



MANITOBA
Fibre Festival



2017

Flatlands Collection

LOOKBOOK



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About the Collection

Manitoba Fibre Festival's inaugural pattern collection, flatlands, celebrates our community of fibre producers and artisans with the creation of patterns featuring local talent from sheep to shawl. Featuring 13 knitwear designs from established and emerging designers from Manitoba and Saskatchewan, as well as yarns from the Canadian fibreshed, this collection marks an exciting new way to get involved with Manitoba Fibre Festival throughout the year. Patterns are available for purchase and download on ravelry.

Curated by local designer and dyer, ash alberg of sunflower knit, flatlands brings together prairie-based knitwear designers with independent Canadian yarn dyers and fibre farmers to create beautiful and easily wearable accessories. With the help of tech editors and test knitters, these new designs celebrate the beauty of the Canadian prairie landscape.





Apex
by Nojo Textiles

MJ MittKit (in VVHHA)
by Hilori's Magical Yarnorium





Nojo Textiles

Johanna Giesbrecht



Originally from Southern Ontario, I spent a great deal of my childhood running through corn fields and hopping hay bales. And when I wasn't running free through the countryside, I was running rampant through aisles of craft stores. I tried every craft that tickled my fancy, I wanted to do it all.

Knitting though, my mother taught me how to knit when I was fairly young and from the first crooked little scarf I was hooked. I knit my way through the years and expanded my fibre love with spinning and weaving.

I have been creating my own designs almost as long as I've been knitting, but am new to publishing them. My hope is to provide thoughtful patterns for creating classic knits.

Fun fact! I have stabbed myself with knitting needles, not once but twice. One of these incidents ended in a trip to the emergency room to have it removed since my mother, who is a nurse, knew that the needle was dangerously close to a large artery.

Ravelry: <http://www.ravelry.com/designers/johanna-giesbrecht>

Facebook: <http://www.facebook.com/nojotextiles/>

Instagram: <http://www.instagram.com/nojotextiles/>

Twitter: <http://twitter.com/nojotextiles>





Hilori's Magical Yarnorium

Hilori Thompson

*Hilori's Magical
YARNORIUM*

In February 2014, I had been on maternity leave for Winnipeg's coldest, most brutal, Game-of-Thrones-style WINTERS in a century! The only things that have helped me keep my wits about me are my loving family and a sanctuary in my house I call "The Yarnorium." It is a bright and cozy room, packed full of yarn and vibrant colour. It's a warm escape from the grey, bitter cold. I have found all kinds of inspiration in that room and rekindled my imagination and sense of adventure! It's my very own little land of Yarnia.

It just wouldn't do to hoard all that wonderful colour to myself! So, I started dabbling in yarn dyeing only to discover I have a voracious appetite for it. The instant gratification I get from every individual cake, lifts my spirits on even the dreariest of days.

Each cake is dyed separately and I put a lot of care into making sure that the gradients have smooth transitions and don't jump drastically from colour to colour. Every colourway was inspired from my favourite things, whether it's an earworm, a fictional character, or a childhood memory. Every cake tells a little tale about me in some way, and I can't wait for you to experience it!

Shop Link: www.hilorisyarnorium.etsy.com

Website: www.hilorismagicalyarnorium.com

Facebook: www.facebook.com/HiloriYarnorium

Instagram: <https://www.instagram.com/hilorisyarnorium/>

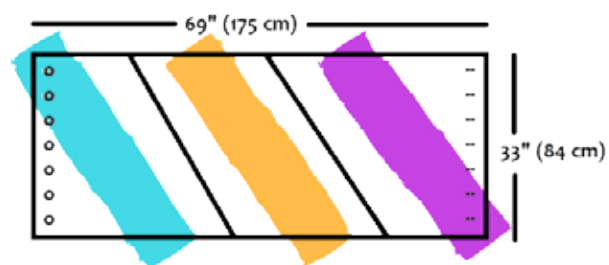
Twitter: <https://twitter.com/yarnorium>

Aura

by Knit Natural

Fingerlicious (in Can't See the Forest for the Trees, Fall Shadows, and Plum Dandy)

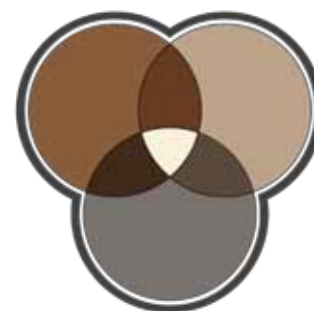
by Dye for Ewe





Knit Natural

Susie Gourlay



Knit Natural

I am a fibre artist and wool judge from Regina, Saskatchewan. I am a professional craftsperson, handspinner and designer with a focus on natural fibre. I belong to the Regina Weavers and Spinners Guild, Saskatchewan Weavers and Spinners Guild, and I am a Team Leader for Etsy SK. I am a big supporter of the wool industry striving to promote the value of wool. My work has been seen on the runway at Sask Fashion Week, in galleries and shops throughout the prairies and in magazines as far away as the UK.

My design philosophy stems from a famous quote by Leonardo da Vinci - "Simplicity is the ultimate sophistication". I like to design with a minimalist feel but staying true to the yarn I am using whether it is handpainted or handspun. I like my designs to become something that you can wear in your everyday life as a go-to part of your wardrobe. With Aura, I wanted a large garment that could be worn a number of ways and used throughout the year. I wanted something the knitter could make their own by using colour, drape and function. A relaxing knit with a bit of texture; you will be surprised how fast this project will fly off your needles.

Fun fact: I have degrees in Psychology and Geology. I am half right brained and half left brained. I love science and the liberal arts but I am also a strong believer in the supernatural.

Ravelry: <http://www.ravelry.com/designers/susie-gourlay>

Website: <http://www.knitnatural.com>

Instagram: <http://www.instagram.com/knitnatural>

Facebook: <https://www.facebook.com/KnitNatural/>

Twitter: <http://www.twitter.com/knitnatural>



Dye for Ewe

Allyson Schneider

The seeds for Dye For Ewe were planted in 2010 with a homeschooling experiment. With the support of my family, I started dyeing seriously in 2015 and selling in 2016. I started Dye For Ewe with a focus on self striping and then ventured into a variety of hand painted yarns. I love creating new and interesting yarns and am therefore constantly developing and dyeing new colourways.

Shop Link: <https://www.etsy.com/ca/shop/dyeforewe>

Facebook: <https://www.facebook.com/dyeforewe/>

Instagram: <https://www.instagram.com/knitsallyknits/>





Bandana

by Joanne Seiff

Undyed linen handspun by
designer

by TapRoot Farm and Fibre Lab





Joanne Seiff

Joanne Seiff is a freelance writer, editor, teacher and designer and the author of three books: *Knit Green*, *Fiber Gathering* and *From the Outside In*. She writes opinion pieces for the CBC-Manitoba and a column for the *Winnipeg Jewish Post & News*. Joanne lives in Winnipeg with her absentminded professor husband, twin boys, and two bird dogs.

I've been designing beginning to intermediate knitting patterns for about 15 years, and am moved to create simple, beautiful, useful items. I find the Shakers' innovative and clean design aesthetic particularly powerful.

TapRoots flax inspired this design. My household plays hard and wear its clothing hard. I have used my clothes in many ways to carry things, clean little boys, catch loose dogs, or to pick up something sharp or hot. I wanted to create something wearable and hopefully attractive that could see hard use and remain useful, without pilling or ripping. Linen is strong in just this way. I hope this bit of my hand spun knitting stands the test of time.

Fun Fact: I've been knitting since I was 4 or 5 and spinning since I was 12. I designed and knit most of my oversized lopi sweater design, *Over*, while chasing my twins and playing soccer in the park over one very long summer... My dogs are named Harry and Sally.

Ravelry: <http://www.ravelry.com/designers/joanne-seiff>

Blog: <http://joanneseiff.blogspot.ca/>

Amazon author page: <http://amzn.to/2s363rm>

Google+: <https://plus.google.com/101965212351813717868>

[com/101965212351813717868](https://plus.google.com/101965212351813717868)

Pinterest: <https://www.pinterest.com/joseiff/joanne-seiff-knitting-designs/>





TapRoot
FIBRE 

TapRoot Fibre Lab

TapRoot Fibre Lab is designing linen products made from flax grown, hand harvested, and dew retted at TapRoot Farms in Port Williams, Nova Scotia. The straw is processed using our TapRoot Fibre Lab machinery which includes a rippler, breaker, scutcher, and hackler that has been custom designed and built to transform retted flax into linen yarn. For the spinner who loves a fun challenge, we have long-line linen stricks which have been scutched and hackled to remove any remaining shive, knots and short fibres (tow). The tow is then processed using the Belfast Mini Mills' Separator and Carding machines to produce clean fibres and roving. Our clean tow fibres have a staple length of approximately 5-10 cm. These fibres are beautiful to work with and can be blended or spun as is. TapRoot Fibre Lab produces a range of linen yarns including 100% tow linen yarns and linen/wool blends.

Shop Link: <http://taprootfibrelab.ca/index.php/products/>

Facebook: <https://www.facebook.com/TaprootFibreLab>

Instagram: <https://www.instagram.com/taprootfibrelab/>

Twitter: <https://twitter.com/TapRootFibreLab>

Botany
by October Evening

Watershed (in Honey and Truffle)
by Hinterland





October Evening

Alex Richards



OCTOBER EVENING

knitwear design

A few years ago, on a whim, I taught myself how to knit, and I've been hooked ever since. This year, I decided to expand into writing patterns, officially beginning with Botany. I was born and raised on the prairies, and had long Manitoba winters in mind while designing this cozy shawl. My goal with all my designs is to create modern, simple, practical garments that people will love to wear as much as they love knitting them.

Besides being a knitter, I'm also a web designer, introvert, and cat person, who loves reading, art history and getting tattoos.

Ravelry: <http://www.ravelry.com/designers/alex-richards>

Instagram: <https://www.instagram.com/october.evening/>



Hinterland

Hanahlie Beise



hinterland

Hinterland yarns are grown and spun in Canada. Each yarn is a specific blend of Canadian born and raised alpaca and Rambouillet wool to create a bouncy wollen spun yarn. Hinterland was started on Vancouver island by Hanahlie Beise in 2011. With an interest in fibre and textiles, she started with just a small herd of alpacas, and slowly accumulated more through various rescue missions and alpacas brought to the local animal shelter. With this project, Hinterland is committed to supporting Canadian wool farmers, and supporting Canadian mills, as well as continued support of animals in need.

Shop Link: <http://www.hinterlandfarm.ca>

Instagram: https://www.instagram.com/hinterland_textiles/



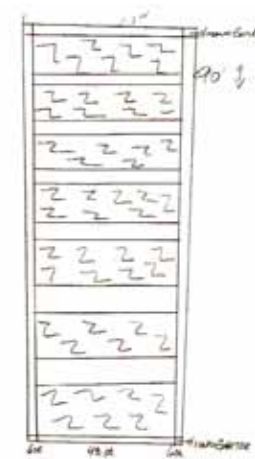


Coco's Path

by Heather Bailey

Matrix (37?!)

by Hilori's Magical Yarnorium





Heather Bailey

I am a retired federal government employee who teaches fitness classes and runs a small accounting services company. Coco's Path is my first design that I have actually put forth, I have several notebooks full of designs but was always too shy to submit them.

Most of my inspiration is geometric shapes and colors that I see when I am out and about. But the inspiration for this pattern was in honor of my lab Coco who passed away early fall. I envisioned this pattern in a gradient flowing from black to white – this represents her aging as the colour of her coat slowly turned grey and then white. The stair step pattern reminded me so much of her and my personal memories - she had a very unique gallop and loved stairs, she would run up and down them, you could hear her bound up the steps whenever you came home or bound up the stairs when she wanted to come in from outside. I will always remember that sound and still imagine I hear it today. I named this pattern Coco's Path.

Ravelry: <http://www.ravelry.com/designers/heather-bailey>

Facebook: <https://www.facebook.com/heather.bailey.58323>

Instagram: <https://www.instagram.com/mainline8/>





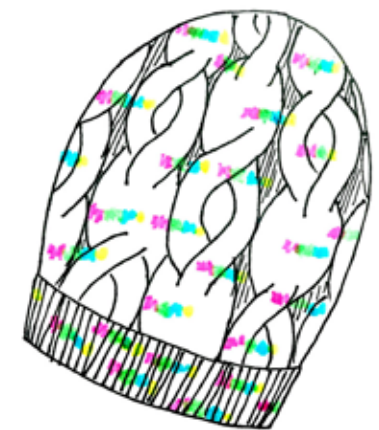


Devils Punchbowl Hat

by Odessa Reichel

Daring DK (in Fairy Farts Bedazzle
My Denim}

by Dye for Ewe





Odessa Reichel

Odessa co-owns Wolseley Wool, a lovely yarn store in Winnipeg, Manitoba and is all about everything fibre! She learned to knit years and years ago and really got into it while in University to pass time while waiting for film to develop. All of her best yarn ideas are inspired by colour which has translated into designs with Knitty, Interweave Knits, Knitscene, Malabrigo and more.

Ravelry: <http://www.ravelry.com/designers/odessa-reichel>

Instagram: <https://www.instagram.com/ohdessa/>





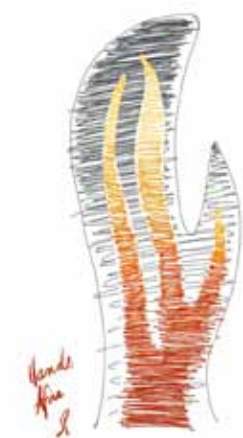


Hands Afire Mittens

by Jen Potter

Matrix Sock Kit (in Jane + Vera =
Love)

by Hilori's Magical Yarnorium





Jen Potter

Jen started knitting on Christmas Eve 2000, when something possessed her to ask her mom, right in the middle of preparing dinner, to show her how to knit. For some reason, Jen's mom put down what she was doing and showed her how to cast on, and things snowballed from there. Jen is married with three kids, lives in Winnipeg, and enjoys football, hockey, road trips, and going to the lake.

This is Jen's first published design, and was inspired by many hours watching campfires and thinking about how flame and smoke overlap and interact with each other.

Ravelry: <http://www.ravelry.com/designers/jen-potter>

Email: jenpotter22@gmail.com





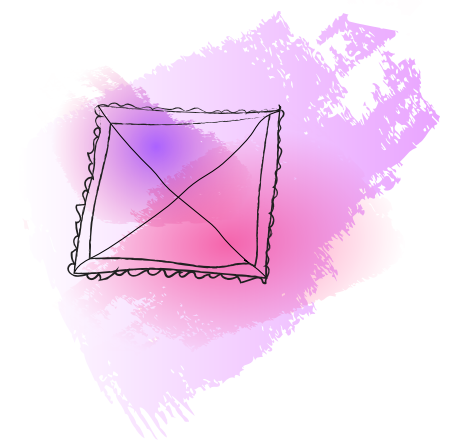


Harebell

by Sunflower Knit

Spinning batt handspun by
designer and hand dyed icelandic
wool (in Logwood)

by Tog & Thel





Sunflower Knit

Ash Alberg

ash alberg is a queer femme and fibre witch who seeks to create beautiful and practical designs using sustainable methods. equally importantly, they seek to nurture the skills, knowledge, and creativity of fellow fibre witches to achieve their goals.



finding the right pattern to show off a beautiful single ply handspun yarn can be so difficult sometimes. and when that handspun is made from local fibres and natural dyes, it's even more important to showcase the beauty! this dear design is pure manitoba magic - natural dyes from local dyer tog & thel, inspired by local flora, and designed for the inaugural manitoba fibre festival pattern collection. welcome to the flatlands!

Ravelry: <http://www.ravelry.com/designers/ash-alberg>

Website: <http://ashalberg.com>

Facebook: <https://www.facebook.com/sunflowerknit/>

Instagram: <https://www.instagram.com/sunflowerknit/>

Twitter: https://twitter.com/ash_alberg





Tog & Thel

Retired Interior Designer whose main area was colour – still is – love to dye yarn – prefer natural dyes. This has been quite a process involving lots of trial and error and lots of research.

I really began with a natural dye workshop in Iceland with Gudrun Bjarnsdottir of Hespera. Haven't looked back. Friends now bring me bark, lichen leaves – you name it and I give it a go. Plus I grow several dye plants in my "wild child" garden. My main yarn is Einband which I import from Iceland – takes the dye beautifully with the added benefit of versatility in use – anywhere from 3mm to 7 mm needles.

I also dye raw fleece – great fun to combine when carding into giant fluffy batts. I usually have Icelandic fleece which I purchase from Nelson Gerrard in Riverton who is operating a heritage Icelandic farm.

Luna Sol

by Imagined Landscapes

Matrix (in After Midnight, Harvest Moon, and Stormin' the Castle)

by Hilori's Magical Yarnorium





Imagined Landscapes

Sarah Schira



After designing for friends and family for a decade, winning the Design Along competition on A Playful Day podcast encouraged Sarah to make the leap to writing up her patterns for others in 2016. She loves to design (and wear) casually sophisticated accessories for staying stylishly warm on the Canadian prairies.

At Imagined Landscapes I'm a little "Anne of Green Gables meets IKEA". Modern and spunky, but also a bit nostalgic at times. My designs either start with a landscape detail, or slowly become associated with a place as I knit. This design started with a picture sent to me by Hilori: a golden wheat field glowing under a midnight-blue sky with a silver moon hanging in it dramatically. She used that as her colour inspiration, and I used it as a springboard for my design process. I wanted to preserve the feeling of earth and sky, light and dark. I chose lace patterns that evoke rows of crops and divided the wrap into two halves. The name - Luna Sol - references the moon and the sun.

Fun Fact: I have homeschooled both children from K-12. As of July, I now need to figure out what I'm going to be when I grow up!

Ravelry: <http://www.ravelry.com/designers/sarah-schira>

Facebook: <https://www.facebook.com/imaginedlandscapesdesigns/>

Instagram: https://www.instagram.com/imagined_landscapes/

Twitter: <https://twitter.com/ImaginedLand>

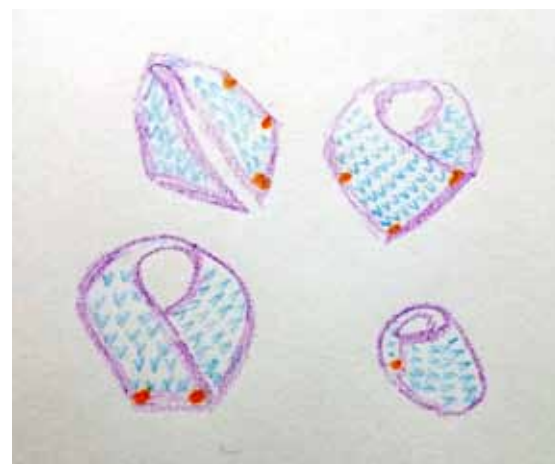


Open Fields

by Mandyz Moon Designs

Nimbostratus (in Bugarup Blonde)
and Fluffy Merino Fibre spun as
a chained 3-ply by designer (in
Octarine Grass)

by Cloud 9 Fibreworks





Mandyz Moon Designs

Mandy Furney

Mandyz (the zed is silent) adores all aspects of knitting and designing for handknits. Texture and lace, beads and brioche, earth and rainbows are among her inspirations. Featuring an ongoing series of spin-to-knit designs for handspun yarns and a favourite collection communicated by dragons, Mandyz Moon Designs embraces a wide range of techniques to showcase the most wonderful of yarns. When not knitting, designing, editing, spinning, or teaching fibre arts, Mandyz can be found with her family, choir, dance troupe, or students (of the non-knitting variety).

Open Fields is inspired by the expansive fields of canola, wild purple flowers bordering the roadsides, and open skies of the Manitoba prairies.

Ravelry: <http://www.ravelry.com/designers/mandyz-moon>

Instagram: <https://www.instagram.com/Mandyz.Moon/>

Twitter: <https://twitter.com/MandyzMoon>



Cloud 9 Fibreworks

Daria Rakowski

I am a native Winnipegger who came home after living abroad for many years. I grew up around yarn and fiber and I come by my passion for the trade honestly. I'm very fortunate to be the third generation of knitwear designers in my family and cherish the hand-written patterns from my grandmother, some even originating with my great-grandmother.

I've been dyeing yarn and fibre since 2008 and started Cloud 9 Fibreworks in 2011. I love the challenge of creating saturated, colourful yarns and fibres for all kinds of projects. There is something almost magical about creating new colourways surpassed only by those rare but truly fulfilling days when I get to make great piles of one-of-a-kind skeins and fibre bundles.

The main rule for my business is to use fibres and yarns that I feel good about. I make a point of testing out new yarns and fibres personally before any customers ever get to use them. If I don't love it, it doesn't join the Cloudy family.

Shop Link: <https://cloud9fiberworks.com/>

Facebook: <https://www.facebook.com/cloud9fiberworks/>

Instagram: <https://www.instagram.com/cloud9fiberworks/>



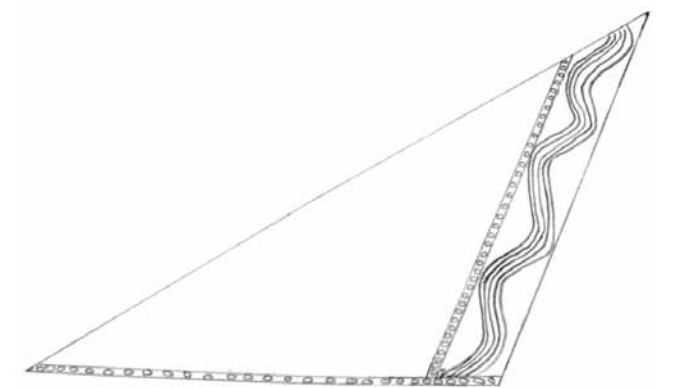


Prairie River Shawl

by Sigrid Isford

Superwash merino worsted (in Riptide) and BFL Sock (in Columbia Icefield)

by Prairie Dye Studio





Sigrid Isford

Busy mama of two energetic boys. Fibre enthusiast, knitwear designer, yarn dyer, and lover of making. Passionate about using and supporting locally sourced products and makers. Lover of knitting as meditation and a peaceful break in my day.

Fun fact: I read fantasy and mystery novels voraciously.

Ravelry: <http://www.ravelry.com/designers/sigrid-isford>

Instagram: <https://www.instagram.com/sigrid.isford/>





Prairie Dye Studio

Melissa Hrycauk-Brown

I'm a stay at home mom to two little girls and run my own Indie Dyer/Maker business in my spare time! I've always been a creative person and when I became a stay at home mom a few years back, I was finally able to follow my dream of starting up my own home business dyeing yarn. It's a blessing to be able to finally run my own creative business out of my home doing what I love.



Shop Link: www.prairiedyestudio.com

Facebook: <https://www.facebook.com/PrairieDyeStudio/>

Instagram: <https://www.instagram.com/PrairieDyeStudio/>

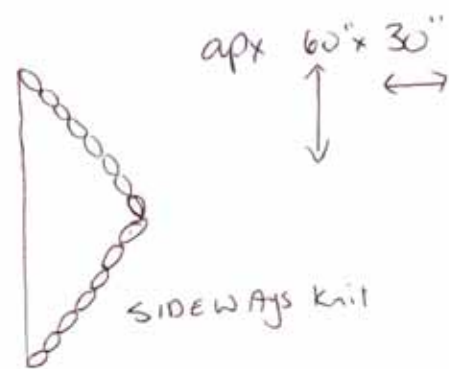
Twitter: <https://twitter.com/PrairieDyeing>

Prairie Waves

by Heather Laura Zueff

Worsted 100% Superwash Merino,
hand dyed

by Manjusha Farm





Heather Laura Fueff

Heather first learned to knit from her Icelandic grandmother. She re-learned to knit while studying abroad at St. Petersburg State University. Lace knitting is her passion, she enjoys all forms of fiber arts – knitting, crochet, Tunisian crochet, embroidery, sewing, spinning, dying and weaving.

Her main goal as a designer is to create simple designs that are easily adaptable to different weights or amounts of yarn.

Heather's one cool fact is that she can speak 5 languages to various degrees, English, French, Russian, German and Icelandic. This skill earned her a volunteer placement at the Vancouver 2010 Winter Olympic Games.



Manjusha Farm

I've been knitting for as long as I remember, but after moving out of the city onto a small farm property, my husband bought Shetland Sheep, and it changed everything. At a sheep show and sale, I watched some women spinning and thought, "I can do that!" I ordered the same wheel that I thought put out the best spun the next day - a Majacraft Rose - and an Ashford drum carder. Spinning was an excellent stress relief - meditative. Shortly after came the Majacraft Suzie pro wheel. I was working with natural colour fibre from my sheep and sometimes mixed it with alpaca. Then I got some mystery fibre with my third wheel, an Ashford Traditional. My fibre festival partner at Tog and Thel suggested that I should try dyeing it. I dyed the mystery fibre with fuschia, and I was hooked. My husband ordered me a Maiwa natural dye combo with indigo after I tried to dye with the rose petals from his bouquet gift. Shetland sheep have outstanding fibre for spinning, dyeing, and felting. Now I seem to dye everything. I've been participating in just a few fibre festivals a year (there is the day job at the University of Manitoba still - I study how the brain changes with experience). At the festivals I will have raw fleeces from the farm, hand dyed yarns, hand dyed top and rovings, handspun skeins, and all kinds of fibres. On the farm we have many Shetland Sheep, pigs, bees, dogs, and have had chickens.

Facebook: <https://www.facebook.com/ManjushaFarm/>



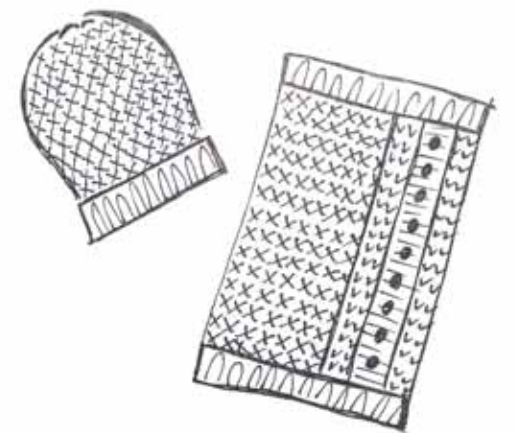


Stella Slouchy Set

by Abigail Elena

Nimbostratus (in Cedars + Spruce)

by Cloud 9 Fibreworks





Abigail Elena

Abigail Elena has been crocheting since 2004 and knitting since 2016. She loves designing her own pieces and has somewhat recently jumped into the world of pattern-writing. Her favourite designs are chunky, soft, warm and versatile. Living on the Canadian prairies keeps her focused on making warm items that are also trendy and cozy, complete with wooden buttons and earth tones. She is also a portrait photographer who has developed a fondness for photographing yarn (as well as people!).

Ravelry: <http://www.ravelry.com/designers/abigail-elena>

Website: <http://www.prairiethings.weebly.com>

Facebook: <https://www.facebook.com/prairiethings>







Megan Friesen

I became addicted to knitting when I was in university and eventually started looking for ways to turn my passion into something I could possibly turn into a career. I became aware of Joeli Kelly's tech editing courses through Ravelry and this sounded like the perfect option. Since then I have completed both of Joeli's courses and have embarked on the adventure of beginning to tech edit in the "real world." At last year's Wolseley Wool retreat I did a workshop with Ash about shawl design as a way to expand my knowledge of knitting construction and to add to my tech editing skills. Following this workshop, Ash approached me to be one of the tech editors for the Flatlands Collection. It's been a great adventure so far and I look forward to continuing to learn and grow through future tech editing projects.

Instagram: <https://www.instagram.com/meimei073/>



Mandy Furney

Mandy applies decades of experience in the social sciences/humanities and a keen eye for perfection (as well as inconsistencies) to her tech editing. Additionally, she draws upon years of knitting with a wide range of patterns, test knitting, as well as designing to assist designers of all levels of experience to enhance their design offerings.

Website: <http://mandyzmoon.wordpress.com>

Instagram: <https://www.instagram.com/Mandyz.Moon/>

Twitter: <https://twitter.com/MandyzMoon>

LONG WAY

FIBRE FARM WOOL MILL



HOMESTEAD

Long Way Homestead is a small family owned and operated fibre farm and CSA in Eastern Manitoba, Treaty One Territory. We have a growing flock of shetland and merino sheep, and a mixed variety of other livestock. We want to encourage local and sustainable textile manufacturing in the province and country.

Besides raising our sheep and selling yarn and roving we have plans to build a small-scale wool mill. In the Spring of 2018 the wool mill will be processing not only our own wool, but the fibre of other Manitoba farmers. We see this as an opportunity to support other farmers and fibre artists, but also a chance for knitters and crocheters to become more closely connected to the source of their wool!

The "Sponsorsheep" program was started in May of 2017 and it allows us to directly engage and connect with the broader fibre community to create a greater understanding of the process involved in raising sheep, growing and producing wool/yarn.

Not every fibre enthusiast has the opportunity (or proximity) to own or visit a sheep farm, so this program brings that fibre-farm experience to the consumer. Every sponsorsheep includes naming rights, monthly updates with pictures, opportunities to come and visit the farm, and at the end of the year wool from that sheep.

We believe that by reconnecting with the source of our fibre and the landbase it is grown on, fibre artists can support small farms, reduce our reliance on fossil fuels and help restore natural pasture lands. We are thrilled to be apart of the Manitoba Fibreshed, and look forward to collaborating with farmers and fibre artists alike!







Responsible Foraging

the natural landscape holds many treasures, including native plants with benefits ranging from aesthetic beauty to natural dyeing to medicinal uses. but how can you be sure that you are foraging responsibly if you do choose to forage? some general rules apply:

1. if you find a healthy swath of plant growth, forage a maximum of only 1/3. this will allow the localized area to regrow without stressing the remaining plants.
2. unless a plant is a noxious weed (i.e. dandelions), do not pull it up by the roots. deadheading plants, or collecting deadfall itself, is a better option that does not disrupt the longterm health of the plants. be sure to keep to the 1/3 maximum rule! and keep in mind what season you are foraging in - many early plants provide food for precious bee populations, so wait until plants are in abundance before potentially depleting food sources!
3. know which plants are safe for foraging, especially when it comes to poisonous plants and fungi. if you don't recognize a plant, don't pick it.
4. research your local native plants and get familiar with them, especially the ones on the endangered list! you can find out more about local manitoban flora from a variety of local organizations. speak to your local plant nursery to find out more about growing your own native plant garden so you always have a close supply of your favourite plants!

read more here:

<http://mytoba.ca/life/foraging-for-beginners/>
http://northernbushcraft.com/guide.php?ctgy=edible_plants®ion=mb
<http://www.prairieoriginals.com>



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