Don't have a garden? Reading through their application gives some great tips on how to get started and what elements are important to include.

You can find more information or get your garden certified here:

[WEBSITE](https://www.cwf-federation.ca/)



Who's been inspiring us?

Working with Invasive Plants

North Shore Apothecary & Goods owner, Emily Lou, has been inspiring us on instagram lately with her creative use of non-native and invasive species.

North Shore is all about ethical wildcrafting:

"There is no way to do it except the ethical & environmentally friendly way... I want to come back year after year to that babbling brook to harvest wild mint, so why would I ever deplete it?!"

You can find her products and more information here:

[WEBSITE](#)



Sweet Clover and Mugwort

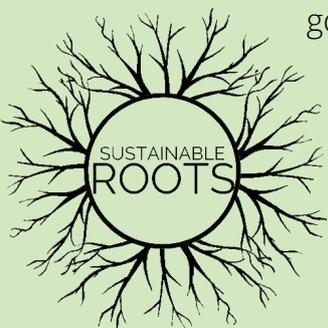
After watching Lou's video on instagram about harvesting the local invasive plant Sweet Clover, we were inspired to make our own scent bundles and wreaths! We added another non-native plant Mugwort upon her recommendation, and the scent could not be dreamier! We've hung wreaths in our work van and in our house to freshen up those spaces. You can find the North Shore instagram below for more videos and informative posts!

[INSTAGRAM](#)

Coming up...

Farmer's Markets 2021

Now that things are opening up, we are so excited for more markets! We'll be back at the **All Or Nothing Farmer's Market** on **August 28th**, and **September 25th** from **10am-3pm**. We will also be at the **Evergreen Sunday Market** on **August 8th**. We will be selling plants and wildcrafted goodies!



WWW.SUSTAINABLEROOTSECO.COM