



2-SPIRITS COMMUNITY NEWSLETTER



TOP NEWS OF THE MONTH

HOW TO MAKE SOIL FERTILE



Drawing upon indigenous wisdom, creating fertile soil is a harmonious blend of tradition and sustainability. Begin by honoring the land and its spirits, recognizing its inherent value and interconnectedness with all life. Embrace natural cycles, composting organic matter to nourish the soil and promote biodiversity. Emulate ancestral practices of crop rotation and companion planting to enhance soil fertility and resilience. Cultivate a deep respect for the earth, understanding that healthy soil is the foundation of abundant life, fostering a regenerative relationship between humans and the land.

Gear up for spring gardening in February by sharpening tools, mapping out your garden layout with crop rotation in mind, kickstarting indoor seedlings for early growth, and enriching outdoor beds with compost. Don't forget to prune fruit trees to ensure a fruitful season.



PREP FOR SPRING GARDENING

HOW TO MAKE SOIL FERTILE

3 AWESOME TIPS

➤➤➤ COMPOSTING

Start a compost pile or bin to recycle organic waste such as kitchen scraps, yard trimmings, and even some paper products. Aim for a good balance of "green" (nitrogen-rich) and "brown" (carbon-rich) materials to facilitate decomposition. Turn the compost regularly to aerate it and speed up the process. Over time, the compost will break down into nutrient-rich humus, which can be added to your garden soil to improve its fertility.

MIXING ORGANIC MATERIALS

Incorporate a variety of organic materials into your soil to enhance its fertility and structure. Mix in compost, aged manure, leaf mold, grass clippings, and other organic matter to increase soil organic matter content and improve its ability to retain moisture and nutrients. Consider using cover crops such as clover or alfalfa to add organic matter and nitrogen to the soil while also suppressing weeds and preventing erosion. Additionally, practice crop rotation to prevent nutrient depletion and maintain soil fertility over time.

➤➤➤ SOIL NUTRIENTS

Assess your soil's nutrient levels by conducting a soil test, which can indicate deficiencies in essential elements like nitrogen, phosphorus, and potassium. Based on the results, amend the soil with organic fertilizers or mineral supplements to replenish any lacking nutrients. Organic options such as compost, manure, bone meal, and seaweed extract not only provide essential nutrients but also improve soil structure and microbial activity, promoting overall soil health and fertility.



PREPARATION FOR SPRING GARDENING

3 FANTASTIC TIPS

»»» PLANTING TIPS

Choose seeds and plants suited to your region and goals, considering sunlight, soil, and water needs. Consult a local gardening calendar for optimal planting times, whether starting indoors or sowing directly. Embrace companion planting to maximize space and health, like pairing tomatoes with basil for pest control and flavour. With these strategies, your spring garden will flourish with vitality and abundance.

»»» INDOOR FARMING

Indoor farming offers a solution for those with limited outdoor space, allowing for year-round gardening and fresh produce. Utilize containers and pots for herbs, vegetables, and dwarf fruit trees indoors, ensuring proper drainage and adequate light. Maximize vertical space with shelves, trellises, or hanging planters, ideal for growing climbing plants such as beans, peas, and cucumbers. Explore soilless gardening techniques like hydroponics (using water with added nutrients) or aeroponics (growing plants in an air or mist environment) for space-efficient and precise control over growing conditions.

EXPERT ADVICE

“It’s a time of planting seeds. Not only physically, but mentally. Some seeds could sprout right away, some maybe in a week or two, some may take a month, and some might take a whole season. But planting seeds helps us feel connected and grounded to our Earth. Even though it feels like there’s not a lot of chance for growth, there’s always opportunity for growth”

-Elder Joanne Dallaire

»»» SOIL PREPARATION

Healthy soil forms the cornerstone of a thriving garden, and proper preparation is key for successful spring planting. Begin by conducting a soil test to assess pH levels and nutrient content, allowing you to tailor amendments accordingly. Enhance soil fertility and structure by incorporating organic matter such as compost, manure, or mulch as needed. Next, address soil compaction and drainage issues by tilling or aerating the garden beds, facilitating improved root penetration and nutrient absorption. Finally, apply a layer of organic mulch to regulate soil temperature, retain moisture, and suppress weed growth. As the mulch decomposes over time, it further enriches the soil with essential nutrients, setting the stage for a productive growing season.

Upcoming Events



2-SPIRITED PEOPLE OF THE 1ST NATIONS

2-Spirited Round Dance

MC: Gordon Sands Stick Man: TBA
Singers: Liam Sands, Isaiah Cada & more

**SATURDAY
FEBRUARY 24, 2024
6PM-10PM**

**MLSE LAUNCHPAD
259 JARVIS ST,
TORONTO, ON**

DOOR PRIZE & GIVEAWAY
6PM FEAST

We look forward to seeing you!

2-Spirited People of the 1st Nations

Learn To Love Your Inner Child Teaching Circle

With Janet Day



Monday Feb 5th, 12th, 2024

Thursday Feb 22nd, 2024

Monday Feb 26th, 2024

from 7-8pm on zoom

Register below or email culturecoordinator@2spirits.org

2-SPIRITED PEOPLE OF THE 1ST NATIONS

SONGWRITING CLASS



LEARN HOW TO SONG WRITE WITH INDIGENOUS SINGER/ SONGWRITER CAITLIN TERRELL



FEBRUARY 1ST, 15TH, AND 29TH ON ZOOM FROM 4-5PM



REGISTER BELOW FOR THE LINK OR EMAIL [CULTURECOORDINATOR@2SPIRITS.ORG](mailto:culturecoordinator@2spirits.org)

Community Breakfast

Welcome to our weekly drop in breakfast every Tuesday starting Feb 20th, 2024 9am-10:30am at 2126 Danforth Ave



Register below or email culturecoordinator@2spirits.org



2-Spirited People of the 1st Nations

Community Big Drum Circle



ALL AGES, NATIONS, GENDERS WELCOME



Bi-weekly Wednesdays Feb 7th onward 4-5:30pm 2126 Danforth Ave

Register below or email culturecoordinator@2spirits.org

NO BAKE ENERGY BITES

INGREDIENTS

SCALE 1x2x3x

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. **Stir everything together.** Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. **Chill.** Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.)
3. **Roll into balls.** Roll into mixture into 1-inch balls.
4. **Serve.** Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.



Let's hear from a student!



"2-Spirited People of the 1st Nations Organization has been my clinical practicum placement for four weeks now, and I am happy to say that I've gained a new perspective centering on health and wellbeing. For the first two years of my Nursing school experience, it felt like the curriculum was predominantly focused on a biomedical approach to health. Now that I am in my third year of nursing, I notice that there is an increased emphasis on wellbeing regardless of the absence of disease, and a holistic view of health. Being at 2-Spirits has allowed me to see the active implementation of a holistic approach to the wellbeing of the community."



This organization has shown me that the health of one's community reflects the health of their own being. I am immensely inspired by the prominent themes that encompass this non-profit organization, such as representation, advocacy, journey, and togetherness. From consistently making food in the kitchen to providing supplies for the harsh winter colds, hygiene products, and safe sex products, providing access to harm reduction supplies, crisis management, and also actively listening to the voices of the community to shape new initiatives, has been amazing to witness and be a part of. I admire their view on harm reduction.



I admire their view on harm reduction. A common misconception is that Harm Reduction programs are enabling addiction. However, this is incorrect. The goal of harm reduction ensures safe substance use and prevents incidences of overdose. Sobriety is a journey that is initiated on one's own terms; when they are ready to take that step for themselves. Being at 2-Spirited People of the 1st Nations has given me the opportunity to be knowledgeable about various indigenous healing and therapeutic practices. It's important to recognize how pivotal Indigenous traditional healing practices have been in shaping modern medicine.





It encompasses the health of our emotional, mental, physical, spiritual, family, community, land, and many other aspects that are important considerations for health and wellbeing. , 2-Spirited People of the 1st Nation has taught me to be mindful of the use of neutral language, cultural humility, and cultural competence. It has not only given me the opportunity to learn indigenous culture and how their way of knowing has shaped initiatives towards the community, but has grounded me to simply appreciate their experiences and wisdom. I am excited to spend the next 8 weeks here and thankful for the opportunity to contribute to change.

**Thank you,
Chioma Bess Ezeh, Nursing Student**

Feel Inspired

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Look at the words below. What comes to mind?

Let the creativity flow!

**Paint, draw, or write and then email
your work to officemanager@2spirits.org**



Cherish - Beloved - Beauty - Peace

Growth - Renewal - Bloom - Awakening

