



The Organic Food Council of Manitoba *a chapter of Canadian Organic Growers*

Workshops and presentations:

Basics and benefits of organic food and farming

Sourcing locally produced organic products

Canadian Organic Standards and national and provincial organic regulations

Presentations on OFCM programs:

Growing Up Organic

connects local institutions like schools, child cares, and others with information, resources, and contacts to help source locally produced organic food.

Manitoba Farm Mentorship

provides training, resources, and opportunities to aspiring organic and sustainable farmers.

Contact

Sharon Taylor
Coordinator, Manitoba Farm Mentorship
A program of OFCM-COG
www.organicfoodcouncil.org
manitobafarmmentorship@gmail.com
204-785-8828



Green Action Centre

Green Action Centre promotes composting by providing information, resources, and support. We assist residents interested in starting home composting. We also work with schools, workplaces and communities, developing programs to address their unique requirements.

Green Action Centre offers education through workshops and courses, printed materials, and a compost info line 925-3777. We also coordinate dozens of volunteers through our Master Composter Program, an in-depth composting training and volunteer program.

Contact

Sylvie Hébert or Dave Elmore - Compost Project Coordinators
Green Action Centre
3rd Floor, 303 Portage Ave Winnipeg MB R3B 2B4
Tel: (204) 925-3777
compost@greenactioncentre.ca
www.greenactioncentre.ca

Biogardener - Traute Klein

Workshops available:

1. **Companion Planting** - choosing plant companions which protect each other from pests and diseases eliminates the need for any other preventive measures
2. **Edible Weeds and Wild Plants for salads, herb teas, and medicine**
3. **Aboriginal Remedies** - for people of all ethnic origins
4. **European herbal remedies applied to the Manitoba environment**

Contact

Traute Klein
<http://us.geocities.com/biogardener/>

Master Composter Linda Olson

Newly minted Master Composter having just completed the Master Composting certification through the Green Action Centre. Composting background includes work with the Riverview Garden Society composting project and personal composting endeavours.

Vermicomposting is one of my newer projects which so far has been working out well. I would love to meet with your group to share what I have learned and to learn from you.

Available for workshops, presentations, and demonstrations.

Contact

Linda Olson
ole@mts.net
453-5057

Garden Maintenance ~ Funding the Garden, Feeding the Soil Karen Jones

University of Winnipeg Biology Department, LEED AP

Workshops available:

Funding Community Gardens - Learn how to access available funding by targeting funding sources appropriate to your group

Garden Soil Amendments - Learn to improve native soil texture and fertility to ensure a sustainable growing medium

Contact

Karen Jones
K.jones@uwinnipeg.ca

Iris, Lillies and Fall Vegetable Planting - Ginny Prins

lifetime member of the Canadian Iris Society and the Ontario Lily Society

Workshops available:

Iris and Liliy Planting and Care Fall Vegetable Planting

Hands on workshops available for groups of 30 or fewer.
Participants take home a plant for their gardens - either lily or iris, depending on topic.

Contact

Ginny Prins
Furby St. Guerrilla Garden
Northern Lights Regional Iris Society
Manitoba Lily Society
Inanda1@mts.net

Urban Gardener / Composter Carol Radway

Turn Your Lawn into a Garden

With sheet mulching or lasagna gardening techniques we can turn your lawn into a garden over the winter months without removing your sod. Help available to gather mulch and be on hand to help create a garden. Free in '09! Reg. \$20/ hr.

Composting

Get help with Composting in a Bin or a Pile in rain or drought, with leaves or newspaper, summer or winter. Start a new compost pile or rescue an old one. Price is free in '09. Reg. \$20/ hr .

Contact

Carol the Composter
786-6585