



Dear smartname,

As spring gives way to summer, both our gardens and our programs are buzzing with activity. The recent rain allowed us to revisit cozier days with meals like spaghetti and meatballs and homemade tomato soup served at the Gathering Table and Good Food Bank. The garden beds are nearly planted, and exciting plans for community learning continue to take shape. Food Skills is midway through another Senior cooking series in partnership with CBAL and is planning youth cooking classes for July in collaboration with the Nelson Public Library. We are pleased to be distributing Farmer's Market Nutrition coupons once again. **Be sure to mark your calendars for our next Quarterly Community Dinner on July 21 as well.**

This season also brought valuable support from Selkirk College practicum students Izzy and Devi, who stepped in wherever help was needed—from sandwich preparation to data entry. Their flexibility and willingness to contribute made a meaningful difference, and we are grateful for their support. We're also excited to be building new connections with the Settlement Office as we explore ways to support newcomers through future offerings later this summer. Wishing you a wonderful summer filled with long days, good food, and meaningful connections.



Practicum students Izzy & Devi helping portion eggs for the Good Food Bank

Celebrating Our Volunteers

Last month, we gathered at Lakeside Park for our Volunteer Appreciation BBQ to celebrate the incredible people who make our work possible. Despite the chilly weather, it was a wonderful afternoon filled with delicious food, games, prizes, and great company.

We are deeply grateful for our dedicated and compassionate volunteers. Your time, energy, and care make a meaningful difference every day, and this event was a small way to say thank you.

The celebration featured a drawing table hosted by Keiko, trivia and guessing games, and a gift table stocked with seed packets and tomato starts. Volunteers also enjoyed an amazing feast made possible by our generous local supporters, including **Broken Hill, Yum Son, Sprout Eatery, La Ruelle Bakery, Kootenay Bakery, Kootenay Co-op, and Nelson Olive Oil Co.**

Much of the spread was also prepared in-house by Ainsleah, with support from practicum students Izzy and Devi, while Emil and Rosemary kept the BBQ going.

Our prize and gift tables were made extra special thanks to contributions from **Red Light Ramen Bar, Oso Negro Fine Coffee, Nelson Olive Oil Co., Wildroot Flowers, Plants & Coffee, and Thimble Hill Orchard.**



The Joni Project Fundraiser

Join us for an evening honouring the music of Joni Mitchell, featuring The Joni Project — live tribute • 7–9 PM (doors 6:30 PM) in the United Church Sanctuary, 602 Silica St. (Upstairs of NCFC) • Admission by donation — all proceeds benefit NCFC. A special thank you to Bernie Schmidt for organizing.



Garden Corner: Thyme-Tested Tips from the 2026 Garden Crew

It's not too late for Zucchini

If you missed out on getting zucchini starters at the market this year, don't worry! You can usually grow zucchini from seed until at least mid-June, and they often perform better than transplants. We have found that transplants can go into shock and flower too early, which may stall growth and reduce production. In contrast, direct-seeded plants tend to flower once they are larger and stronger, and to produce continuously until the first frost. Direct-seeded zucchini also appears to be less prone to powdery mildew.

Companion Planting for Pest Control

An effective way to deter insects is through companion planting. For example, try planting brassicas (such as kale, broccoli, and cauliflower) among onions, garlic, or fragrant herbs (parsley, basil, rosemary & thyme). These strongly scented plants can help repel harmful insects and make pest management easier. Many flowers are also effective companions, including marigolds, lavender, and nasturtiums.





Community Partner: Kootenay Co-op Radio

Thank you to [KCR](#) for inviting us to be part of their 4th Annual Block Party! As the grand finale of their Membership Drive, the event brought the community together for an afternoon of connection, celebration, and fun at Lion's Park. We had a great time serving ice cream, meeting community members, and sharing in the festivities.

[Give Today](#)

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