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## Sharing their harvest

BY THERESA MCMANUS, THE RECORD    SEPTEMBER 29, 2010

STORY

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Growing help: Brennan Anstey of the New Westminster Community Gardening Society. The group is sharing the fruits of their labour with the Elizabeth Fry Society.

Photograph by: Larry Wright, THE RECORD

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Members of the New Westminster Community Gardening Society are sharing the fruits of their labour with the Elizabeth Fry Society.

A group of local residents formed the society to support the development and operation of community gardens in New Westminster. On Saturday, they harvested the community plots at the Mary Mount Community Garden at St. Mary the Virgin Anglican Church in Sapperton.

"This is fresh, organic produce grown using a traditional First Nations technique of using permaculture principles in agriculture," said Brennan Anstey, chair of the New Westminster Community Gardening Society. "The corn provides support for the beans, which fixate nitrogen for the corn, and the squash acts as groundcover to keep in moisture and keep down weeds."

All the community gardeners have tended to the plots as part of their commitment of volunteer hours for maintaining the garden. The produce is being donated to the Elizabeth Fry Society to help it meet the needs of its clients.

"This is part of the commitment we made to the city to help promote food security in New Westminster," said David Maidman, a member of the society's board of directors. "I think when you look around at what we have grown this year on this small plot of ground it shows the future potential for urban agriculture in New Westminster."

The society began construction of the garden plots in May, after reaching an agreement with St. Mary the Virgin Anglican Church. Produce has been growing in 15 plots on the site that overlooks the Fraser River.

Anyone interested in becoming a community gardener can contact the society at [nwcommunitygarden@gmail.com](mailto:nwcommunitygarden@gmail.com) or at 778-372-1333. Information is also available on the society's website at <http://www.nwcgs.com>.

[tmcmanus@royalcityrecord.com](mailto:tmcmanus@royalcityrecord.com)

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