



Free the Fern

April 2024 Newsletter

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Native Plant Sale



Are you interested in adding native plants to your garden, but you're not sure where to buy them? Would you like to enhance biodiversity and provide food for pollinators and birds?

Then check out our **Native Plant Sale** on **Saturday, April 20, 10am-12pm!** Just in time for Earth Week, we will have a variety of sun and shade native plants available for sale at the [Douglas Fir Teaching Garden](#) (east of 3530 Swansacre) in South Vancouver.



WILD FLAG IRIS



NODDING ONION

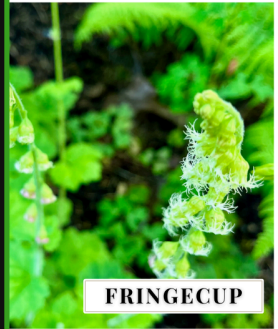


REDWOOD SORREL

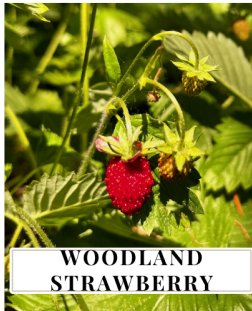


GOLDENROD

Free the Fern Stewardship Society's
NATIVE PLANT SALE
SATURDAY, APRIL 20, 2024
10AM-12PM
DOUGLAS FIR TEACHING GARDEN
 (EAST OF 3530 SWANSACRE)
REG (1 GAL) = \$14 | SMALL (3.5") = \$6
FUNDRAISER IN SUPPORT OF FREE THE FERN'S
STEWARDSHIP EFFORT ON THE RED ALDER TRAIL
WWW.FREETHEFERN.CA



FRINGECUP



WOODLAND STRAWBERRY



OREGON GRAPE



DOUGLAS IRIS



SWORDFERN

Description	Size	Seedlot	Quantity
<i>Solidago canadensis</i> COASTAL Goldenrod COASTAL	1 Gal		50
<i>Allium cernuum</i> Nodding Onion	3.5 pot - black		54
<i>Polystichum munitum</i> Sword Fern	1 Gal		50
<i>Fragaria vesca</i> Woodland Strawberry	3.5 pot - black		54
<i>Oxalis oregana</i> Redwood Sorrel	3.5 pot - black		54
<i>Tellima grandiflora</i> Fringecup	3.5 pot - black		54
<i>Iris douglasiana</i> Douglas Iris	1 Gal		25
<i>Iris setosa</i> Wild Flag Iris	1 Gal		25
<i>Mahonia nervosa</i> Dull Oregon Grape	1 Gal		50

Plants will be priced at **\$6 for a small (3.5")** and **\$14 for regular (1 gal)**.

We will have expert stewards on hand to advise you in the selection of your plants.
Payment will be available by cash, e-transfer, debit or credit.

All funds raised will go to support Free the Fern's stewardship effort along the Champlain Heights Trail system in South Vancouver.

FREE THE FERN
TOP STORIES



Invasive Pull & Planting - April 6, 2024

Come help us [remove invasive ivy](#) and plant native plants along the Red Alder trail on Saturday, April 6, 2024, 10am-12pm. Gloves, tools, and complimentary refreshments provided. 2-zone transit passes available for those who arrive by bus. All ages welcome. Sign up on our [events](#) page.



Earth Fest at Everett Crowley - April 27, 2024

Come out to [Everett Crowley Park](#) on Saturday, April 27, 11-3pm for [Earth Fest](#). Organised by the [Everett Crowley Park Committee](#), this event will have a variety of environmental community groups, crafts, and entertainment. Free the Fern will be sharing examples of native and invasive plants, hosting a lollypop nature quiz, and teaching how to make ivy head wreaths. Would you like to volunteer with us? Sign up [here](#).



Weaving to Heal

On March 16, xwməθkwəy'əm cedar weaver and natural wool dyer, Rita Kompst, led a morning of cedar bracelet weaving. She shared how she took up weaving after the loss of her father, and how it helped on her journey of healing. Participants learned how cedar bark is prepared: harvested in a long strip from a mature tree, separated into thin strips,

dyed, and soaked in water before weaving. Everyone completed their own beautiful, unique bracelet. Read more [here](#).



We Went Wild Outside!

[Wild Outside](#) (Canadian Wildlife Federation) partnered with Free the Fern to run a Youth Invasive Pull on Tuesday, March 26, 2024. Youth, ages 15-18, enjoyed removing ivy, creating invasive “most wanted” posters, and going on an invasive plant walk (led by Free the Fern Executive Director, Grace Nombrado). It was great to see young stewards connecting with the land. Read more [here](#).



Rollin', Rollin', Rollin'

Free the Fern is partnering with Squamish carver, [John Spence](#), and his son, Koda, to create a Healing Circle of seating in the Douglas Fir Teaching Garden on the Red Alder Trail. On

Monday, March 25 John & Koda came out to the trail to help cut some cedar snags into logs for the carving project. Free the Fern volunteers, Genevieve, Jeannine, Barbara, and Grace, were on hand to help roll the logs down the trail and to the garden. John & Koda will be back in several weeks to begin the process of carving the logs into a healing circle of seating. Read more [here](#).



T-Shirt & Bag Fundraiser

Have you got your Free the Fern T-shirt or bag yet? It's not too late! 100% of the profits go towards the [Urban Native Youth Association](#) (UNYA). The fern design was created by Coast Salish artist, [Andrea Fritz](#) and printed on sustainable cotton at [Pressing Matters](#).

You are welcome to purchase bags (recommended donation of \$20) and shirts (recommended donation of \$30) via e-transfer or cash at this [link](#). We will also have them available at our upcoming Plant Sale on April 20.

Funding for this project generously provided by [Park People](#)

Free the Fern Update

From January 1 - April 1, 2024

Operational Activities:

5 stewardship areas

9 board directors

106 event volunteers

214.50 volunteer hours

50 native plants planted

16,380 L of invasive plants removed

Outreach & Education:

4 invasive pulls

3 workshops or walks

8 total public events

46 workshop or walk participants

67 Instagram posts



Neighbouring Nature Events

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

Saturday, April 13, 10am-12:30pm - [Still Moon Gardeners Gatherings](#) - Colour Me Local Dye Garden 3598 Renfrew St, Vancouver

Curious about how a Natural Dye Garden Works? Join a Work Party with the Still Moon team at Colour Me Local Dye Garden to find out.

Saturday, April 13, 10am-12pm & 2-4pm - [Seeding Stewardship Program Launch Event](#) - Pines St and W 5th Ave & Sunset Park, Vancouver

Learn about a new stewardship fund available for the public to help manage and activate various pollinator & rain gardens around the city!

Saturday, April 20, 10am-12:30pm - [Delta Community Weed Pull](#) - Mackie Park, Delta

Delta is inviting everyone who lives, works or plays in our city to volunteer for our Community Weed Pull events!

Saturday, April 20, 1pm-2:30pm - [Forest Bathing](#) - Lynn Canyon Park, North Vancouver

Relax among the trees and absorb the wonders our forest has to offer! Led by Tracy Chalmers, an Association of Nature and Forest Therapy guide.

Tuesday, April 23, 6:30pm-8pm - [Stewardship Series: Food Forests](#) - Online

Join SPES & ISCMV online as we welcome a panel of experts to discuss local food forest initiatives! Free the Fern Executive Director, Grace Nombrado, will be one of the guests. She will be sharing her experience creating a Food Forest on the Red Alder Trail.

Sunday, April 28, 4:30pm-7:30pm - [Our Water Conversation: Stories & Natural Dyes](#) - Edmonds Community Centre, Burnaby

Listen to intercultural stories from esteemed guest speakers Lori Snyder and the Quantum Care Team and share your water-related memories, stories, and hopes during an intercultural water dialogue.

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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