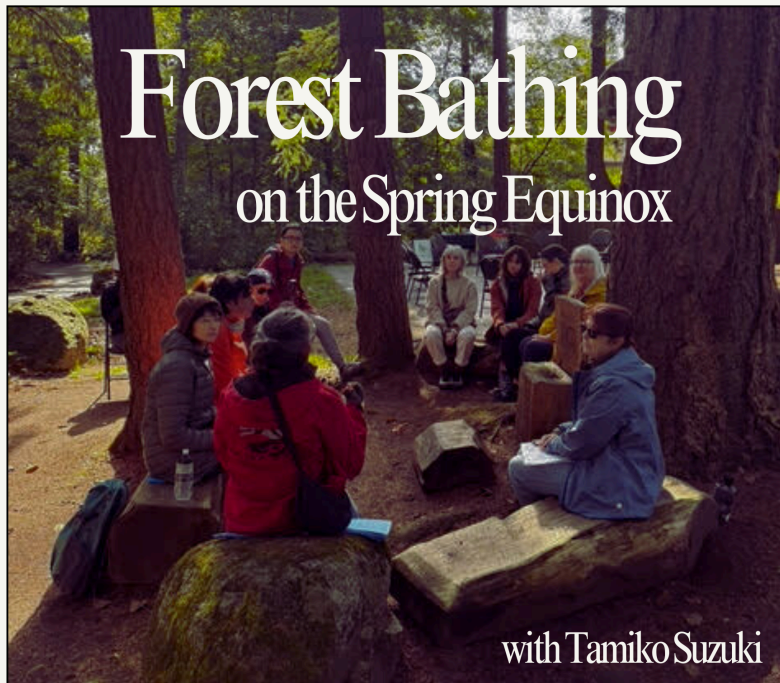




Free the Fern

March 2026 Newsletter



FRIDAY	03.20.2026	1-3PM
FREE ENTRY	DOUGLAS FIR TEACHING GARDEN	

On Friday, March 20, 2026, Free the Fern will be welcoming back Tamiko Suzuki, certified Nature Therapy guide, to lead a Forest Bathing experience with us. The [last walk](#) she led took place in the fall. So, we thought it would be wonderful to gather again, this time on the first day of Spring.

Tamiko Suzuki will lead a 2 hour contemplative walk. It will be a restorative afternoon designed to help participants unplug, rediscover the child within, and reconnect with nature. This will not be a traditional hike but a slow meditative walk and personal

exploration of the forest around us. While our muscles may not get much of a workout, our senses, imagination, emotions and memory certainly will!

Sign up for the Forest Bathing walk on our [event page here](#).

FREE THE FERN
TOP STORIES



Monthly Invasive Pulls

Free the Fern hosts a monthly Invasive Pull on the **first Saturday of each month**, from **10am-12pm**. The next event will be on Saturday, March 7. Gloves, tools, snacks, and drinks will be provided. You can sign up for all our monthly invasive pulls [here](#).



East Van Seedy Saturday - Sat, March 21, 11am-2:30pm

On Sat, March 21, 11am-2:30pm, Free the Fern, along with other local community groups, will be gathering at Britannia Community Centre for East Van Seedy Saturday. We will be passing out free native plant seeds and sharing about our stewardship effort. Come by and say hi! Find out more about the event [here](#).



Native Plant Sale - April 18, 10am-12pm

Mark your calendar for our third annual Free the Fern Native Plant Sale on Sat, April 18, 10am-12pm at the Douglas Fir Teaching Garden (east of 3530 Swansacre, Vancouver). We will have a variety of plant species for sale, including ferns, berries and flowers. This is the perfect way to incorporate more native species into your garden! Plants will be priced at \$6 for a 3.5” pot and \$14 for a 1 gal pot. All funds raised will go toward supporting our Free the Fern stewardship effort.



Community Mural Project

Local artist & Free the Fern board treasurer Joshua Ralph has been busy meeting with local community members and gathering ideas for an upcoming community mural. This mural will be painted on the basketball court in the Douglas Fir Teaching Garden (east of 3530 Swansacre). There is still one more public consultation session happening this Sunday, March 1, at Killarney Community Centre - [sign up here](#). Joshua will then be drafting 3 potential mural designs which the community can vote on. Stay tuned for more info to come!



Private Events

Did you know that you can book a private event with Free the Fern? Events include: nature walks, invasive pulls, presentations, and ivy-weaving workshops. We have experience running events for local schools, scout groups, nonprofits, and private corporations. These events are a great way to get outside, help the environment, and do team building! Contact us at freethefern@gmail.com to learn more.



Neighbouring Nature Events

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

Wed, March 4, 2-3:30pm - [Seniors Stroll: Talking Trees with Talaysay Tours](#) - Stanley Park, Vancouver

Seniors are invited for a free walk with the wonderful knowledge-keepers at Talaysay Tours. During this nature walk you will learn about how Indigenous people utilize the land for food, medicine, and technology.

Thurs, March 5, 4:30-6pm - [Water Monitoring](#) - Everett Crowley Park, Vancouver

Join the Everett Crowley Park Committee for a water monitoring workshop Everett Crowley Park. During this workshop you will use a Water Rangers kit to measure key indicators of water body health including dissolved oxygen, pH and alkalinity.

Sat, March 14, 10am-1pm - [Environmental Stewardship](#) - Everett Crowley Park, Vancouver

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

Sat, March 28, 9am-3pm - [Vancouver Master Gardeners Spring Seminar](#) - Michael J Fox Theatre, Burnaby

Join Vancouver Master Gardeners for their annual Spring Seminar. Listen to talks from a variety of garden experts and buy garden supplies from local vendors.

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

[READ MORE ON OUR WEBSITE](#)



www.freethefern.ca

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