

# Brandon Garden Club

Editor: Shannon Brichon

Tonight

February 2014



**Growing Super Foods &  
Nora's top Veggies for  
your garden!  
Nora Tolmie**



**Solberry Sea buckthorn  
Ron Boychuk  
<http://www.solberry.ca/>**

'We grow good food for our neighbors'. Our focus is on a Community Supported Agriculture project, wherein people buy a 'share' of the harvest in the Spring, and then pick up a basket of fresh food every week from July thru September, we also sell extra bounty at the Global Market in downtown Brandon.

We grow chemical-free, using natural and sustainable methods. We also have fresh eggs from free-range chickens and a few years ago we added dairy goats to produce lovely goats milk soaps using quality butters, oils and natural essential oils!

As for me, many will know me from the time I spent selling trees and shrubs at the Green Spot. After years in the restaurant biz on the West Coast, I became a horticulturist specializing in landscape design and was certified as an arborist. We came to Brandon to take over a small family farm and began to grow vegetables, raise chickens for eggs, heritage Berkshire pork and now Nubian dairy goats. I've been involved on the Board of the Global Market, and on the Advisory Committee of Fruit Share Brandon. I've also taught some gardening and Ag courses at ACC.

**Sea Buckthorn is a nutritionally  
complete food. Solberry Sea  
Buckthorn Puree is unique**



# Harvesting Innovation: Manitoba Harvest Hemp Foods

[Manitoba Harvest Hemp Foods](#) (Manitoba Harvest) has overcome government barriers, US court case and consumer misconception to become an unstoppable and award-winning pioneer in the health food industry, and a model for entrepreneurship and innovation that Manitoba can be proud of.

Founded in 1998 by Mike Fata, Alex Chwajewsky and Martin Moravcik - “The fact is, we were marketing a product that was illegal to grow,” said Fata. “So we aligned with both academics and farmers to create the Manitoba Hemp Alliance in the early 1990s to secure government permission and funding to conduct experimental hemp trials to address misconceptions and remove barriers to market.

These trials succeeded in proving that hemp contains only 0.001% THC (the hallucinogenic drug), and in 1998 when the government act forbidding hemp crops was up for renewal, there was plenty of evidence to support legalization.

“Industrial Hemp was legalized in Canada and Manitoba Harvest was born,” said Fata. “We were able to switch our focus to food manufacturing, while continuing to educate people.”

It wasn’t long before the US market became viable for the ambitious super-food producing company, but the Drug Enforcement Agency (DEA) had something to say about it and a three-year long court battle and ban on hemp food sales ensued.

“We were part of the group that defeated the DEA in court,” said Fata. “It was a major win for us to be able to enter the US market.”

## Hemp: The super food

Thanks in part to Manitoba Harvest, people everywhere are waking up to the multitude of health benefits of hemp and its food products. It has proven to be one of the most nutritiously dense foods on the planet.

Although the potential benefits of hemp were already known at the time, Manitoba Harvest needed hard science to prove hemp’s nutritional benefits.

Research confirmed hemp seed is rich in protein, but more importantly, it is packed with healthy fatty acids.

“We initially started doing our product formulations at the Food Development Centre in Portage,” he said. “That’s where we developed our first hemp beverage—or hemp milk—which was award-winning. We were also the first to market.”

Today, Manitoba Harvest manufactures and sells a variety of products: hemp oil, hemp protein powders and Hemp Bliss Organic Hemp Beverage. Its most popular product is Hemp Hearts, which are raw shelled hemp seeds.

More recently, government-sponsored R&D initiatives have uncovered hemp seeds are the world’s best source of gamma-linolenic acid—or GLA.

“This fatty acid helps promote skin, hair and even heart health,” Fata says. “A lot of people believe it helps with controlling inflammation and high blood pressure.”

Manitoba Harvest has grown from three guys with an idea, into a company of 100 employees, selling about 60 per cent of its product line in the US. In Canada, Manitoba Harvest has become a household name for the nutrition-conscious consumer.

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## University Of Sheffield Researchers Detail Cooling Benefits Of

According to Matthew Appleby writing in the on-line January 24 edition of the U.K. Horticultural Trades Association (HTA) journal, “wall shrubs and climbers can provide ‘significant passive cooling’ with wall temperatures behind the plant canopies up to ten degrees C cooler, HTA research has found.

“Experiments by HTA-funded PhD student Jane Taylor, led by University of Sheffield senior lecturer in landscape management, Ross Cameron, used a replicated wall system outdoors. It showed that during warm weather, walls screened with evergreen cherry laurel (*Prunus laurocerasus*) were ten degrees C cooler than the surface of bare walls.

“Air next to the walls was three degrees C cooler than nearby bare walls. On clear sunny days, walls screened by plants were significantly cooler between 11 am and 6 pm, with the greatest differences in mid-to-late afternoon. Ross Cameron said species such as jasmine, honeysuckle and fuchsia

may be better ‘cooling’ plants than ivy because their leaves are more effective at cooling the surrounding air.

“‘This is probably good news for the industry because the implication is that many of our highly ornamental and attractive flowering climbers are likely to have positive functional benefits to the wall too,’ he suggested.

“Taylor said the research adds weight to the argument that plants could be used to reduce buildings’ energy loads by partially substituting for artificial, mechanized air cooling. Brick was chosen as the building material to help demonstrate the potential of plants to provide summer cooling and winter insulation to older domestic housing stock, where retrofitting by other means can be difficult.

“The research also emphasized that not all ‘green infrastructure’ should be treated in a generic manner by policymakers and practitioners. A range of controlled-environment studies

showed that different plant species have different capacities to cool wall surfaces, and the mechanism by which cooling occurred could vary between plant species.

“Cooling due to the presence of fuchsia, for example, was strongly reliant on evapotranspiration, whereas ivy (*Hedera*), honeysuckle (*Lonicera*) and jasmine (*Jasminum*) cooled primarily through shading. *Prunus* cooled via both shade and evapotranspiration.

“Although not normally considered a wall plant due to its short stature, lamb’s ear (*Stachys byzantina*) was included in the study to assess the effects of hairy, silver leaves. This species was surprisingly effective at cooling with mechanisms being attributed to shade, evapotranspiration and an albedo effect--the silver leaves reflecting back light from the wall environment.

“Another important factor in optimizing the cooling effect was the thickness of the foliage. Developing a uniform facade of full transpiring leaves may be more

The Brandon Garden Club meets at 7PM on the third Wednesday of each month except July and August at the Seniors for Seniors Complex at 311 Park Avenue East, Brandon.

New members always welcome. Annual membership is \$20 single / \$30 couple. Non-members are welcome to attend meetings to take advantage of the Club's horticulture programme at a cost of \$5.00 per meeting.

For more information on club affairs contact the club secretary, Nancy Lytle at 727-8912 or e-mail [thebrandongardenclub@mymts.net](mailto:thebrandongardenclub@mymts.net) .

The club newsletter is published free for members and is distributed at monthly meetings. Contact the editor, Shannon Brichon at 727-3581 for e-mail or postal delivery.

| Veggie         | Calories | Fiber | Protein | Vit A | Vit C | Calcium | Iron |
|----------------|----------|-------|---------|-------|-------|---------|------|
| Kale           | 36 cals  | 3g    | 2g      | 345%  | 80%   | 9%      | 6%   |
| Mustard Greens | 21 cals  | 3g    | 3g      | 177%  | 59%   | 10%     | 5%   |
| Collard Greens | 49 cals  | 5g    | 4g      | 308%  | 58%   | 27%     | 12%  |
| Swiss Chard    | 35 cals  | 4g    | 3g      | 214%  | 43%   | 10%     | 22%  |

## March meeting

Winter care and disease control for your fruit trees

&

Best Cultivars  
 Dr. Philip Ronald  
 Riverbend Orchard

