



North Peace Housing Foundation

MAY 2015

Lodge Events



Seniors

If you or anyone you know is looking for accommodation in one of our lodges please contact the lodge of choice or go to our website.

www.northpeacehousing.ca

Lodge Contacts

Autumn Lodge, Berwyn 338-3917
Harvest Lodge, Fairview 835-2862
Del Air, Manning 836-3325
Homesteader, Hines Creek 494-3500
Heritage Tower, Peace River 624-3919
Central Office, Peace River 624-2055



EDIBLE FLOWERS

We already eat a lot of edible flowers; cauliflower and broccoli are the most common. Chamomile makes an excellent tea that helps you to relax just before bed. Flowers are added to foods to provide taste, aroma and color. They can be part of a main dish, a salad or a dessert. Flowers can be incorporated into beverages as flavorings, or used to make teas or wines. They are added to spreads such as butter or fruit preserves and to vinegar, marinades and dressings. Some are dried and used like culinary herbs. Saffron is pollen collected from the inside of a crocus flower. Lots of fine dining consists of pansies, violets, Johnny jump ups and nasturtiums adorning your plate. The look of the flower on the plate adds a little extra eye appeal and flavor. Try adding a few flowers to your salad.

MAY DAY

In a lot of countries, May 1st is considered May Day. It is an ancient Northern hemisphere spring festival consisting usually of dancing; singing and enjoying cake and sweets, which are part of the celebrations. The celebration of spring, the time of fertility of the soil, livestock and people. Traditionally by May 1st the seeding is completed and it was thought that the farm labourers should be honored with a day off. Perhaps the most significant of the traditions is the maypole, around which traditional dancers circle with ribbons and the Morris dancers.



BUS TRIPS FOR THE LODGE'S

May 6th – Going to Fairview Drop In for dinner and an afternoon of visiting and music.

May 13th – Mother's Day celebration at the Manning Lodge.

May 20th – Hopefully we will be going to the Fairview College green house for a tour. Arrangements pending.

May 27th - Lac Cardinal Museum. BBQ Hamburgers, Bingo and touring the grounds

CONTAINER GARDENING

Most plants such as lettuce, tomatoes and even potatoes can be grown in containers. A person can grow almost any vegetable you desire in a pot on your deck and even on a window sill. You can also use anything for a container from a grocery bag with handles that can be moved to follow the sun to a wooden box and even a wicker basket lined with a bag with drainage. Depending on the size of pot and the plant you would like to grow. Lettuce can grow in a very shallow container due to its short roots, as long as you always have good drainage and keep the roots moist. A lot of herbs, flowers and vegetables are easily grown in this same manner. All you need is a few seeds and a little dirt, give your plant some sun and a good drink of water you should be a successful container gardener. Green thumbs up.