



MARCH 2017



FALLS
BROOK
CENTRE

the COVERED BRIDGE newsletter

SAVE THE DATE!



2ND ANNUAL SALMON RUN

July 16th, 2017

The Ville Cooperative

Marysville, NB

Every summer, Atlantic salmon return to their natal freshwater streams to spawn. New Brunswick is home to many of these nursery streams, and salmon are an integral part of our province's culture. However, as we become more disconnected from our environment, this species may become a fond memory. Populations have crashed and salmon habitat has been destroyed. In order to protect the salmon and their habitat in the future, we need to appeal to New Brunswick's youth. Falls Brook Centre has a long history of delivering environmental education programming to youth across the Maritimes, and we feel that it is important to use our skills and experience to help protect this vital species.

Our Annual Salmon Run raises funds to support educational programming that re-connects New Brunswick youth with salmon conservation efforts. This year's 2nd Annual Salmon Run will be hosted out of our satellite office at The Ville Cooperative in partnership with the Running Room. The run's 5km and 10km routes will wind along the banks of the Nashwaak River in Marysville. Visit our website for details!

registration now open!

Call for Board Members



Through partnerships, recreation, and education that support the creation of a balanced, sustainable way of life, we seek to explore and promote practical solutions to today's environmental and socio-economic challenges. We are seeking dedicated and enthusiastic individuals, who are committed to assisting us achieve our goals, to serve on our Board of Directors.

Board membership requires commitment, leadership, decision-making, and integrity. It is a rewarding experience that allows members to gain new insights and develop new skills that will aid them in future endeavours. Board members are expected to participate in Board meetings (usually held four times a year, alternately at the Glassville Demonstration Site or the Fredericton Satellite Office at the Ville), to participate in at least one Board committee, and to engage in generating revenue (from fundraising, sponsorships, memberships, and services) on behalf of the organization.

Ideal candidates will be trained professionals with fundraising and/or previous board experience, who possess a strong interest in the promotion and development of sustainable communities and practices. Previous experience in the not-for-profit sector or with other registered charities is an asset.

Interested individuals may apply by submitting an expression of interest and a copy of their resume to our Executive Director (executivedirector@fallsbrookcentre.ca). The Board of Directors will vote to accept applicants at the AGM on April 9th and successful applicants will be notified by email shortly after. Please signify in your letter of intent if you wish to stand for election to the Executive Committee and clearly show your suitability for the role of interest in your application.



NO-DIG GARDENING



By Afton Conneely (Executive Director)

No-dig gardening has been steadily gaining visibility and its proponents swear by its ability to significantly cut down on their workload while steadily increasing soil fertility and harvests. But how do you move from tilling and digging to a no-dig method without tearing your hair out?

The key is to understand why you are doing it; the no-dig method recognizes that, in reality, weeds are bandages for the soil. So, as counter-intuitive as it sounds, digging to remove weeds just exacerbates the situation by exposing more weed seeds to the sunshine while diminishing the nutrient content of the soil. The nutritional content of the soil is depleted by a variety of factors, but a major one is leaching, followed closely by UV damage - the soil can get sunburnt! One of the results of UV damage is nutrient loss, so when you're increasing the exposed surface area of your soil by digging it up or turning it over, you're effectively washing out and burning up the food that your food plants need to provide you with nutritious harvests.

Step 1 is aeration; get a broadfork (preferably with a solid wooden handle) and push the tines of the fork straight down in the soil, using your boots to get it all the way in. Then waggle the fork back and forth (this is when you find out the quality of your fork) to gently lift the soil and create wide grooves around the tines. Then, lift the fork straight up and out again, without turning the soil. Take a pace backwards and repeat. You want to do this throughout your garden, not just the growing beds, because your whole garden receive water that needs to be dispersed into

the soil. Yes, these areas will get compacted again over the growing season, but this exercise will still help distribute water to your growing food plants. You may find this difficult in the first year of no-dig gardening, but that goes to show how compacted the soil can get, and how difficult it must be for plant roots to get through it!

Step 2 is fertilization; get quality compost and lay it thickly on your growing beds. You should do this for two reasons; 1) Most obviously, over a normal growing season your plants will use the compost to grow, transforming the nutrients in the compost into edible crops for you to eat. Therefore, you'll need to re-fertilize every year once you've harvested. 2) Additionally, after a couple of days the weeds that grow will be much easier to deal with. This sounds counterintuitive, but weeds are most competitive when conditions are harsh - they lose their competitive edge when the soil is rich and other plants are growing well, therefore weeds in compost will be much easier to uproot.

No-dig gardening is not a one-year process; rather the benefits are compounded year after year and the workload involved decreases as time goes on. After a few years of no-dig investment you will be easily aerating and fertilizing your soil in a short time while your neighbours battle to get their garden started and wonder why they can't get the results that you do. Share your no-dig journey with us on social media by using the hashtag #FBCGrows so we can follow along with your new technique!

Recently in Renewable Energy...

renewables nb provincial conference

On February 25, 2017, Falls Brook Centre hosted the Renewables NB provincial conference at the Ville Cooperative in Fredericton, NB. As provincial coordinator for Renewables NB, we were honoured to facilitate such a great "meeting of the minds". Speakers from Naveco Power, NB Power, Off-Grid Ales, and the University de Moncton gathered to discuss topics such as: electric vehicles, smart grid, NB Power plans for 2017 & future, running a home and brewery off-grid, and options to reduce energy costs in Dieppe. We look forward to running another conference soon to keep pushing renewable energy development forward in New Brunswick! For those of you who missed out, videos of the conference talks will be published to the Renewables NB website soon.

Aussi, notre nouveau site est maintenant en ligne en Français! Rendez-vous sur renouvelablenb.ca.



Credit: @dontdismyabilit on Twitter

ENERGY EFFICIENCY AND STORAGE WORKSHOP



On March 23rd, our Energy Coordinator (Max Mathies) gave a highly requested workshop at the Ville Cooperative in Fredericton, NB about energy efficiency. He covered some residential programs to improve energy efficiency within homes, as well as general DIY tips. Participants helped Max perform a mock 'energy audit' in some rooms around the Ville, and discussed how the audits relate to energy efficiency in residential buildings. Energy storage for renewable energy solutions were also discussed, including methods to make these energy options more cost effective.



We're looking forward to running this workshop again in the future, possibly at our Demonstration Site for those interested who live in Carleton County. If you would be interested in attending, please contact Max at energy@fallsbrookcentre.ca

WHY GROW SHIITAKE MUSHROOMS?

by Michelle Lavery (Media and Promotions Coordinator)



Shiitake mushrooms are a delectable fungus native to East Asia. They've been cultivated for centuries – the earliest written record is from China in 1209. The first book about their cultivation came from Japan in 1796. Until 1982, the Japanese variety of shiitakes could only be farmed in traditional places using ancient methods. Farmers cut down shii trees with axes and placed them next to already-inoculated logs. In the 80s, methods for spore recovery were discovered and commercial production began. Now, shiitakes contribute approximately 25% of the total annual production of mushrooms worldwide.

Known to be a delicious addition to many Asian-style dishes, shiitakes are also a nutritional powerhouse. They are rich in vitamin B, which is responsible for assisting many of the body's key chemical reactions. In particular, they have high levels of riboflavin, pantothenic acid, niacin, choline, and folate – the last being very important for reducing infant mortality from neural tube disorder. Additionally, they have high concentrations of key minerals including copper, zinc, manganese, and selenium. They are also recognized as one of the best non-animal sources of iron! For those of us in northern

countries, shiitakes are a great source of vitamin D, something we often miss out on during the long, dark winter months. Beyond their known nutritional benefits, recent research has suggested that shiitakes may help prevent cardiovascular disease (specifically atherosclerosis). There has also been research on their potential benefits for the immune system.

If that's not enough to make you want more shiitakes in your life, they also happen to be one of the most sustainable foods in your diet. While most commercial production happens in non-natural settings, it is completely possible to grow these mushrooms in your own backyard using forest farming techniques. Sustainably harvested hardwood logs can be prepared and tended without the use of pesticides, fertilizer, or other chemicals in a completely natural, outdoor environment. Forest farming techniques can also be adapted so that logs can thrive in urban settings as well, adding a natural element to an otherwise bleak environment. As of yet, forest farming is not required technique for organic certification, which is why it's best to grow your own.

Learn to Grow Your Own Gourmet Mushrooms!

Saturday, Apr. 22, 2017: 10:30am-3pm @ the Andrew and Laura McCain Public Library

Saturday, Apr. 29, 2017: 10am-2:30pm @ the Ville Cooperative

Thursday, May 18, 2017: 6-9pm @ the Ville Cooperative

See "Upcoming Events" for more details...

ECO CITIZEN CLUB

the march convention

Over the course of the 2016-2017 school year, 75 students participated in our Eco Citizen Club program from 5 schools across New Brunswick; Perth-Andover Middle School, Andover Elementary, Nackawic Elementary, John Caldwell School, and the Knowlesville Art and Nature Centre. On March 1st we held our convention at Andover Elementary, which marked the end of this year's programming.

At the convention, students presented a 2-minute description of their projects and accompanying posters. Then, their peers voted on their top three projects for each of the five Eco Star Awards. The Knowlesville Art and Nature Centre won the Local Food star for their solar greenhouse and Perth Andover Middle School won the Renewable Energy star for their project on wind turbines. The Biodiversity star was won by John Caldwell's Grade 3 class with their bat and pollinators garden project, while John Caldwell's grade 5 French Immersion class took home the Leadership star. Nackawic Elementary won the

Community star with a food and supply drive for their local SPCA shelter (the largest single donation ever given to the organization!).

We were also joined by the Calithumpians (a youth-led, environmental stewardship theatre group) joined us, along with another 100 students from Andover Elementary, for their interactive Eco Stewards performance.

Our sincerest thanks are extended to the three incredible high school volunteers who mentored the students from Perth-Andover, and to the young environmentalists who participated in our first year of Eco Citizen Club programming! Along with certificates of achievement to recognize their hard work, each school was also gifted a tree from our nursery that will be delivered in June. Several projects are still running after our program has finished, so we are looking forward to staying connected and working with the groups in the future.



Our incredible high school volunteers! We can't thank them enough for their help throughout the school year!



The Calithumpians' interactive performance was a big hit

If you or your school are interested in participating in next year's Eco Citizen Club programming, please contact our Education Coordinator at education@fallsbrookcentre.ca.



UPCOMING EVENTS



the Grow your own workshop series

Grow Your Own Gourmet Mushrooms

Cost per attendee: \$50 (includes one pre-inoculated log), extra logs available for \$20
RSVP to admin@fallsbrookcentre.ca to secure your spot!

Saturday, Apr. 22, 2017: 10:30am-3pm @ the Andrew and Laura McCain Public Library

Saturday, Apr. 29, 2017: 10am-2:30pm @ the Ville Cooperative

Thursday, May 18, 2017: 6-9pm @ the Ville Cooperative

Are you a mushroom lover? Well, then you won't want to miss this opportunity! Learn how to grow gourmet mushrooms with the professionals from Backyard Mushrooms. This incredible opportunity covers the growing process and best practices, a demonstration on how to inoculate a log, and a supervised "Do it yourself session". What do you leave with? Your very own inoculated log and the knowledge to produce more!

Grow Your Own Potatoes

Watch our Facebook page and website for locations and times!

Grow healthy and nutritious potatoes in a surprisingly small space. Participants will make and take home their own containers and all they need to get abundant, season long harvests. At each workshop, a lucky participant will also take home a special door prize!

Have an idea for how we can extend our Grow Your Own workshop series?
Let us know and if we use your idea, you'll get the credit!

2nd Annual 5 & 10K Salmon Run

Earlybird registration (until June 25) : \$30 (5K) or \$40 (10K)
Register online at the Running Room!

Sunday, July 16, 2017: 10:30am-3pm @ the Ville Cooperative

Our Annual Salmon Run seeks to raise funds to support educational programming that re-connects New Brunswick youth with salmon conservation efforts. In partnership with the Running Room, the run's 5 and 10km routes will wind along the banks of the Nashwaak River in Marysville.



Unplugged Board Games Café
Mondays:
April 3rd / April 17th / May 1st

6pm-9pm
\$5 cover



become a member

There's a new way to support your favourite organization! Becoming an FBC member gets you lots of perks throughout the year. Head to fallsbrookcentre.ca to get yours today!



\$25 red squirrel

Special member pricing on select FBC workshops, free camping at select FBC events (including the 9th Annual Free School), and an organic cotton tote bag and FBC sticker.

\$50 gray jay

Special member pricing on select FBC workshops, free camping at FBC events (including the 9th Annual Free School), and an organic cotton tote bag, a metal "Say Yes to the Tap" reusable water bottle, and a FBC sticker. [+ a charitable tax receipt for \$25]



\$75 red fox

Special member pricing on all FBC workshops, free camping at FBC events (including the 9th Annual Free School), and an organic cotton FBC t-shirt, an organic cotton tote bag, a metal "Say Yes to the Tap" reusable water bottle, and a FBC sticker. [+ a charitable tax receipt for \$50]

\$100 black bear

Leave your mark and ensure your legacy lives on at the FBC Demonstration site! With this membership, you'll get your name inscribed on the side of the main lodge for all to appreciate. The official unveiling of the "member wall" will take place at the 9th Annual Free School.

PLUS Special member pricing on all FBC workshops, free camping at FBC events (including the 9th Annual Free School), and an organic cotton FBC t-shirt, an organic cotton tote bag, a metal "Say Yes to the Tap" reusable water bottle, and a FBC sticker. [+ a charitable tax receipt for \$75]



A Note from the Editor

Happy Spring! I hope you've enjoyed reading this issue and much as I've enjoyed putting it together. For more information on anything you've read, please don't hesitate to contact us (information below).

In between issues of The Covered Bridge, please follow us on our blog - we post regular updates on everything from why gardening makes you happy to a solar panel 101. You can also follow us on Twitter, Facebook, and Instagram for even more regular updates from the FBC Team.

Moving forward, The Covered Bridge will be transitioning to a paperless format in the interest of conserving our valuable forest resources. Please visit our website and sign up for our email list to ensure that you remain up to date on everything FBC!



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donate to **FBC**

VISIT fallsbrookcentre.ca

Falls Brook Centre is a New Brunswick-based non-profit that seeks and promotes sustainable solutions to modern challenges. As a registered charity, we rely heavily on contributions from personal donors. These contributions help us initiate new projects, continue to host great events like Free School, teach workshops in classrooms across New Brunswick, and maintain our day-to-day operations. We welcome your support, and are able to offer charitable tax receipts for all donations over \$25 CAD.