



Free the Fern

November 2023 Newsletter

Native Food Forest Planting!



On October 21, 58 volunteers gathered for our [Native Food Forest Planting event](#) on the Red Alder Trail. Over the course of 10 months, leading up to the planting, volunteers had removed a total of 28,436 L (10 tons) of invasive plants from the trail. On Oct 21, we gathered together to plant 690 native plant species: fruit/nut trees, berry bushes, ground cover, and pollinating flowers to create a [Native Food Forest](#).



After planting, volunteers enjoyed refreshments and fresh baked bannock and jam, prepared by local elder, Marge Wylie. Then, we were blessed with a performance by [Tsatsu Stalgayu](#) (the Coastal Wolf Pack), a multi-generational Coast Salish drumming and dancing group. Hearing the drumming and watching the dancing, surrounded by Douglas Fir trees, felt like coming home.



We are very grateful to our amazing volunteers who helped with our planting. We also thank our sponsors: [Park People](#), [Tree Canada](#), [Neighbourhood Matching Fund](#) (Vancouver Park Board), [Starbucks](#), and the [Miller's Your Independent Grocer](#) whose generosity made this project possible.

To check out more about our Native Food Forest Planting event, watch our [video of the event](#) filmed by [Daniel Akinshola](#) or read our [blog](#).



Native Food Forest Planting - Oct 21, 2023



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FREE THE FERN TOP STORIES



Harvest Festival - Oct 28, 2023

On Saturday, Oct 28, Free the Fern participated in the South Vancouver Neighbourhood House [Harvest Festival](#) outside David Thompson Secondary. At the event local community members enjoyed complimentary hot chocolate & soup, enjoyed tours of the [Fresh Roots Market Garden](#), listened to music, played games & crafts, and learned from local non-profits. Free the Fern had a display of native & invasive plants, ran a “nature candy quiz” and a pressed leaf bookmark craft. We enjoyed meeting many local citizens who were curious to learn about our stewardship effort on the Red Alder Trail. We hope to see some of you out at a future Free the Fern event! Read more on our [blog](#).



Invasive Pull + Planting - Nov 4, 2023, 10am-12pm

On Nov 4, 2023, 10am-12pm, we will be having our monthly [Invasive Pull](#) event with a BONUS planting. Volunteers will gather near the Alexander Laidlaw Housing Co-op along the Red Alder Trail. As part of our restoration effort, we will begin by removing invasive plant species before planting 60 native plants. Gloves, tools, and refreshments will be provided for volunteers. Sign up on our [event page](#).

Artist Collaboration - Nov 15, 2023, 7-9pm

CALLING ALL ARTISTS!

Help build lanterns for our Light up the Night in Champlain Heights winter lantern festival

November 15, 7-9 pm

8001 Curate Wynd Vancouver

Lead by eco-artist, Joshua Ralph

Supplies and instruction provided plus
Honorarium for artists who complete
a lantern for the event

Register at www.freethefern.ca



Calling all artists! We are looking for artists who would like to help build lanterns for our winter lantern festival, Light up the Night in Champlain Heights. Interested artists will be welcomed to gather on Wednesday, November 15, 2023, 7-9pm. Artists will receive supplies and learn lantern building techniques, from lead artist, Joshua Ralph. There will be an honorarium provided for artists who attend the session and complete one or more lanterns for our lantern festival. Sign up now on our [event page](#).



Mushroom Walk - Nov 18, 2023, 10am-12pm

On **Saturday, Nov 18, 10am-12pm**, Free the Fern will be welcoming Mycologist, Cody Labossiere, for a [Mushroom Walk](#). Cody will be guiding participants on a walk of the Red Alder Trail identifying mushrooms. In addition, participants will be welcome to participate in a mushroom inoculation - adding more mushrooms to increase biodiversity in our trail. Sign up to participate on our [event page](#).



Stewardship Survey

Have you volunteered with Free the Fern? We'd love to hear how the experience was for you. We are kindly asking volunteers to complete the following short [survey](#).

This survey is being conducted as part of [Park People's Cornerstone Parks](#), a first-of-its-kind national network dedicated to maximising the impact and influence of Canada's large urban parks. Free the Fern is grateful to receive support from Park People for our stewardship effort.

[Start the survey!](#)

To thank you for participating in the survey, you will have the chance to enter a draw for one of three prize packages (valued at \$100).

Free the Fern Update

January 1, 2023- October 31, 2023

Operational Activities:

- 305 event volunteers
- 11 board directors
- 5 stewardship areas
- 1,182 volunteer hours
- 871 native plants planted
- 28,436 L (10 tons) of invasive plants removed

Outreach & Education:

- 9 invasive pulls
- 3 art workshops
- 20 total public events
- 46 workshop participants
- 243 Instagram posts

-



Neighbouring Nature Events

There are many other amazing groups in Metro Vancouver organising events in June. Check out what is happening below.

Saturday, Nov 4, 10am-10:45am - [Putting Your Garden to Bed](#) - Zoom

It's time for your garden to go to bed for the winter! Learn how to get your garden ready for winter. How can you build and protect your garden soil and maintain plants and animals during the winter months?

Sunday, Nov 5, 10am-1pm - [Planting Day](#) - Everett Crowley Park, Vancouver.

Join Everett Crowley Park Committee for their Planting Day at Everett Crowley Park. Help grow an urban forest in this fun, family-friendly event!

Tuesday, Nov 14, 9am-11am - [Piper Spit Bird Count](#) - Burnaby Lake Regional Park

Whether you're just getting to know the birds in your backyard or are on the lookout for rarities, grab your binoculars and join a park interpreter to watch the seasonal changes of birds at Burnaby Lake. Ages 15+ Free, Registration required

Thursday, Nov 16, 10am-1:30pm - [Enterprise/Arbor Day Planting Event](#) - Stanley Park, Vancouver

Come join a special planting event sponsored by Enterprise and the Arbor Day Foundation. Volunteers will be planting in a disturbed area on the Southwest side of Lost Lagoon. Help

contribute to habitat conservation and restoration, and preserve the biodiversity in Stanley Park.

Saturday, Nov 18 - 6:30pm-8pm - [Stewardship Session: Youth Perspectives in Stewardship](#)
- Zoom

Join [Invasive Species Council of Metro Vancouver](#) & [Stanley Park Ecology Society](#) for a virtual online session. They will be welcoming a panel of youth who will share their experiences with environmental stewardship.

If you know of a local event happening next month, let us know!

[READ MORE ON OUR WEBSITE](#)



www.freethefern.ca
[@free the fern](#)

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