



Newsletter

March 2024



Spring Is Approaching!

In just a few weeks, the calendar will officially mark the start of spring, and Mother Nature has her own ways of announcing it if we step outside and pay attention—from the emergence of the stinky skunk cabbage to the arrival of the regal osprey. All will herald the changing season, but the osprey also carries a powerful message: environmental change is possible. Nearly wiped out here by 1970 because of the now-banned pesticide DDT, the ospreys have rebounded across the Cape.

Here at Resilient Roots, as spring approaches, we hold this example close to our hearts. *Environmental change is indeed possible.* And so we're ready to dig in again to continue regenerating our ecosystem, one yard at a time. We've planned a whole new slate of spring workshops and permablitzes to build on the momentum. Let's gather, learn, and work together to create a Cape that's more resilient, productive, and life-supporting!

The Shiitake Mushroom Workshop Is Back

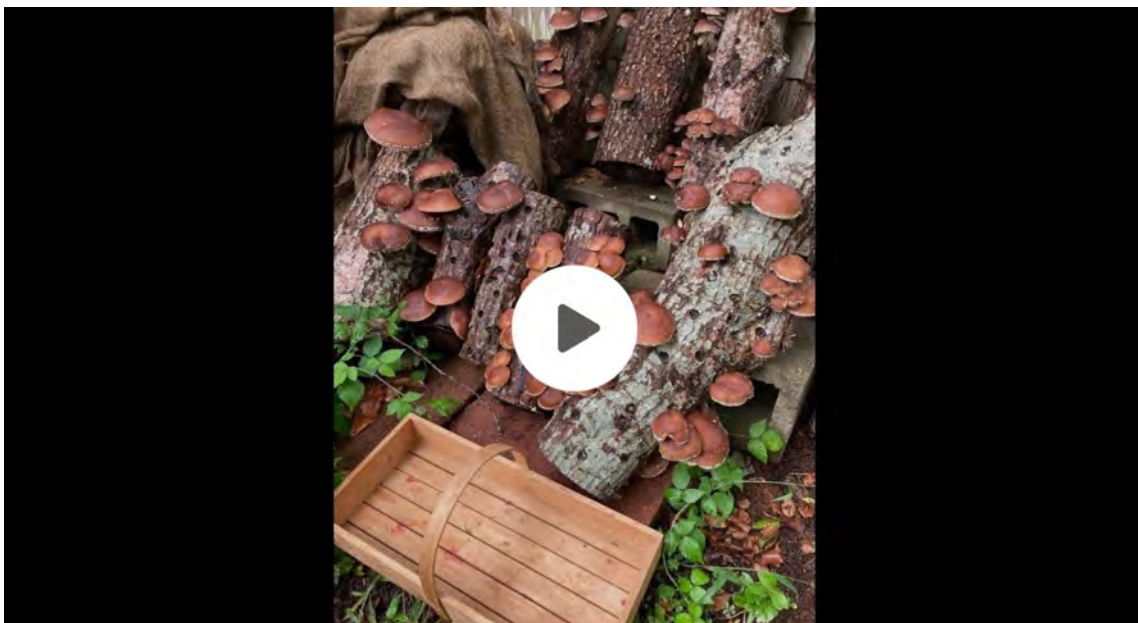
Our most popular workshop every year is coming back in April! Learn all about growing shiitakes on a log that you will bring home with you.

If you like to eat mushrooms, you probably know that shiitakes have innumerable health benefits:

- High in copper—72% of your Daily Required Intake (DRI) supports healthy blood vessels, bones, and your immune system
- High in selenium—33% of your DRI
- Good levels of Vitamin D, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Potassium, Manganese, Magnesium, Iron, and Phosphorus
- Contain eritadenine, a compound that reduces cholesterol in the blood
- Rich in polysaccharides that protect against cell damage, help your immune system, and boost white blood cell production
- Contain beta-glucans that reduce inflammation and inhibit cholesterol absorption from food
- Low in calories and high in fiber

Shiitake mushrooms have a meaty, earthy flavor that compliments many dishes and can stand alone in a soup. And they are very easy to grow if you know how and can keep a few key conditions in check. We will cover all those details in our workshop.

Full disclosure: you will have to wait about 12 months for your log to start producing mushrooms. Some of us get a few in the fall, but most will be harvesting their first mushrooms in the spring of 2025. Then you can expect your log to produce 3–4 flushes every year for about 4 years. Each log will produce 2–3 lbs. of mushrooms each year, depending on your conditions and log management.





Sign Up for Shiitake Workshop Saturday April 20

Sign Up for Shiitake Workshop Sunday April 21

More Spring Workshops

You can see all the workshops we offer this spring at our recently revamped website, resroots.org, and we encourage you to take a look there for all the details. But here's a peek at some of the offerings:



Starting the Veggie Garden

April 27, Saturday, 9-11:30 am, Marstons Mills, \$29

Get your veggie garden off to a good start by learning how to build your soil fertility, plan your crops, benefit from companion planting, use vertical and other space-saving techniques, make plant and compost teas to keep plants healthy, and much more. Come to be inspired and to gain new skills that will help you grow an abundant, healthy garden full of vegetables this year.



Growing Berries in Your Backyard

May 11, Saturday, 9-11 am, West Barnstable, \$29

One of the quickest returns on your investment of time and money in your landscape is berries. This workshop focuses on how to grow three in our Cape soil: blueberries, blackberries, and raspberries. We'll cover plant selection and sourcing, soil preparation and planting, pruning and maintenance, insects and diseases, and harvesting and storage.



Native Pollinators

June 8, Saturday, 9-11 am, Marstons Mills, \$29

Kristen Andres of the Association to Preserve Cape Cod will cover the insects we should be trying to attract to our gardens as well as the plants that will draw them in. These insects form the foundation of our food web, and by helping them, we help ourselves by ensuring better food production, supporting a healthier regional ecosystem, and adding beauty to the garden.

Sign Up for
Veggie

Sign Up for
Growing

Sign Up for
Native

Go to the
Website to

Spring Permablitzes

We are continuing our collaboration with [Habitat for Humanity of Cape Cod](#) this year, and we'll keep you informed on permablitzes for those homes. Meanwhile, two local homeowners have signed up to transform their yards. If you're looking for a hands-on, dig-in-the-dirt kind of learning experience, this is for you! We ask that participants commit to the whole day, which includes lunch and breaks.



Centerville Permablitz

May 4, Saturday, 9 am–3 pm, \$29

The permaculture design for this small lot maximizes growing space for edible plants. Through mini-workshops and hands-on work, you'll see how to create four fruit tree guilds, raised beds for vegetables, a pollinator garden, a wildlife evergreen screen, an herb spiral, and native woodland plantings.

**Sign Up for May 4
Permablitz**

East Sandwich Permablitz

May 18, Saturday, 9 am–3 pm, \$29

This spacious yard was landscaped in a traditional manner years ago, and the present owner wants to transform it into an edible oasis, using native species where possible. We will be building four fruit tree guilds, a large native tree and shrub nursery for birds and other wildlife, and a native pollinator garden.

**Sign Up for May 18
Permablitz**

We Need Your Help! It's Not Just for Hydrangeas!



This summer, Resilient Roots is thrilled to be joining other local nonprofits in the [Cape Cod Hydrangea Festival](#). Despite its name, the popular tour doesn't focus solely on the Cape's beloved and iconic blossom, and over the years has expanded its offerings to include **all kinds of gardens—permaculture included!**

The Cape-wide festival, organized by the Cape Cod Chamber of Commerce, lasts 10 days, from July 5 to 14. **Garden owners choose which days and times to participate.** The public pays \$5 to visit each garden, and all money goes to local nonprofits.

If you're interested in adding your garden to the tour list, or know of someone who would, we would love to hear from you. **You absolutely don't need hydrangeas in your yard to participate!** Our list of gardens is due to the Chamber in mid-April. Please email Sharon at sprout@resroots.org if you're interested or have any questions.

We're excited about this opportunity to spread the good news of eco-friendly and regenerative landscapes to a wider audience and grateful to the gardeners who are supporting our mission by participating in this fun event.

Fundraising Update

At the end of last year, we reached out to all of you in an effort to match a \$12,000 gift from a family foundation. We're so thankful for each of your donations. And we're pleased to let you know that we successfully met and exceeded the gift, which will help us continue our work this year.

**Happy Gardening.
We look forward to seeing you soon.
~the Resilient Roots Team**

Resilient Roots Website

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