

# At the Library, for the week of August 21, 2017

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*By Holly MacLean, Community Outreach Assistant for Pictou County*

## **How Does Your Garden Grow?**

Well, mine doesn't. My soil isn't optimum, and sometimes I'm forgetful when it comes to watering plants. Then there's the time commitment, the weeding and so on. That's why I make the personal choice not to have a garden, but thankfully I have kind friends and family who let me use their garden and over the past couple of years I've even made an active effort to learn how to preserve fruits and vegetables out of the garden into preservatives, jams and jellies that we use year-round. As I notice the green peppers starting to grow in the community garden at the New Glasgow Library, I'm reminded of the growing role that libraries have in helping others reap what they sow from their own gardens and the gardens of others.

## **Resources to preserve and pickle garden goodies year-round!**

There are a wide variety of books that cover making your own jams, jellies and preservatives available to borrow from libraries in Pictou and Antigonish counties, as well as through our Books by Mail service in rural areas. A few to mention are *The Complete Preserving Book* (Transcontinental Books, 2012) that was created by the Canadian Living test kitchen. In this book you'll come across recipes for fruit and vegetable preserves, both sweet and savoury. One book that is a staple in many kitchens is the *Company's Coming: Preserves edition* written by Jean Pare (Company's Coming, 1994). Also, for those interested in some of the details around pressure canning, dehydrating, salting, smoking and so on, we have *Batch: Over 200 Recipes, Tips and Techniques for a Well Preserved Kitchen* (Random House, 2016) available to borrow. The authors, Joel MacCharles and Dana Harrison, also have a blog called Well Preserved. On it they share their stories, recipes and cooking experiences (and with their followers through Instagram, Facebook and Twitter too). To learn more, visit [www.wellpreserved.ca](http://www.wellpreserved.ca)

For those keen to learn how to preserve items for use in the coming months, another valuable resource they can tap into is the help of others! Preserving seems to be a skill passed on from one generation to the next, so if you have someone who is willing to show you how to pickle and preserve don't be afraid to ask them for help. Knowledge and expertise doesn't always come from a book, it can come from experience too! If you want to take a trip back in time, when visiting the Nova Scotia Archives online they also have *What's Cooking? Food, Drink and the Pleasures of Eating in Old-Time Nova Scotia* where approximately 1000 old handwritten or early printed recipes are presented in the 'Collected Recipes' section along with seventeen cookbooks published in the province before 1950. Look closely, and you'll notice some significant differences in recipe measurements and instructions.

## **Foraging fun with Chanterelle mushrooms**

Stop into the Westville Library on Thursday, August 31 at 6:30pm as local mushroom connoisseur and forager Bob Whitman talks about the art of picking Chanterelle mushrooms. In this talk he'll cover ideal places to find them, giving us tips on how we can incorporate them into some of our everyday dishes! For more information, call (902) 396-5022, all are welcome.