

NEW LEAF

A CREATION CARE AND STEWARDSHIP NEWSLETTER



Compost - A No Nonsense Guide for Turning Trash into Treasure

By: David Morgan

I get it. Part of what makes composting simple, also makes it scary. At its most basic, composting is really just letting a pile of organic matter break down into dirt... and let's face it, most people are hesitant to leave a pile of food around to rot. Nobody wants a stinky, rodent-infested mess surrounded by clouds of flies. So here are four easy steps to help you start composting and, as a result, reducing the amount of waste you and your family produce.

Step 1: Get yourself a compost container (or two) for outdoors. Lots of places sell them, or build your own. An old friend of mine didn't even have a outdoor container – he had a pile in

the back corner of his yard. The trick is to keep it close to the door if possible. That way, you don't have to trudge so far in winter. Or, just take a break from composting when the snow gets too deep (some composting is better than none). If you live in an apartment, you can probably get a modest size contraption to put on a balcony. If you don't have a balcony, consider one of those fancy contraptions that you can use indoors – you plug it in, and it uses a bit of heat to compost super fast.

Step 2: Get yourself a small covered container to keep indoors. Too small and you'll be going outside too often. Too big and you'll wait too long and it will get icky (and your significant other will let you know it – trust me). Perhaps one of those small salt beef buckets, though taking the cover off those things can sometimes be a nuisance. Stick it on your counter or under the sink. Whatever makes sense, and is easy to use.

(Continued on Page 2)

IN THIS ISSUE...

Compost - A No Nonsense Guide for Turning Trash Into Treasure

Fish Boxes - Are You Serious?

Scripture Meditation

Does Going Green Save Money?

Upcoming Events

Celebrating Earth Day

Step 3: Start setting food scraps

aside for composting. Most importantly, make the most of all the food you have. Indigenous cultures have done this throughout history, making the most of Creation. But, if your lettuce starts getting slimy, do the next best thing and compost it. Here is the key: no bones, no fats, no nuts, no dairy, and no eggs (including egg shells). By the way, the pros will tell you that you need to balance your “greens” (food scraps) and “browns” (leaves/paper). Don’t sweat it. I just line my indoor bucket with paper, and toss a few leaves in during the fall.

Step 4: Show your compost a bit of

love. Every now and then, get a shovel and “turn” your compost pile so that the air mixes in. While you are at it, check the moisture level – no too wet and not too dry. If it looks dry, add some water, but don’t make it soupy or goopy. And, if you see some worms around, toss them in. Especially, worms that you rescue from puddles – they’ll think they are in heaven. Finally, when your compost looks like dirt (or pretty close to it), you are good to go. Give your lawn and garden a little nutrient-rich treat. Happy composting!



Fish Boxes - Are You Serious?

By: Rev. Canon Jotie Noel

In May of 2020 we were living in the joy of the Covid-19 pandemic lockdown. We had no plans to travel, but were anxious to spend time in our trailer if Golden Arm park was to open. As semi-nomadic people, Pauline and I lived in a variety of rectory circumstances. In 2020, it was a beautiful new construction in a gravel pit.

The idea of farming, even planting a kitchen garden, never entered my mind.

First of all, we lived in a gravel pit, where there was no soil. Then we heard of people who were using fish boxes for farming – And this made sense to me. They were durable, plentiful, and portable. We had gazed at neighbours back gardens and knew of several who had been using fish boxes for years.

Fish boxes for farming were never so scarce as the spring of 2020. You could not even buy them. I scrounged four. At the time, we thought, if the Covid-19 virus worsened, affecting our food supply, we might be forced to grow more locally. Making a start with Fish Box Farming seemed like a sensible plan.

My wife, Pauline, has a green thumb. Our Son, Nicholas was already growing vegetables on his balcony in Ottawa. I had pickled beets for years, was familiar with picking blueberries, and grew herbs on the kitchen windowsill, but growing vegetables took me outside my comfort zone and outside my experience.

It was the perfect time to experiment. In 2020 we were not allowed to travel because of the pandemic. So I could take care of the vegetables as they grew. We took the four fish boxes and filled them with soil from a pit in New Harbour. I consulted a local farmer and organist, Keith Vokey, for farming tips. It was exciting work that required me to get my hands dirty. And it was also rewarding. We harvested delicious carrots and potatoes.

SCRIPTURE MEDITATION

Read:

Matthew 13:1-9 & Luke 13:6-8

Ask:

What do these parables tell us about believers and the kingdom of God?

How might a person whose seed was sown on good soil (ie who hears the word and understands it) treat the environment?

How might the process of composting reflect the nature of God’s relationship with us?

Pray:

Reflect on this passage using the following prompt: How might practices like composting and home gardening be spiritual practices? Try them out to gain more understanding.

My fish box farm is just one of the examples of the amazing options for setting up and maintaining a kitchen garden for personal use. With a fish box farm you can experiment with a variety of vegetables and familiarize yourself with local soil, re: acidity, nutrients, etc. Something as simple as a fish box can even be used to start up community gardens, especially in urban areas where farmland is scarce.

If you want to set up your own fish box farm or other type of backyard garden, chat with neighbours about methods. Find success stories. Share common interests. Work together for a successful harvest, and you may discover even more possibilities for growth. When we share these stories and share our knowledge, we build awareness and local capacity to meet personal and community needs and work together toward a more sustainable model of food production.



Does Going Green Save Money?

One of the concerns we generally have when it comes to choosing options that are more environmentally friendly, is that these choices will end up being more expensive. With the cost of living consistently rising it can be hard to commit to something that may make us more financially unstable than we already are. But what if we told you that what is better for the environment is also better for your wallet? This is what Candice Batista sets out to prove in her new book, *Sustained: Creating a Sustainable House Through Small Changes, Money-Saving Habits, and*

Natural Solutions. After making several changes in her home, she noticed significant savings. Making environmentally friendly choices may have a higher upfront cost, but once we make these choices habitual, the long-term savings really add up. And some of these changes don't have to be about spending more money. Some will eliminate costs completely. For example, once we learn to use our old t-shirts, socks, and other fabrics as cleaning cloths, the need for paper towels disappears. Batista saved approximately \$7000 by implementing all the changes in her book. In a time when costs seem to go up and up and up, it may be the perfect time to try out some new habits. And these habits just might help us be good stewards of both our money and God's creation! If you want to learn more about Batista's work, she also runs a green lifestyle website called The Eco Hub.

Source:

<https://www.cbc.ca/news/science/wh-at-on-earth-green-savings-1.7177221>

UPCOMING EVENTS

Environment Week: Environment Week is coming up from June 2-8. Check out your local environmental organizations for events and education opportunities!

If you are planning any Creation Care events in your parish, or there are relevant community events you believe our parishes should know about, please email the team at creationcare@anglicanenl.net.

Celebrating Earth Day



Kelsey Fifield, member of the youth band and choir, and speaker in the Parish of Bay Roberts Coley's Point

On Sunday, April 21st, 2024, the Parish of Bay Roberts Coley's Point celebrated Earth Day at their morning worship service. As part of their Set Sail goals, they have committed to renewing their Baptismal Covenant each month. Earth Day provided them with an opportunity to focus on the sixth question in the covenant: "will you safeguard the integrity of God's creation, and respect, sustain, and renew the life of the earth?" Archdeacon Christine Lynch asked youth congregation member, Kelsey Fifield, to preach the sermon at this service. Kelsey spoke bravely and passionately about the responsibility we have as Christians to respond to the Climate Crisis. She said during her sermon, "God has a plan for everything and I believe that he wants us to realize what we are doing to this

beautiful world he gave us and know we can turn it around if we try." Miss Fifield sets an example for us of how to live into our Baptismal Covenant. She shows us that we cannot be silent when it comes to the climate emergency. Her Parish's celebration of Earth Day is one way we can prioritize good stewardship of God's Creation. If you'd like to read Kelsey's sermon in full, look for it in an upcoming issue of Anglican Life.



If there is a project or initiative happening in your parish that you think others should know about, please reach out to our team.

Include the name of your parish, a description of the project or initiative, the names of any people you'd like to highlight, as well as a picture that represents the project or initiative.

We can't wait to learn about all the fantastic things happening in the Diocese!

FIND OUR MORE ABOUT THE CELEBRATION OF EARTH DAY IN THE PARISH OF BAY ROBERTS COLEY'S POINT BY CONTACTING THE VEN. CHRISTINE LYNCH



CONTACT US

CONTACT THE CREATION CARE AND STEWARDSHIP TEAM:
CREATIONCARE@ANGLICANENL.NET

FIND CREATION CARE RESOURCES AND THE LATEST TEAM UPDATES AT:
[HTTPS://WWW.ANGLICANENL.NET/CREATION-CARE-STEWARDSHIP/](https://www.anglicanenl.net/creation-care-stewardship/)

