



## Spring/Summer Newsletter 2015

### Volume 2, Issue 1

"I know that if odour were visible, as colour is, I'd see the summer garden in rainbow clouds."

— R. Bridges

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Welcome to the first newsletter of the 2015 season! We're very excited to be back in action this season – there's lots of things on the go! First, a few updates from last season (Summer/Fall 2014). The year-end total pounds donated was nearly 750lbs, with the largest harvests being turnips, squash, beans and garlic scapes. Our biggest fruit harvests/donations were apples, currants, and mulberries. Huge thanks & congrats to all participants and supporters!

There are so many other exciting local projects and initiatives happening this season! [Incredible Edible](#) plants food in various locations around KW to turn our urban spaces into gorgeous, productive places! They meet for planting on Sundays in Waterloo Town Square! The [Belmont Local Food Market](#) is a new local food market celebrating all that is local and neighbourly! [The Preston Community Garden](#) brings Prestonites together to grow healthy, local, food and have fun in the process! There are lots of activities happening in and around the garden! All of these great projects can be found on Facebook or on their websites. Of course, there are all the great things happening at the local farms that welcomed us last season! CSAs, pick-your-own, family days, and more! Check out [Steckle Heritage Homestead](#), [Fertile Ground](#), [The Hacienda Sarria Market Garden](#), [Young City Growers](#), and [Garden Party](#) for more information. We look forward to many more plentiful 'gleans' with these great farmers!

Volunteers: call-outs will go out on the Facebook page and via email to our volunteer list. We will also announce when some of the amazing wild edibles are ready and encourage you to responsibly harvest, weigh, and donate some of those! Please don't hesitate to contact us if you have any questions, if you would like to volunteer, or if you would like us to come harvest in YOUR yard or area! Many, sincere, thanks to all for your ongoing support and enthusiasm!

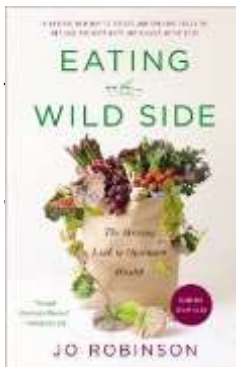
## J.W. Gerth Public School Garden & Outdoor Learning Space!

We are thrilled to be part of this new project this season! J.W. Gerth is now home to a new vegetable garden and outdoor learning space for their students! Everyone is excited to have this opportunity to get kids involved with growing and learning about the food!

**Proposed and Accepted:** April 27, 2015 **Planted:** May 23, 2015



### What We're Reading – Eating on the Wild Side



“Phenomenal...The cure for what ails us is right here, and it's delicious.”  
~ Dan Barber, chef and owner of Blue Hill and Blue Hill at Stone Barns

From the book: “Ever since farmers first planted seeds 10,000 years ago, humans have been destroying the nutritional value of their fruits and vegetables. This book reveals the solution. Based on years of scientific research and filled with food history and practical advice, EATING ON THE WILD SIDE will forever change the way we think about food.”

### Seasonal Recipe – Asparagus, Leek, and Gruyere Quiche

#### Ingredients

1 tablespoon butter  
1 leek (white and light green parts only), sliced  
Coarse salt and ground pepper  
1 bunch (1 pound) asparagus, sliced diagonally  
4 large eggs  
1 1/4 cups half-and-half  
Ground nutmeg  
Your fave pie crust  
1 cup shredded Gruyere cheese

#### Directions

1. Preheat oven to 350 degrees. Melt butter over medium heat and add leek and asparagus. Cook until asparagus is crisp-tender, 6 to 8 minutes. Season with salt and pepper and let cool.
2. Whisk together eggs, half-and-half, 1/2 tsp salt, tsp pepper pinch of nutmeg. Sprinkle pie crust with cheese & top with asparagus mixture. Pour egg mixture on top.
3. Bake until center of quiche is just cooked, about 50 to 60 mins. Let stand 15 minutes before serving.

### Contact Information

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[www.GleanersGuild.ca](http://www.GleanersGuild.ca) is finally up and running!  
Please have a visit for more information!