

»»» NEWSLETTER «««

# GRO NEWSLETTER

Feed Your Soil



## TOP NEWS OF THE MONTH

### TOP NEWS



### GRO CONFERENCE: FEED YOUR SOIL

We are thrilled to announce Dr. Elaine Ingham is coming back to the Kawartha Lakes.

August 23 and 24th we will be hosting a soil conference.

You can read more on page 2.

You can find tickets on our website or in embedded links in the newsletter

### READ MORE



Our Biodiverse Compost and Potting Mix is ready for the season.

Available as fill your own, 22L bags or bulk delivery!

Please contact for pricing. Pick up is by appointment only.

## COMPOST AND POTTING MIX

# UPCOMING EVENTS

## ➤➤➤ FEED YOUR SOIL WITH DR. ELAINE INGHAM®

Join us for a soil conference with the world's foremost soil biologist Dr. Elaine Ingham.

This two day conference will host a presentation on Friday August 23rd with Dr Ingham and a workshop with GRO Farm Manager Nicole Brouwer to follow.

Saturday August 24th will be filled with compost! GRO will be hosting a compost workshop on farm with Dr. Ingham.

Please see the event [itinerary](#) for more details.

In an effort to reduce waste please bring a reusable water bottle to this event.

After discovering the Soil Food Web Approach (Nature's Soil Operating System) nearly four decades ago and pioneering research in the field, Dr. Elaine Ingham is recognized as the foremost soil biologist in the world.

Dr. Elaine's™ Soil Food Web Approach is the key to rapid and effective soil regeneration. Only with the complete soil food web in place, can the ecological functions of the soil be restored, protecting and purifying the world's waterways, reversing Climate Change and providing super-nutritious foods.



## ➤➤➤ THE FLOWER FARM COURSE

New Online Course On Growing Cut Flowers. Register until April 25th!

Get ready to immerse yourself in the wonderful world of growing cut flowers! Ever dreamed of a flourishing flower farm or a stunning personal garden bursting with colors? The Market Gardener Institute's new online course The Flower Farm is tailored just for flower enthusiasts like you!

Don't just dream about a world filled with flowers – create it and learn the art of growing, harvesting and selling beautiful flowers.



# THE SOIL FOOD WEB

...of life sustainably, without pulling everything in a field simply to grow a...

...icals, to grow food has greatly impeded our soil, rivers, lakes, streams and oceans. In many areas of the U...

# SPRING GARDENING

## >>> PLANTING TIPS

- **Don't get too eager:** Wait for the soil to dry, especially from all the downpours we've been getting. Working on wet soil leads to compaction which kills your microbes!
- **Check your soil temp:** make sure your soil is warm enough to start direct seeding into. Planting into warm soil will help germination.
- **Don't cut your grass or clean up debris yet:** wait to clean up until the days are consistently warmer than 10 degrees Celsius. This gives time for your beneficial insects wake up and emerge from the debris cover. Avoid cutting your grass so that the beneficials have something to feed on once they wake up and emerge.

## >>> BEE A MINDFUL GROWER

Supporting pollinators and beneficial insects goes beyond waiting to clean up garden debris. Integrating native plants into your garden or field spaces will help attract beneficial bees, butterflies, birds and other insects. In field settings pollinator strips are helpful for supporting both your plants and animals! Pollinators ensure that our ecosystems and crops flourish naturally.

Use local business to buy native plants or some public organizations have pollinator seed mixes.

Rapid changes in land use have put pollinator habitats at risk but we can all do little things to help support their populations.

## EXPERT ADVICE

**Buy locally grown seedlings and bedding plants!**

**Not only are you supporting local business but your plants will be more adapted to the climate and weather.**



## MEET THE FARMER

Meet the Farm Manager at The Glen Road Organics. Nicole Brouwer is the person behind the screen. You can follow along with our projects on her Instagram page @gro\_ingwithnicole



[gro\\_ingwithnicole](#)



[www.theglenroadorganics.com](http://www.theglenroadorganics.com)



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