

SUSTAINABLE ROOTS

SEASONAL NEWSLETTER

UPDATES | INSPIRATION | OFFERINGS



SPRING EDITION

"The world's favourite season is the spring. All things seem possible in May."

- Edwin Way Teale

Like so many spring flowers, we are just BURSTING with excitement to kick this season off! I can't believe we are into our third season as a business... time really does fly when you're having fun. Over this past "off-season" we have been sowing a lot of seeds for the future - new ideas for workshops,

for bringing native plants to more folks, and for trying to improve our local environment. We're excited and a bit nervous as we watch these seeds germinate and determine the direction that this new season will take, but we're so grateful for all of the support from our wonderful clients, subscribers, and followers. Thank you. We can't wait to see what this season has in store!



When a Poplar Falls in the Forest...

While wandering around the Humber Arboretum, scoping out the site of an upcoming workshop (see next page for details) I came across a fallen poplar tree.

Poplars are a pioneer species - often the first and fastest to grow in an area. But with that comes weaker wood, and the fallen branches can be an herbalists delight! The buds of these trees have this gorgeous smelling resin, that is host to a plethora of medicinal properties. You can read all about how to infuse these buds into an oil or salve right here:

[WEBSITE](#)

Upcoming Events

"Working with Invasives"

Eat your weeds! For the first session of our 'Working with Invasives' series, our outdoor educator Reid takes a deep dive into Garlic Mustard (*Alliaria petiolata*). We'll be learning how to identify it, proper management strategies, and how to prepare it into yummy dishes! There will be samples to try, recipes to bring home, AND an opportunity to help remove some invasive species at our beautiful host site - the Humber Arboretum!

For more information and to register:

[EVENTBRITE](#)



Spring Plant Walk

Come revel in the wonders of spring with Reid from Sustainable Roots! We will be exploring all kinds of nature's curiosities, BUT we will have an emphasis on the native plants of the area and some common invasive plants.

In partnership with the Whitevale Arts and Culture Centre, this walk will take place in the beautiful hamlet of Whitevale and on the Seaton Trail.

For more information and to register:

[EVENTBRITE](#)

Collaborations

Yoga For Earthworkers

This year we're joining forces with local yoga teachers in order to ease into our spring planting routine. Every Monday throughout the months of May and June we will be on **Instagram Live** with a different yoga teacher, learning about some different stretches and healing modalities that we can bring into our lives this season. Last year I was struggling with tendonitis and in desperate need of some good stretching habits - and I'm sure I'm not alone! Whether you're a gardener, farmer, or landscaper, I'm sure you'll find these sessions valuable. Join us this spring to kickstart your season in the right way.

yoga for earthworkers
"support for the spring season"

FEATURING:
YOGA TEACHERS WITH DIFFERENT BACKGROUNDS AND HEALING MODALITIES

IG LIVE
EVERY MONDAY 8PM

@SUSTAINABLEROOTSECO

A graphic for an Instagram live series. It features a circular inset photo of a person in an orange tank top and black pants doing a seated yoga pose. To the right of the inset, the text "yoga for earthworkers" is written in a stylized font, with "yoga for" above "earthworkers". Below it is the tagline "support for the spring season". At the bottom right, there's a callout box with the text "FEATURING: YOGA TEACHERS WITH DIFFERENT BACKGROUNDS AND HEALING MODALITIES". At the very bottom right, it says "IG LIVE" and "EVERY MONDAY 8PM". The bottom right corner also contains the handle "@SUSTAINABLEROOTSECO".

DIY Pollinator Kits

We're doing things a little differently this year.

During the pandemic, we (like so many businesses) had to pivot, and we offered no-contact delivery for our DIY Pollinator Kits. They were a huge success, and we were so happy to be able to get native plants into the hands of so

many folks! But this year, we have changed gears and will only be offering our kits for pick-up from selected farmers markets in Toronto and Durham Region. Every year has gotten busier and busier for us, and this year we just don't have the capacity for delivery.

We have also restructured our kits to make them more accessible for folks! Our least expensive option comes in at only \$50 (instead of \$120 as in previous years). This size kit gives you 9 native perennials and a container of Jocelyn's Soil Booster. There are also 19 and 29 plant options, with price breaks happening at each level. Pre-orders will be available through our website starting May 2nd. Just tell us your kit size, whether you need sun-loving or shade-loving plants, and which market you can pick up from. See below for our list of market locations and dates.

[ORDER HERE](#)



Market Dates

Wednesday May 25th - Toronto Plant Market (327 Bering Ave, Toronto), 12-6pm

Saturday May 28th - The Whitevale Spring Festival (405 Whitevale Rd, Pickering), All Day

Saturday May 28th - All Or Nothing Brewhouse Farmers Market (439 Ritson Rd S, Oshawa), 11am-3pm

Saturday June 4th - All Or Nothing Brewhouse Farmers Market (439 Ritson Rd S, Oshawa), 11am-3pm

Saturday June 4th - Withrow Park Farmers Market (725 Logan Ave, Toronto), 9am-1pm

Saturday June 11th - All Or Nothing Brewhouse Farmers Market (439 Ritson Rd S, Oshawa), 11am-3pm

Saturday June 18th - Withrow Park Farmers Market (725 Logan Ave, Toronto), 9am-1pm

Saturday June 25th - Withrow Park Farmers Market (725 Logan Ave, Toronto), 9am-1pm

Who's been inspiring us?

Wild Foragers Society

Plant nerds unite! Wild Foragers Society, co-facilitated by Lee, Sammy, and Rebecca, is back in action and just celebrated their 9 year birthday!

They host FREE community gatherings, that "deepen the connection between people and plants." These "frolics" are hosted year-round, and are for anyone who is interested in learning more about plants and connecting with like-minded folks.

[WEBSITE](#)



Community Frolics

We joined their most recent frolic in Taylor Creek Park, Toronto, and some highlights included finding native plants like bloodroot and trout lily, chatting about the many uses of dandelion, and sharing delicious foraged snacks with one another. If you have a chance to join one of their frolics in Toronto, or sometimes Peterborough and Prince Edward County, I HIGHLY recommend it! Whether you're a seasoned forager or just starting out, you'll learn a lot and meet some great people and plants!

[INSTAGRAM](#)

We Finally Met The Worms!

We had the absolute pleasure of finally meeting the woman behind the worms - Jocelyn Molyneux! Jocelyn, who created the incredible soil booster that we talk so much about, took us on a tour of her farm. We got to meet the worms, see the process and all of the cool gadgets behind the making of soil booster, AND got to see all of the sustainable features of their home, which include passive solar heating, a green roof, and straw-bale construction. If you haven't already, go check out Jocelyn and her team over at

@soilbooster on instagram
or **www.soilbooster.ca**

