

# VanDusen's Heritage Vegetable Garden



Photo by David Cavagnaro

## Acknowledgements

Many of the photos that so beautifully illustrate our story of VanDusen's Heritage Vegetable Garden were kindly donated by David Cavagnaro. Antique seed catalogue images in these signs are courtesy of Lynn Coulter's *Gardening with Heirloom Seeds*, an excellent resource on heirloom seeds.

## A Trip Back in Time

Today most people live within a five-minute drive of a grocery store that is bursting with fresh fruits and vegetables from every season and all parts of the world.

That hasn't always been the case. In the late 19th century there was no supermarket to run to for fresh produce. There were a few vegetable merchants, and peddlers who came door to door, but if you wanted to eat well, you planted a vegetable garden.

Today almost any seed can be ordered online and is just a mouse click away. In turn of the century Vancouver, local merchants, mail order companies and seed saving were the only means of getting seed.

Fruits and vegetables were eaten at their peak. What the family didn't eat was preserved and stored to last through the long wet winter on the coast. While there may not have been much variety in winter, there was enough to get by.

The adage of the more things change the more they stay the same seems

appropriate here. The vegetables were roughly the same, albeit simpler when compared to today's genetically modified offerings.

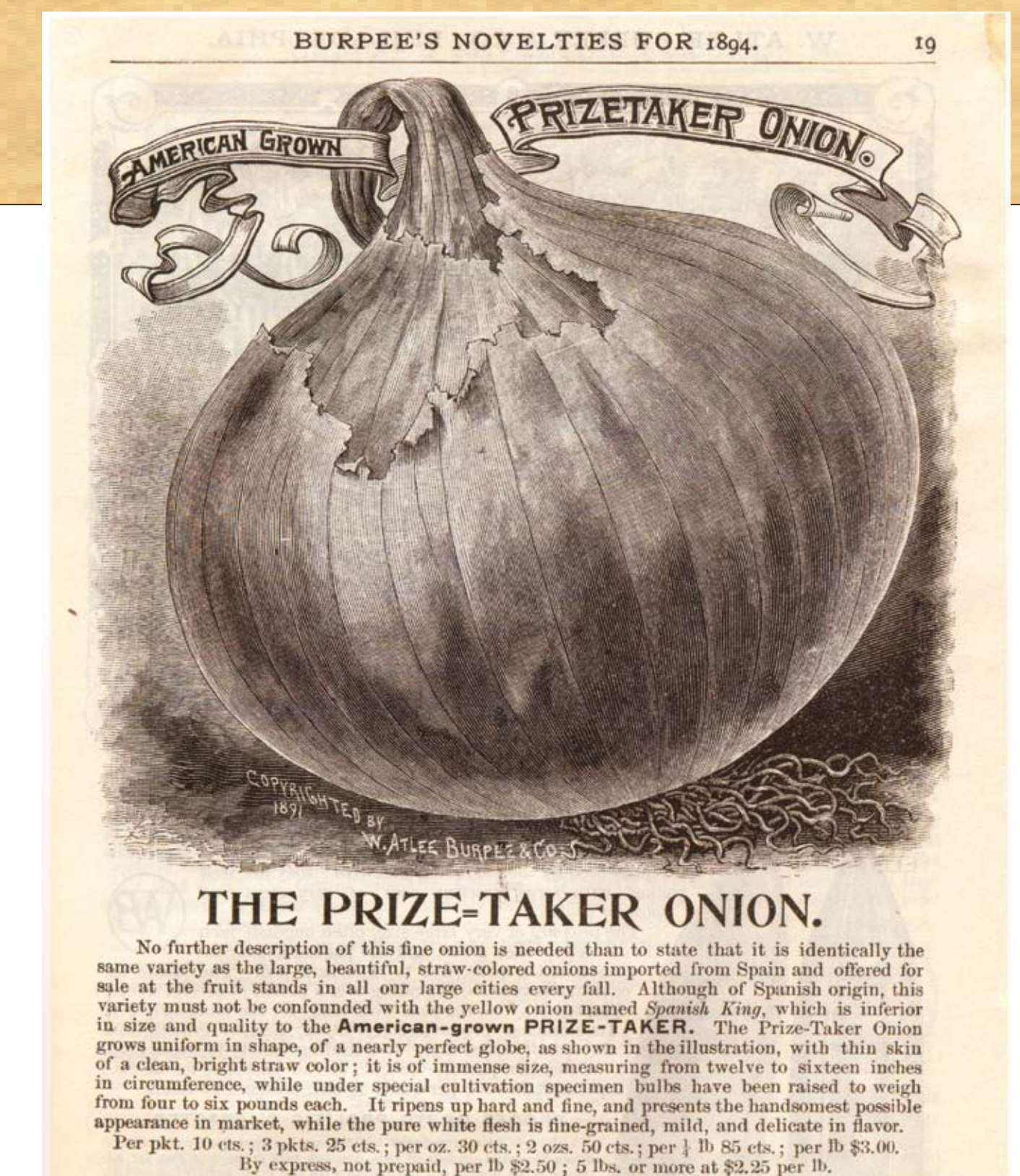
What has changed? Our expectations. Today we want more of everything – taste, nutrition, and appearance.

Perhaps the gardeners of the late 1800s had it right. There was no demand for blemish-free fruit and perfectly formed vegetables. You knew where your food came from and you had the satisfaction of enjoying vegetables with outstanding flavour fresh from your own garden.

VanDusen's Heirloom Vegetable Garden



Photo by David Cavagnaro



recreates a garden that might have been seen in Vancouver in the late 1800s. We have selected some of the finest heirloom vegetable varieties that would have been available to gardeners and farmers of that era. All are grown organically, as they would have been before the common use of chemical fertilizers or pesticides.

The harvest from this garden will be donated to the Greater Vancouver Food Bank Society.

Learn more about the fascinating history of agriculture in Vancouver by following our illustrated timeline to your right.

**To learn more visit:**  
[www.terraedibles.ca](http://www.terraedibles.ca)  
[www.saltspringseeds.com](http://www.saltspringseeds.com)  
[www.vandusengarden.org](http://www.vandusengarden.org)