

The Greenwise Gazette

Tending to Creation at Immanuel Anglican Church, Regina

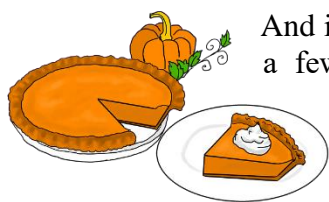
What to do with your Jack-o-Lantern after Hallowe'en



Pumpkin is amazingly healthy. It is high in fiber, protein, zinc, omega-3 fatty acids, and provides Vitamin A and Vitamin C.

When you carve your pumpkin, remove the seeds and roast them – here is a link – there are many more if you google it! [easy-roasted-pumpkin-seeds-recipe](#)

To harvest the pumpkin to use in your favourite recipes, cut up your jack-o-lantern into large pieces, place on a roasting sheet and bake at 250 degrees for 45 minutes or until the pumpkin is tender. After it has cooled, scrape the pumpkin from the skin and mash it with a masher, blend in a blender, or process it in a food processor. You can squeeze off the excess liquid through a fine mesh strainer or cheese cloth. Put the pumpkin into a freezer bag and freeze it until you want to use it in a recipe. [pumpkin recipes](#)



And if your pumpkin was carved a few days before Hallowe'en and isn't in good shape to harvest for cooking, you can also:

- Compost if you compost
- Bury it in your garden – it will decompose and add valuable nutrient to your soil
- Feed the birds – break it up into smaller pieces and scatter it in the bushes where birds can easily get to it

- Donate it to Fenek Farms, where it will be used for their animals. Kelly Woloshin who lives at 66 Rink Avenue will be collecting them until November 8th, and then transporting them out to the farm.



City of Regina Waste Reduction

The current life expectancy of Regina's Landfill is 26 years. It will cost approximately \$50-\$100 million to build a new one. You can make a huge difference for the environment by simply sorting your mixed recycling, compost, and landfill items. Be the Super



Sorter, and always know where your waste goes. Being the minimalist is being smart about not using single-use

items. The Thrift-a-nator always looks for new ways of using old things. Diverting food and yard waste from the landfill reduces greenhouse gas emissions and protects our environment. Let's all take simple steps to reduce our waste because together we make a big difference. For more information go to regina.ca/wastehero

We acknowledge that we are on Treaty 4 territory, the original and traditional lands of the Nehiwayak (Cree), Saulteaux, Assiniboine and Metis Nations. We respect and honor the Treaties that were made on all territories; we acknowledge the harms and mistakes of the past; we are committed to moving forward in partnership with Indigenous Nations in the spirit of reconciliation and collaboration.

Nature Conservancy Canada

NCC's Buffalo Pound property consists of 866 hectares (2,140 acres) of native grasslands and seven kilometres of shoreline along the north shore of Buffalo Pound Lake. These grasslands help filter the drinking water for approximately one-quarter of the province's population, including Regina, Moose Jaw and several surrounding communities.

Grasslands help buffer water and sequester and store carbon. Grasslands are one of the most endangered ecosystems in the world. This area is at risk for future development, as shorelines are in demand for recreation and industry. Conserving this important natural area can sustain a healthy ecosystem, including supporting recreation and economic needs. Keeping the province's grasslands and lakes healthy benefits the people and wildlife who depend on them.

Consider adopting a property and learn more about wildlife and the art of conserving nature. NCC Saskatchewan has a great new program!



Designed by popular demand, NCC's Saskatchewan Region's new Property Watch Program is taking shape and gaining momentum! If you are interested in nature and crave some one-on-one with it, this is certainly the program for you! Property Watch matches volunteers with NCC owned properties that require a little extra attention.

For more information and to volunteer: [NCC - Volunteer](#)



Growing Wellness

The Regina Floral Conservatory on 4th Avenue is Regina's premier indoor garden space operated by volunteers with the Regina Garden Associates, a non-profit charitable organization, in partnership with the City of Regina. Open daily from September to June, visitors can experience the therapeutic effects of lush greenery, colourful flowers, and the scents of the tranquil garden seven days a week. There is a wealth of information on how connecting with nature grows wellness in individuals and builds a strong, sustainable community.

Open daily **from 1:00 pm – 4:30 pm.**

Adult Tranquility Hour Thursdays 4:30 - 5:30PM.

Bring Your Lunch, Fridays 12:00 pm to 1:00 pm.

Have stuff you don't need anymore?

Donate all kinds of things at the Salvation Army at 836 Alberts Street and 1711 Dewdney Ave. Check it out at this link: [Salvation Army Thrift Store](#)

If you have warm clothing and blankets, the Salvation Army's Waterston Centre located at 1845 Osler St. is welcoming donations. They are open 24/7 for donations.

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