

Crofton focuses on food: making pasta to gardening

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Citizen

Friday, May 28, 2010

Cross your fingers and your toes and hope for good weather as Crofton is set to celebrate the people and stories that make up its colorful fabric with a community gathering on Saturday, May 29 from 1-4 p.m.

The event, funded by WelcomeBC is part of the Cowichan Intercultural Society's "Activating our Stories - Creating our Home" project, which aims to teach leaders, community stakeholders and artists in the Cowichan region how to use the arts to foster dialogue and conversation and, in doing so, unleash greater community understanding and social involvement.

It is all about having fun said Heather Kaye, Cowichan Green Community's food security coordinator.

"We're having this event as a means of engaging community through art and storytelling and we're focusing on a theme of food and gardening," she said Wednesday.

Foxglove Community Garden will play host to lots of activities including a puppet show and puppet making for kids, garden tours, a composting workshop, and more.

"We're going to be doing food demonstrations of all kinds," explained Kaye.

"We have a local woman who is going to be making Korean kimchee and another local Crofton woman is going to be doing a spring roll making demonstration and we have someone making borscht, a real garden-infused spring borscht."

A pasta-making workshop for kids is sure to be a hit.

"The kids will actually be able to roll out their own dough and then they'll go pick some herbs from the garden and they can fill their raviolis with fresh herbs from the garden," Kaye explained.

Add live music to the ensemble and it's going to be a busy three hours.

"We're anticipating that we'll have quite a turnout," she said. "The more the merrier."

Also a special attraction at the garden that day is a storycatching tent.

Hosted by the Cowichan Green Community, the Crofton Community Celebration will encourage children and families to gather and tell their own food-related stories through words and art.

"We will be storycatching that day to help paint a picture of Crofton's food narrative," explained Susan Smith, one of the event's volunteers. "We want to gather people in one place and celebrate the diverse food stories we have right in our own backyard."

Kaye is excited to hear people's stories.

"We want to hear their food story and what they do that's unique from someone else," she said. "We'll collect everything and put into something like a scrap book form and that way it's almost like a little treasure diary of food stories for the community."

To be part of the fun head over to Crofton's Foxglove Community Garden between 1 and 4 p.m. on Saturday, May 29.

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