



The Greenwise Gazette

Tending to Creation at Immanuel Anglican Church, Regina

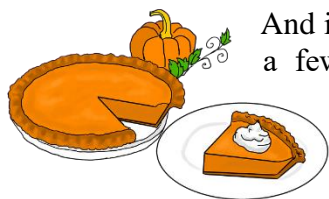
What to do with your Jack-o-Lantern after Hallowe'en



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 flesh side down on a roasting sheet and bake at 375 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:

- Put it in your green bin or your own 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. Drop-off points in the city:
 1. City of Regina yard waste site
 2. Wascana Way, in front of the legislature building (only on Nov 1)
 3. 98 Murphy Cres (Normanview)
 4. 56 Sandison Cres (Walsh Acres)
 5. 1926 Rae Street back alley (Cathedral)
 6. Grant Road Community Gardens (U of R)



Warm Hearts – Jacket Repair Project

This project has been running since 2021 and has been very successful so far. Winter jackets are repaired and then donated to local community organizations.

DROP-OFF LOCATION in Regina:

Dean Renwick Design Studio
1922 12th AVE
Tues. – Sat. 11 am – 5 pm

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.

The Saskatchewan Waste Reduction Council who run the project are still looking for volunteers who can repair jackets in Regina. To volunteer, please email meg@swrc.ca or check out the website at this link warm-hearts-jacket-repair-project to fill out a form online.



A Repair Cafe was held on **OCTOBER 21** at the Mâmawêyatîtan Centre - 3355 6th Ave and was a popular place as documented by Regina's EnviroCollective network.



A piece of Forest in your home

1. Go to the woods (or the front yard of the church and pick up a cone)
2. Put the cone in a pot – so that most of it stands out.
3. Pour a small amount of water on it every day. Too much will make it rot
4. After some time, a tiny tree will appear.
5. Congratulations – you have just started oxygen production and you have a piece of forest in your own home.



BUMBLEBEE QUEENS

spend the winter just below ground or under fallen leaves. To protect bumblebees, avoid pesticides and leaf blowers.



Winter is Here...

But you can still enjoy beautiful flowers and plants in the warmth at the Regina Floral Conservatory 1450B Fourth Avenue. The Conservatory is set back from the road to the north in the parking lot.

Open daily **from 1:00 pm – 4:30 pm**. (Noon– 4:30 on Fridays)

Christmas Delight display starts November 28th. Currently, the Autumn Harvest display is on.



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