

Wellness Grows

Quinault Wellness Gardens

Apprentices & Quinault Gardeners Program



Where We Are...

Taholah

Medical Center



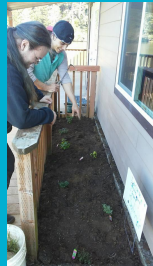
Daycare/Headstart



DPP/Urban Farm



Fitness Center



Queets

Senior Center & Headstart



Aberdeen



Urban Farm Model

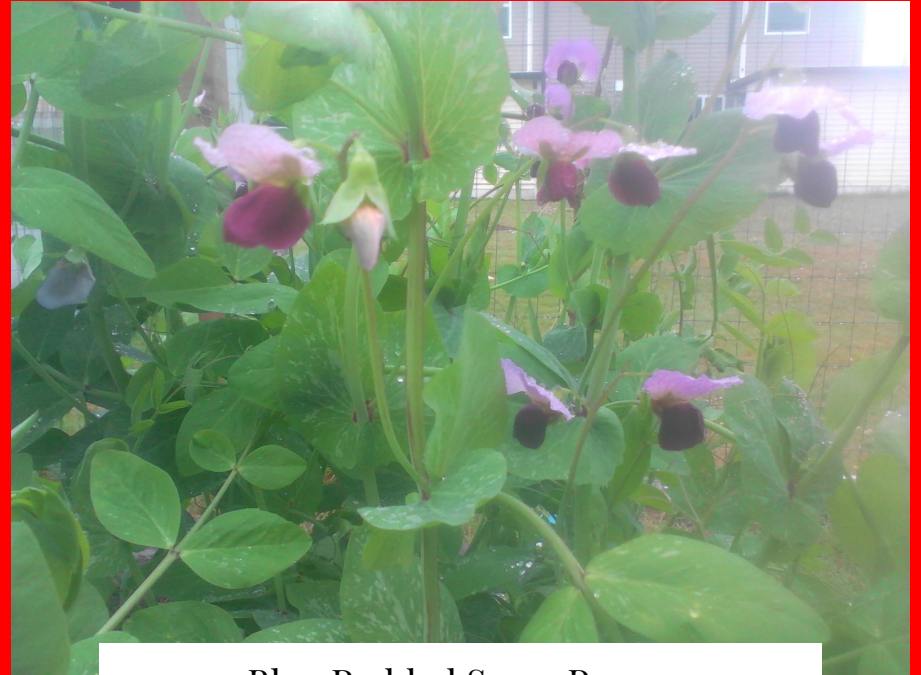
Increases Food Security by having access to and being able to afford nutritious, safe food—and enough of it.

Creates a Sense of Stewardship and planning for the next generations.

Produces Healthy, & Nutritious Food You Can Respect.

Provides Education, Training & Employment Opportunities.

Makes Efficient Use of Land.



Blue Podded Snow Peas...
Edible sprouts, flowers, pods & peas

Urban Farm Livestock



Specialty Growing Areas

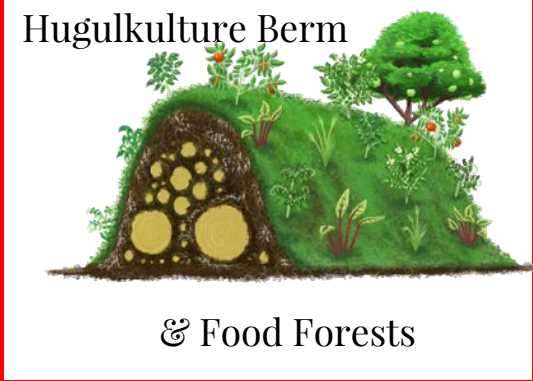


Pollinator Pathway



WEAVING PLANTS

Juncus, Tule, Cattail, Hazel,
Dogbane, Willow, Spruce Root, Cedar



Hugulkulture Berm

& Food Forests



Medicinal Tea Herbs



Edible Flowers



4 Sisters Garden

Biodiversity = Sustainability



Traditional Diet, Indigenous Foods and Native Species



Weekly Produce Distribution & CSA Program



Food Pantry, Seed Library & Wellness Cache



FOOD
PANTRY

Composting = Less Inputs & More Outputs

GREENS

- Fruit and vegetable scraps
- Grass clippings
- Bread and grains
- Coffee grounds
- Hair and fur



BROWNS

- Leaves
- Twigs
- Shredded newspaper
- Cardboard rolls
- Clean paper
- Fireplace ashes



DO NOT ADD: dairy, meat, fats, bones, oils, pet waste, seafood scraps, plastic, stickers from fruits and vegetables, metals, glass, treated or painted wood



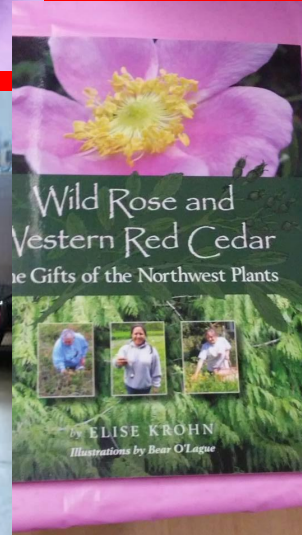
Youth in the Gardens



Classes

GARDENING CALENDAR

 January Protect your garden from frosts, winds and rain. Start planning garden plot for the next year.	 February Trim bushes and evergreen hedges. Prepare seed beds. Chit potato tubers.	 March Sow seeds. Trim winter shrubs. Clean up around the garden. Plant shallots, onion sets, early potatoes, summer-flowering bulbs.	 April Finish any digging. Start sowing outdoors. Sow heavy annuals and herb seeds. Watch out for late frosts.
 May Sow and plant out bedding. Earth up potatoes. Plant out summer bedding. Mow lawns weekly.	 June Hoe weeds regularly. Sow Beans. Water trees. Harvest lettuce, radish, other salads and early potatoes.	 July Water tubs and new plants. Deadhead bedding plants. Harvest zucchini.	 August Water your garden. Prune summer-flowering bushes. Collect seeds. Harvest sweetcorn and other vegetables.
 September Harvest fruits and vegetables. Put up herbs. Sow broad beans and hardy peas. Plant spring flowering bulbs.	 October Clear up fallen leaves. Move tender plants into the greenhouse. Plant out spring cabbages.	 November Start a new compost heap. Plant tulip bulbs. Plant out winter bedding. Prune roses.	 December Check garden winter protection. Prune apples and pears. Take hardwood cuttings.



Plans for Later This Year, Next Year and Beyond...





**Thank you for listening,
learning, sharing and
helping us grow.**

Quinault Wellness Garden Team:

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Kimberly McLaury, Nutritionist
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Lydia Baldwin, Garden Apprentice
Chickens, Egg Production & Fertilizer
Duck, Egg Production & Slug Snatcher
Bees, Pollination Crew, Honey & Wax