



June in Bloom

by [Grace Nombrado](#)



Walking down Champlain Heights Trail, there are many signs of spring. Behind Kinross Creek Co-op, the deep pink of the first baldhip rose unfurls its petals. Farther down the trail, adjacent to Matheson Heights Co-op, the tiny pink snowberry buds shyly peek out from new green leaves. Further east, beside Cartier Place, the most prolific indigenous plum, hangs its yellowish-green plums down to me in tantalizing clusters. Entering into the trails of neighbouring Everett Crowley

Park, bright white blossoms open on the thimbleberry. While the salmonberry bushes surprise us with their fresh green berries just beginning to fruit.

It Takes a Village

Updates from our community



Alexander Laidlaw Co-op

by [Martin Collins](#)

On May 29, 2021, thanks to a Neighbourhood Small Grant, we hosted a “Let’s Root Out Invasives” event at Alexander Laidlaw Co-op, adjacent to the Red Alder Trail.

Ten volunteers, including five Free the Fern members, signed up to help remove invasive lamium and Himalayan blackberry. As part of the Neighbourhood Small Grant, Volunteers were provided with gloves and tools. We succeeded in removing eight 360L green bins worth of invasives.

Following the removal effort, volunteers were invited on a tour of the native plants that have been planted in the area over the past three years - including thimbleberry, huckleberry, twinberry, salal, and Garry oak meadow flowers. We then enjoyed a complimentary lunch outside.

With the support of Free the Fern’s Art for Plant Fundraiser, we will be doing a fall planting in the newly cleared area. These plants will include: Douglas fir saplings, vine maple, dwarf Oregon grape, and sword ferns.

Cartier Place

by Paola Coloma



We continue with our efforts to remove invasive plants along the Red Alder Trail, adjacent to Cartier Place.

In the past couple of months, we have removed over a dozen green bins (240 L) worth of English Ivy and Himalayan Blackberry from around the area and under trees. We were able to free two trees that were almost entirely engulfed by blackberry bushes. They seem to be flourishing!

Five ferns (that had been donated as part of a Neighbourhood Small Grant) were planted beside Cartier Place. Sadly, one was stolen from the area. Several signs were posted to ask that ferns not be removed. Two generous community members stepped up and offered to donate ferns for replanting.

Our next step is to add organic leaf mulch in areas where invasive plants have been removed. Cartier Place strata will be contributing \$200 to purchase plants for a fall. These funds will supplement those raised as part of the Art for Plant Fundraiser. Plants will include: thimbleberry, sword fern, salal, and woolly sunflower.

Kinross Creek Co-op

by Grace Nombrado



On May 2, 2021 Kinross Creek Co-op held an annual Spring Cleanup. We had ten co-op members, of all ages, volunteer for two hours within Doug's Garden to help remove common periwinkle. Volunteers successfully removed five green bins (3 -360L bins and 2 - 240L bins) of invasives from a 40 m² area.

Over the past month, I have also been working on my own time in Doug's Garden to transfer mulch to areas previously cleared of invasives. I have moved 11 wheelbarrows of leaf mulch to the site. This mulch will help retain moisture in the soil, serve as an organic compost, and prevent resprouting of small weeds.

We have ordered plants from Nat's Nursery for a fall planting within Doug's Garden. We have three main areas planned for the garden - a pollinator garden, a native berries garden, and a fern garden. These areas will serve to teach those in the neighbourhood about native plants.

Matheson Heights Co-op

by Dana Marom



Nesting season is here, so Matheson Heights Co-op has put the Ivy and Blackberry removal effort on hold for the next few weeks. Instead, we have focused our efforts on planting. On May 1, 2021 Matheson Heights Co-op grounds committee organized a successful planting party. Many residents, of all ages, helped to plant more than 80 native plants within two areas of our co-op.

The first area was our new pollinator garden - where we planted wildflowers like woolly sunflowers, aster, yarrow, bleeding heart, red flowering currant, Nootka rose, mock orange and Oregon grape.

The second area where we planted was at the west border of our co-op, adjacent to the Red Alder trail. Some of the plants planted in this area were: red twig dogwoods, evergreen huckleberries, black huckleberries, salal, nodding onion, false Salomon seals and ferns. We also planted five vine maples in both locations.

The Planting Party was a huge success and we are looking forward to seeing our plants grow.

THIS MONTH'S
OTHER STORIES

Indigenous Plant Walk

by Grace Nombrado



Neighbourhood
Small Grants

Hot off the press! Free the Fern has just been approved for our second Neighbourhood Small Grant. We will be using the grant to host a **Indigenous Plant Walk** on **August 14, 2021** from **10-11:30am**. The walk will be led by Lori Snyder, Métis herbalist and educator, and take place at Champlain Heights Park. Please register to attend the walk by emailing freethefern@gmail.com . Free the Fern member, Damian Assadi, will also be filming and editing a video version for those who cannot attend in person.

Rainbow Tool Sets

by Kiki Nombrado



Thanks to a TD Park People Grant, Free the Fern has been able to purchase 6 tool sets (shovels, rakes, trowels, bypass pruners). These tools will be used at invasive

removal, planting, and education events. We have also purchased 18 garden gloves (s and l sized) and 10 work gloves for blackberry removal.

I painted the tools into 6 rainbow colour sets, so they are visible and organized. As well, I painted tool bags to carry the smaller tools in and designed volunteer vests for Free the Fern members to wear at events.

Invasive ED 101

by [Grace Nombrado](#)

June 12, 2021 | 10:00 A.M

Champlain Heights Trail
Behind Kinross Creek Co-op


**FREE THE FERN:
INVASIVE ED
101**

Covid-friendly, hands-on workshop on
invasive English Ivy, Himalayan Blackberry
and Common Periwinkle removal.

Email freethefern@gmail.com to book a timeslot:

10:00-10:50am	1:00-1:50pm
11:00-11:50am	2:00-2:50pm

Sponsored by TD Park People Grant

 freethefern@gmail.com
www.freethefern.ca

We are excited to host an [Invasive Ed 101](#) event on **Saturday, June 12, 2021**. The first time slot (10-10:50am) has been fully registered, while the second and third timeslot (11-11:50am and 1-1:50pm) are at 50% capacity.

We are still looking for 3 more volunteers from Free the Fern to help at our event. We need help with monitoring the info table and taking some photographs at the event. Please email freethefern@gmail.com to sign up to volunteer.

Art for Plants

by [Christine Nombrado](#)



Free the Fern has successfully raised **\$833 dollars** for [Art for Plant Fundraiser!](#) The funds will be used for native planting this fall. We will be planting at three sites adjacent to Kinross Creek Co-op, Cartier Place, and Alexander Laidlaw Co-op.

Volunteer Tracking Form

Free the Fern members are asked to please fill in our [Volunteer Tracking Form](#) after doing any volunteer work - including invasive removal, watering, mulching or planting. This is so that we can document all our volunteer hours and amount of invasives removed. Thank you for all your hard work!

Champlain Heights Greenway Research

by [Susan Atkey](#)

Free the Fern has been researching the possibility of working with the City of Vancouver to designate the Champlain Heights Trail as a greenway.

- [Current Vancouver City Greenways](#): View a map of the planned city greenway network.
- [Community Greenways – Province of BC](#): detailed document that defines what is a greenway and gives examples of greenways across North America.
- [Neighbourhood Greenways: City of Vancouver](#): Neighbourhood greenways (distinct from larger "City greenways") are small-scale, local connections for pedestrians & cyclists linking parks, natural areas, historic sites, amenities, and commercial streets.

- [Regional Greenways 2050](#): "Recent research has found that developing new trails in neighborhoods will replace a proportion of short vehicle trips for work and shopping and avoid the emission of greenhouse gases associated with motor vehicles." This aligns with the Champlain Heights original planning goals to "separate pedestrians from vehicular traffic where possible, and to retain and emphasize the natural amenities of the area and integrate them into the development."

Our One Hectare Backyard

Free the Fern member and steward at Sparwood Park, **Damian Assadi**, has produced [Our One Hectare Backyard](#), a virtual outdoor classroom. He connects kids to nature through short, fun lessons about native species. The videos are suitable for elementary (Episodes 1-3) and high-school (episodes 4-6) students, and will add interest to any curriculum.

Next Meeting

Note: Weather permitting, we will be holding our next meeting outdoors behind Kinross Creek Co-op within Doug's Garden, adjacent to the Red Alder Trail.

Free the Fern's next monthly meeting will be held on **Wednesday, June 23, 2021** at **7pm.**

[READ MORE ON OUR WEBSITE](#)



Free the Fern.
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