

MHIM in a few words



Affaires municipales,
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du territoire
Québec

Centre de santé et de services sociaux
d'Argenteuil



Agence de la santé
et des services sociaux
des Laurentides
Québec
Direction de santé publique

April 2013

- Do You Have a Green Thumb?
- Argenteuil Grows Gardens
- Not to be missed

Do You Have a Green Thumb?

As you may have noticed in the last few days, Argenteuil is slowly coming out of its Ice Age stasis. The mild temperature that coincides with the arrival of spring is shaving a few inches of the mountainous snowbanks to the greatest joy of shovelers. As the snow gradually melts, people are coming out of their winter-long hibernation and have started to go about their regular business. For some of you, that means the long awaited season of gardening is rapidly approaching.

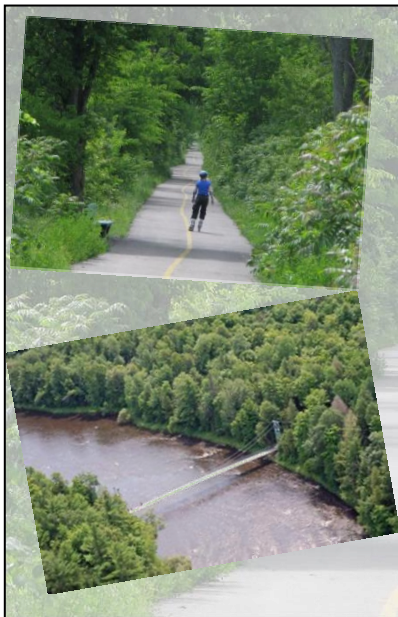
The “My Health in Mind” team has saw fit to hand a few preparation tips for the green-thumb enthusiasts. Albeit it may be a little too soon for planting due to the unstable temperature, we still have a few note-worthy comments in order to be garden-ready for when Mother Nature decides to play nice. For instance, it is important to think about what you want to grow in your garden this season, because some items need specific attention to thrive. Tomatoes, peppers, ground cherries, and leek, for instance, are tricky that way. The seeds need to be planted indoors in early April and only transplanted outside when all chances of frost have past. This is due to the long gestation period of these plants which only reaffirms the importance of planning ahead.

A common mistake among gardeners is the tendency to plant all their seeds at once resulting in an overwhelming quantity of produce. The abundance inevitably induces a stress to consume all of it before any of it goes bad. Before you know it, neighbours and relatives are bombarded with extras. In order to avoid such impasse, you need to split the portion of seeds and plant them at two-week intervals. This will allow for a steady production that will last all season as opposed to a single blast of vegetables and will leave you and your entourage relieved of any possible veggie invasions. For additional valuable information on how to plan your gardening season, visit Montréal’s Botanic Garden’s web site at www.espacepouurlavie.ca/en/green-pages.

Discovery Walk

The 50 + Bouger + Committee invites you to its next walking event on Wednesday, April 17, at 10 am. It will take place on the enchanting site of the Boisée Von Allmen located in Saint-André-d’Argenteuil. For more information about the activity and meeting place, contact Denise Patry at 450 562-9263.





Argenteuil Grows Gardens

Québec en forme Argenteuil (QEFA) has initiated a gardening project with its local partners group called *Mini jardin d'Argenteuil*. The project has been appropriated by different partners whether municipalities, local organizations, schools, and "My Health in Mind" committees in order to develop multigenerational community gardens.

The ambitious project will allow Argenteuil children to experience food from seed to plate and even farther if they want to with composting and eco-friendly disposal. In addition, QEFA will be providing a tactical team of professional to help teach and entertain kids that visit the gardens all across the MRC d'Argenteuil. Within the next few months, keep your eyes peeled for a *Mini jardin d'Argenteuil* near you.

Not to be missed

May 11: 3rd Edition of Argenteuil Relay Race

Attention all runners: does it sound exciting to combine the pleasure of running, the discovery of beautiful sights in our MRC with making a contribution to the Fondation

Espoir jeunesse d'Argenteuil for youth with mental health problems? The 100 km relay race is for a 6-runner team and will run through Saint-André-d'Argenteuil, Brownsburg-Chatham, Lachute, Grenville-sur-la-Rouge, and Grenville. For information or registration: www.courserelaisargenteuil.ca. Fee: \$ 60 per person.



Gore Gardening Club: Seed Starting Seminar

Gore Community Center, Saturday, April 6, 2013, 1 pm
Interested in finding out how and when to start seedlings, when to plant, or where to order seeds? Bring yourselves and your kids for a brief seminar on heirloom seeds, followed by a hands-on seed starting experience. The event is free, but donations will be accepted to cover the costs. For more information, call 450 562-2025, extension 21.

Delivery of Baskets of Organic Products

For those who do not have the green-thumb, but would still want access to baskets of organic products, here is the solution. Three local producers are distributing baskets in Argenteuil, here's how to contact them:

Agri-Choux, www.agrichoux.com

Ferme aux champs qui chantent, www.fermeauxchampsquichantent.com

Ferme Belle Roche, www.fermebelleroche.com

You missed the last column?



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www.argenteuil.qc.ca