



Free the Fern

April 2025 Newsletter

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## Native Plant Sale!



RED COLUMBINE



DEER FERN



NODDING ONION



WOODLAND STRAWBERRY



GOLDENROD

*Free the Fern Stewardship Society's*  
**NATIVE PLANT SALE**  
**SATURDAY, APRIL 12, 2024**  
**10AM-12PM**  
**KINROSS CREEK CO-OP**  
**8001 CURATE WYND, VANCOUVER**  
**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**



BLUE IRIS



REDWOOD SORREL



OREGON GRAPE



RED FLOWERING CURRANT



SWORDFERN

On **Saturday, April 12, 10am-12pm**, we are excited to host our second annual Native Plant Sale! Due to the recent unpredictable weather, we have decided to move the event indoors, to the [Kinross Creek Co-op](#) common room (8001 Curate Wynd, Vancouver).

We will have a variety of native species for sale, priced at **\$14 for 1 Gal** and **\$6 for 3.5” pots**. All plants have been sourced from the local [Nats Nursery](#).

*Species will include:*

- Coastal goldenrod (1 gal)
- Deer Fern (3.5")
- Douglas Iris (1 gal)
- Low Oregon grape (1 gal)
- Nodding Onion (3.5")
- Nootka Rose (1 gal)
- Pacific bleeding heart (3.5")
- Red Columbine (3.5")
- Red-Flowering Currant (1 gal)
- Redwood Sorrel (3.5")
- Sword Fern (3.5")
- Western Blue Iris (1 gal)
- Woodland Strawberry (3.5")

We will also be selling a selection of nature books (at \$5 per book) and some small nature crafts. Cash, e-transfer, credit or debit will be accepted.

All money raised will go towards supporting our Free the Fern stewardship effort along the Champlain Heights Trails!

If you are interested in volunteering at our Native Plant Sale, we would love to have your help! Please [sign-up here](#).

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FREE THE FERN  
TOP STORIES



## **Bird Walk - Sat, March 29 , 10am-11:30am**

Join us on **Sat, March 29, 10am-12pm**, for a [Bird Walk](#) along the Red Alder Trail. The event will be led by birder, Chris Ensing, and outdoor educator, Cole Reintsma. We will be meeting at the Douglas Fir Teaching Garden and doing a loop of the trail, before returning for tea and snacks in the garden. Sign up to participate [here](#).



## **Invasive Pull - Sat, April 5, 10am-12pm**

Join us on **Sat, April 5, 10am-12pm**, for an [Invasive Pull](#). We will be removing common periwinkle and Himalayan blackberry along the Red Alder Trail. All ages and abilities are welcome. Snacks & drinks provided! [Sign up to volunteer here](#).



## Earth Fest - Sat, April 26, 11am-3pm

On **Sat, April 26, 11am-3pm**, Free the Fern will have an info table at [Earth Fest at Everett Crowley Park](#). Come by and learn about our stewardship effort or make an ivy crown with us. There will be other community groups there and other events, including: a Mushroom Walk (11:45am-1:15pm), Drumming Circle (12pm), Carnival Band (1-3pm), and Wildflower Seeding (1:45pm). We are looking for some volunteers to help us at our Free the Fern table. You can [sign up here to help](#).

**FREE THE FERN COMMUNITY FOOD FOREST**

Planted by local community volunteers on October 21, 2023 and stewarded by Free the Fern Stewardship Society.

- 10 months of restoration work started December 2022
- 146 volunteers removed invasive species
- 14,820 liters of Himalayan Blackberry and ivy cleared
- 600+ native plants planted by 56 local volunteers

**What is a food forest?**  
A food forest (or terraced garden) is a diverse, edible ecosystem with multiple layers of native plants—ground cover, shrubs, and trees—all working together like a natural forest.

**Inspired by indigenous knowledge**  
This food forest honors the Coast Salish and Tsimshian peoples and their traditional terraced gardens, which provided nutritious fruits, nuts, and berries for entire coastal communities.

**Can you find me in the forest?**

- Roasted hazelnut** (*Corylus cornuta*)
- Low Oregon grape** (*Mahonia nervosa*)
- Pacific crabapple** (*Malus juzei*)
- Red flowering currant** (*Ribes sanguineum*)
- Salmonberry** (*Rubus spectabilis*)
- Thimbleberry** (*Rubus parryiflorus*)
- Wild ginger** (*Asarum canadense*)
- Woodland strawberry** (*Fragaria vesca*)

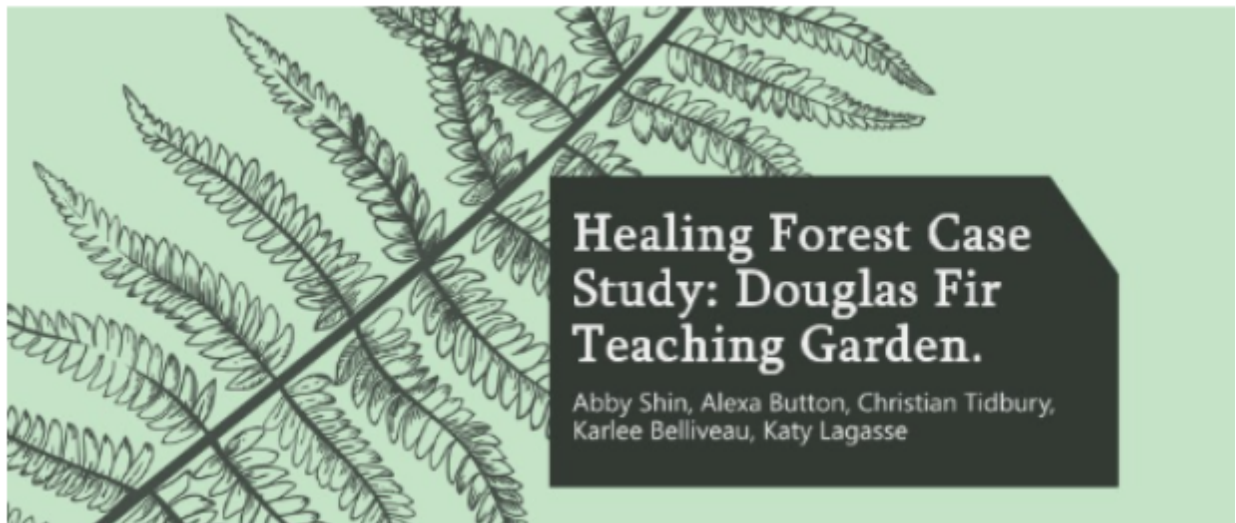
**Can I pick berries?** **Yes, but respectfully!** This food forest was created by the community, for the community. Harvest small amounts and share with others, including our local bees, birds, fish, and frogs.

free the fern | City of VANCOUVER | Local Acknowledgment: We are on the unceded territory of the sm̓ašxw̓m̓yem (Musqueam), Sḵw̓m̓w̓čw̓m̓ (Fraser Canyon), and səl̓w̓tə̀m̓ (Everett) Nations.

## Food Forest Sign

We are excited to share the final draft of our educational Community Food Forest sign. VCC Design Students with the [Studio Nuvo Design Agency](#), volunteered their time to help design the sign. It features stats and images of some of the edible plants that appear in our [Community Food Forest](#) on the Red Alder Trail. The sign design has been approved by the

City of Vancouver, [Green Streets Program](#), and will be printed & installed by local sign makers, [Infinite Signs](#). We are so grateful to have had support from the VCC students to make this project possible!



## A Case Study

Recently, a group of students from the University of Waterloo, reached out to Free the Fern Executive Director, Grace Nombrado, requesting an interview. The students were hoping to learn more about the [Douglas Fir Teaching Garden](#) and its history as a [Healing Forest](#). They were compiling information to create a Healing Forest case study. On March 24, 2025, the students shared their presentation with us: [Healing Forest Case Study: Douglas Fir Teaching Garden](#)



## Eco-Art Fest

Save the Date for our [Eco-Art Fest on Saturday, June 28, 10am-2pm](#). We will be welcoming 7 eco-artists to the Douglas Fir Teaching Garden to share their work with weaving, braiding, paper pulp and ink making. At the event, lead artist, [Lorna Moffat](#) will be creating a “Braiding Community” project, using upcycled fabrics, in partnership with the community, which will later be displayed at the Champlain Heights Community Centre. There will also be a drumming and dancing performance by [Tsatsu Stalgayu](#) (Coastal Wolf Pack) and complimentary bannock & jam, prepared by Elder in Residence, [Marge Wylie](#). Stay tuned for more details to come!

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## Neighbouring Nature Events

Check out other nature events happening in Metro Vancouver this month!

**Thurs, April 3, 1-7pm - [2025 Park People Vancouver Forum](#)** - VanDusen Gardens, Vancouver

Come together with community members, nature enthusiasts, park professionals, and municipal staff at the Park People Vancouver Forum on April 3, 2025. Panel discussion will include Grace Nombrado, Free the Fern Executive Director. There will also be free guided walks, light refreshments, and networking opportunities!

**Sat, April 12, 10am-1pm - [Everett Crowley Park Stewardship](#)** - Everett Crowley Park, Vancouver

Get dirty, have fun and help the environment! Join the Everett Crowley Park Committee for monthly stewardship events to help remove invasive plants and learn more about the unique history and ecology of Everett Crowley Park.

**Sun, April 13, 9:30-12:30pm - [April Work Party](#) - Jericho Beach, Vancouver**

Join the Jericho Stewardship Group and help remove invasive blackberry and ivy from the park to support native plantings.

**Wed, April 16, 6:00pm-7:30pm - [In the Nest: Local Bald Eagles](#) - Stanley Park, Vancouver**

Join the Hancock Wildlife Foundation for an evening all about the marvelous bald eagles in our region, from the 400+ active nests in the Fraser Valley to the 4 active breeding pairs nesting in Stanley Park.

**Wed, April 23, 5:30pm-7:00pm - [Wildflowers of Spring](#) - Stanley Park, Vancouver**

Explore the beautiful early blossoms that line the trails of Stanley Park -- from red-flowering currant to Oregon grape and more!

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

**[READ MORE ON OUR WEBSITE](#)**



[www.freethefern.ca](http://www.freethefern.ca)

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