



RURAL COMMUNITIES FOUNDATION *of* NOVA SCOTIA

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Kitchen Party Talks

A Rural Nova Scotia Community Success Story

When 83-year-old Hope Harrison left her family farm to live at Highland Villa, a seniors' home in River Hebert, one of the things she missed was working in the family's garden plot. Hope was one of the Kitchen Party participants who oversaw the planning, design and planting of the River Hebert community garden.

With the help of a host of volunteers from the River Hebert Garden Club, Highland Villa residents participated in the creation of a series of container gardens planted with food crops, like tomatoes and beans. During spring and summer sessions, many of the Villa's senior residents were in their element, recalling farm practices from a time when a thousand family farms dotted the Cumberland County countryside. Those farms provided for virtually all of a family's basic food needs.



Garden club member Su Morin led the Highland Villa community garden project. "The seniors turned out to be a great resource," she said. "They feel very strongly about preserving skills that might otherwise be lost. The seniors know how to garden organically and they know how to preserve food."