

GASPEREAU VALLEY GAZETTE

A Celebration of Who We Are and Where We Live.

**Featuring: Community Announcements, Aunt May's Diary,
Recreation News, From the Pantry, and Choir Corner**

July 2025

Sutton's Vertical Gardens



Kris and Brenda Sutton

Kris Sutton developed his interest in gardening at an early age. His mother has always grown beautiful flowers and his grandfather was a farmer in Newfoundland, so working the land was in his genes.

His wife Brenda shares her husband's interest in farming.

They bought a house in 2019 and immediately built a greenhouse on the property.

Then came the COVID lockdown and the supply chain problems we all remember.

It was then Kris decided to take his gardening in a different direction. Vertically. Growing greens hydroponically had always interested him, but he had put it on the 'back burner'. The time seemed right to make it a reality so we were not dependant on imported greens, not to mention the freshness and maximum nutritional content as a result.

Their vertical, hydroponic farm is all in a 320sqft, state of the art, shipping container, which is

equal to three acres.

The beauty of this system is that they can grow leafy greens year round. The process starts in the nursery getting close to 4,800 plants at a time established, about 3 1/2 weeks later they are transplanted to the grow walls where they spend another four weeks. (Kris said his mother comes once a week to lend a hand in the nursery.)



In the Nursery



In Amongst the Grow Walls

This method of farming actually requires less water and, since it all happens in a controlled environment, there is no need for pesticides.

The resulting greens, 1,000 units a week, are then harvested and shipped to their customers the same day.

(Sutton's cont'd on pg. 3)



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Curtis and Zelda Weatherbee
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When We Meet

Gaspereau Valley Baptist Churches
Schedule of Events

All services at 10 a.m. unless otherwise noted.

Choir Practice- Thursdays 7pm new members welcome.

Wolfville Ridge Baptist Church - Sundays, 11:00

Annapolis Valley Welcome Network- Be part of the New Minas/Greenwich Welcome Group. Here's your chance to welcome newcomers and show off your part of the Valley. Contact Welcome Chair Cynthia Urtubia

Cynthia.u1114@gmail.com

For more information on the group visit www.haveitallav.ca

The **Valley Women's Business Network (VWBN)** meets the second Wednesday of each month. See our website for details: www.vwbn.ca

White Rock Community Association -Monthly Meeting of White Rock Community Association is usually the last Thursday of every month at 7:00pm. Downstairs (lower parking lot). New members are always welcome!

Wolfville & Area Newcomers Club- The club meets the 2nd Thursday of each month at 7:00 p. m. at the Wolfville Legion. Visit our website <http://www.wolfvillenewcomers.org> or our Facebook page "Wolfville and Area Newcomers Club" for the most up-to-date information.

Wolfville Silver and Gold- Tuesdays 1-4p.m. Wolfville Lions Hall, 36 Elm Ave.

Bingo, cribbage, Skipbo, 45s, etc. Coffee, tea, and snacks are plentiful.

Contact Club President, Eve Deir at 902-681-0534.



Announcements:

Black River Hall

3rd Annual Strawberry Shortcake Social
Black River Community Hall
989 Deep Hollow Road

Tuesday, July 1 from 1-3 pm

Admission \$5 includes strawberry shortcake, coffee, tea or juice.

Proceeds for the upkeep of the Hall.

Covenanter Church

Summer services at the Covenanter Church, Grand Pré will begin July 6 at 11am. Services will continue weekly until August 31 with guest speakers and special music. Everyone is welcome.

Gaspereau Hall

*For hall rentals call or text

Chris Gertridge at 902-300-9771.

Wolfville Legion

***Tea & Coffee Social** - Join us at the Wolfville Legion for coffee, tea, and snacks every Wednesday morning from 9:30 to 11. Enjoy meeting new or old friends in our recently renovated Legion building. Everyone welcome. Freewill donation.

***Delicious Barbecue** at the Legion - Every Thursday, Friday, and Saturday from noon to 7 pm, Wolfville Legion's chef Wayne Arnold is producing delicious barbecue dishes. Why not treat yourself, pick up a drink in our basement bar and go up to the balcony to enjoy the lovely view and your meal? Menu items variously priced.

Deadline

Please note that the deadline for the August issue only of the Gaspereau Valley Gazette will be **July 3rd** due to vacations.

Classified Ad.

Conversations in French, offering online/in person sessions. Personalized service, group or individually. For info./cost contact France 905-599-9741

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(Sutton's cont'd from pg. 1)



Located in Enfield, they supply a few local markets and sell direct to consumers via a weekly sign-up list.

Kris hopes to be able to expand their operation 'down the road'.

(photos thanks to Sutton's Vertical Gardens)

<https://www.suttonsverticalgardens.com>

-Daphne Frazee

In the Swim

Johnny Weissmuller ('Tarzan' actor and Olympic swimmer) saved the lives of 11 people when a boat capsized in Lake Michigan, so was a real-life hero too.

If you have blonde hair that goes greenish from swimming pool chlorine, you put ketchup on it and it balances the pigments out.

Benjamin Franklin invented swimming fins.

Where do ghosts go swimming?
In the Dead Sea!

Why did Vegetarians stop swimming?
Because they didn't like meets!

Why do you keep doing backstroke?
Because I've just had lunch and don't want to swim on a full stomach.

https://www.simplyswim.com/blogs/blog/swimming-jokes-and-swimming-trivia?srsltid=AfmBOor9FvMg9lyczVPd0-UR9I_rseTUUSIIQn89xryGpGYBs5hTVLgw

WWW.

Another thing we have gotten used to typing, when looking anything up on the internet, is WWW.

In case you do not know, it stands for World Wide Web. This refers to the way websites and webpages are all interconnected online, like a spider's web.

Sometimes people say they 'fell down the rabbit hole' when looking something up on the internet, one thing leads to another and, before you know it, you have spent more time than you intended. Perhaps we should be saying that we got 'caught in the web'.

<https://www.bartleby.com/learn/free-expert-answers/what-does-www-stand-for>

-Daphne Frazee, research by Conrad Davison

Seasons of Change Summer

There is always garden work in the morning
Pull weeds in morning-to dry in the sun
Usually by the full moon in June is good timing
Plant vegetables & annuals when frost is done

Horses used to use hay to make hay
Hay season starts when the tiger lilies are blooming
Grass is cut, teddered, raked, & baled
Grass is old when July first is looming

Baling hay is just the start of the season
You need hot weather for a couple of days
At night when you can see the fireflies for fun
You should then haul hay

Peas need to be picked, shelled, blanched, & frozen
Green beans are picked, snapped, blanched, & frozen
All workers get off work on Friday afternoon
And we would work in the garden- again

Mary Jordan



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Recreation News



ARTSPLACE Gallery

“Mercury and The Hyacinth”, Lee Cripps’ “Intimate Findings”, and Jennifer Goddard’s “Life” on exhibit until July 19. 396 St. George Street, Annapolis Royal.

Town of Wolfville July Camps

Most of the camps will take place outside so dress appropriately for the weather. More details will be given for each camp closer to the time.

Nature Navigators July 7—11 Monday - Friday 8:30am-4:30pm and will take place at the Recreation Center (7 Victoria Ave).

Welcome all weather enthusiasts and outdoorsy kids to Nature Navigators! Campers ages 6 through 9 will spend a week exploring the weather outdoors, the science behind climate, and learning and practicing sustainability. From tracking the daily weather to exploring activities we can do be sustainable, campers will engage in recycling crafts, exciting games, and thrilling science experiments. By the end of the week, campers will be ready to take a step in protecting the planet!

Visit the Town of Wolfville’s website to register.

Summit Seekers Monday - Friday (July 14-18) 8:30am-4:30pm and will take place at the Recreation Center (7 Victoria Ave).

Welcome all adventure lovers to Summit Seekers adventure week. At Summit Seekers, campers ages 10-13 will spend an exciting week filled with adventure in the outdoors. Campers will learn all of the essential camping skills and putting them to work on daily adventures to experience the thrill of the outdoors. After this week, campers will be ready to set out on their own outdoor expedition!

Visit the Town of Wolfville’s website to register.

Girls on the Go

Camp will run July 28– Aug. 1 Monday - Friday 8:30am-4:30pm and will take place at the Recreation Center (7 Victoria Ave).

Are you ready for a fun-filled week exploring the outdoors and empowering young girls? Your girls will be on the go all week exploring the great outdoors, doing crafts, and making new friends while gaining confidence and becoming empowered to step out of their comfort zones. Girls ages 6 through 9, get ready for a fun-filled week full of memories!

Visit the Town of Wolfville’s website to register.

Race the Tides

Five Islands July 13. Run on the ocean floor before the tide returns.

Visit– www.notsincemoses.ca for further details and registration.

White Rock Community Association

Strawberry Social July 3rd 2-4pm.

Freewill offering.

Chicken BBQ: July 26th, 4-6pm. \$18. Half chicken, broccoli salad, roll, choice of French fries or baked potato.

New to the community? If you want to attend an event as our guest, we'd love to have you. Call Sandra 697-2228, Edna 542-2002, or Jeannie 542-7410.

Please Note: Fitness Fun for Seniors & Others, TIME™ (Together in Movement & Exercise™), Chair Exercise, and Makers Meet– There will be no classes for the months of July and August.

Cool Down & Create—Sundays in July from 2-4. Avon United Church, 17 Prince St., Hantsport. Enjoy a sweet treat while you colour or bring your own craft. (Free Event)

Cookies & Tea at Macdonald Concrete House, 19 Saxon St., Centreville. Cookies, made using Mable Macdonald’s cookie recipes, and tea. July 2nd and Aug. 6th from 1-4. Freewill offering.

Salsa by the Sea—Wolfville Waterfront Park Fridays in July and August from 6-8. 30 minute free beginner Latin dance lesson (Salsa, Bachata, Merengue, & Kizomba) & dance party.

Dance or just soak up the Latin rhythms and the beauty of the harbour.

No experience necessary. No partner required. All ages, abilities, and levels of experience are welcome to attend.

CentreStage Theatre

Three Tall Women a two-act play by Edward Albee. Fridays and Saturdays, July 11, 12, 18, & 19 at 7:00 (Doors open at 6:15.) Matinees– Sat. and Sun. July 12 & 13th. Admission– Adults \$18, Students and Seniors \$15. Call 902-678-8040 to reserve your seat. Mature content.

The Idea Shop

Kitchen Tips-

Garlic

Peeling garlic cloves can be easier by using your microwave. Remove the tops of the cloves you intend to use and microwave them for 20 to 30 seconds on high. The skins will easily slip off.

Ice Cream

Keep your container of ice cream from turning into a 'puddle' this summer by putting bubble wrap around the outside. The insulation will keep your ice cream solid for several hours.

Cherry Pitter

If you do not happen to have a cherry pitter, improvise using a empty bottle with a narrow neck (smaller than the diameter of the cherries) and either a reusable straw or a chop stick.

Place the cherry over the mouth of the bottle and push the pit through with the straw, while hanging onto the cherry.

The pit will fall into the bottle for easy clean up when you are finished.

Laundry Tip-

DIY Dryer Balls

Make your own dryer balls by repurposing old, woolly socks. (If you want them to impart a bit of scent to your laundry items, use 10-20 drops of your favourite essential oil on the toe of each sock.)

Roll each sock up tightly and fold the top over the ball. (If the socks happen to be quite thin, then roll two together and fold one top over both.)

White Vinegar

Vinegar can be added to the rinse cycle on laundry day to help brighten whites.

It is also a good way of removing perspiration odour from clothes. Just soak the item for a few minutes before washing.

It will also work for removing mold and mildew from fabrics.

Some caution is necessary since overuse can weaken fibres. It should only be used every other week in your regular wash.

It should be noted that it is not recommended for use on stretchy fabrics like that used in workout clothes, for example.

Readers are encouraged to send in any tips, tricks, shortcuts, budget-stretching ideas: for cooking, cleaning, gardening, do-it-yourself projects, etc.

Send your suggestions along to the Gazette before the 12th of each month either by email or just give me a call. I look forward to hearing from you. gaspereaugazette@gmail.com or 902-542-4309

Gaspereau Church Outdoor Summer Schedule

10:00 a.m. Sundays

Please bring a Lawn Chair, if Possible

July 6th Prayer Garden Service beside the church
Special Speaker Steave Hingley

July 3th Prayer Garden Service beside the church
Special Speaker Mark Shaw

July 20th at the *River Service
Special Speaker Fran Woodside

July 27th at the *River Special
Ben Davidson is back

August all Services at the *River
(August 3rd will have Communion)

September 7th Bar-b-que
Last summer service at the *River

*Address for at the River
#237 Gaspereau River Road
If raining, please join us at the church

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Gaspereau Church Office Hours
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9:00-11:00am, Monday/Wednesday/Friday

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FROM THE PANTRY



Shrimp

Sautéed Shrimp

2 lb. raw shrimp 2 t. minced parsley
4 T. butter lemon wedges

Prepare shrimp by shelling and deveining. Leave the tails attached.

Melt the butter in a frying pan until foamy. Add the prepared shrimp. Continue cooking over high heat, shaking and flipping them until they become pink. Approximately 5 minutes.

Take off the heat and garnish with the parsley. Plate up and surround with lemon wedges. (Serves 4)

Fried Shrimp

1 c. flour 2 T. oil
1/2 t. salt 2 1/2 lb raw shrimp
1/2 t. sugar Veg. oil for frying
1 egg 1 c. ice water

Preheat the oven to 225° and warm an ovenproof serving dish at the same time.

Whisk together all of the ingredients, except the shrimp, to make a batter.

Prepare the shrimp by shelling and deveining. Blot with paper towels.

Heat 3" of oil to 365° in a heavy frying pan.

Dip shrimp into batter one at a time, drop into the heated oil. Fry in small batches to avoid crowding.

Fry for 1 minute or until golden. Lift from oil and drain off excess. Keep the batches warm in the oven on serving dish while you finish frying the remainder. (Serves 6)

Air Fryer Shrimp

1 lb. frozen shrimp 2 T. melted butter
Salt, pepper, onion powder, garlic powder, paprika

Preheat the air fryer to 200°C (5 min.)

Separate the shrimp and remove any ice.

Place 1/2 of them in a single layer in the basket. Set timer for 4 minutes.

Combine the melted butter and seasoning.

When the 4 minutes have elapsed, brush the shrimp on both sides with the melted butter mixture.

Cook an additional 3 to 4 minutes (until they turn pink).

Repeat with the other half of the shrimp. (Serves 4)

Shrimp Sauce with a Kick

1/2 c. ketchup 2 T. horseradish (to your taste)
1 T. lemon juice 1 t. hot sauce
1 t. Worcestershire sauce

Blend above ingredients together. Serve with cooked shrimp.

Japanese Style Shrimp Sauce

1 c. mayonnaise 3 T. white sugar
3 T. rice vinegar 2 T. melted butter
3/4 t. paprika 3/8 t. garlic powder

Mix all ingredients together until well blended. Cover and chill in the refrigerator.

Shrimp Sauce

1/2 c. light mayonnaise
1/4 c. Thai Sweet Chili Sauce
2 t. Siracha 1/2 t. honey
2 T. scallions, finely chopped (optional)

Place all ingredients except the scallions in a bowl. Combine with a whisk.

Add in the scallions, if desired, and stir.

Cover and refrigerate. (Will keep for 10 days in the fridge.)



Looking for the Gaspereau Valley Gazette?

A limited number of paper copies are available at the end of each month at: Avery's Farm Market (Greenwich), White Rock Community Centre, Gaspereau Baptist Church, Gaspereau Elementary, Reid's Meats, Just Us (Hortonville), Stirling Farm Markets, The Real Scoop, Riverborn Farm, Gaspereau Valley Fibres, and the Wolfville Ridge Baptist Church.

Don't miss an issue. Read the Gazette on our website, subscribe or ask to be put on the *email* mailing list.



Aunt May's Diary

January 1917 - October 1971

July 01, 1935 - Stayed to Elizabeth's all night and today we packed up and went to Black River by the power house and ate and fished.

July 02, 1935 - Weather very fine and cool last two days. Washed and various jobs. Went to Mrs. Everett Kennie's and got 5 lbs of butter at eighteen cents a lb. Cassie called with nuts from Martin's.

July 03, 1935 - Walked to Elizabeth's to help her get ready for the Sunday School picnic. Ironed and picked a few berries and helped boys cut thistles out of the berry patch and helped finish a dress. Walked home all the way.

July 04, 1935 - Worked in garden most of the afternoon. Madeline called yesterday with strawberries.

July 05, 1935 - Very sultry with thunder in the morning and afternoon and heavy showers. Beverly called with a box of berries. Called on Flo this evening and brought home some sour cream.

July 06, 1935 - Weather almost cold today and looks like rain tonight. Made salad dressing, ginger bread and biscuits with cream. Finished rug I started before Lib took sick.

July 07, 1935 - Sunday. Went to church twice and to the Coldwell cemetery this afternoon.

July 08, 1935 - Worked in garden all day. Towards night finished putting in shingles and several loads of apple tree wood. Weather cool. Got 8 boxes of berries from my brother at 8 cents a box.

July 09, 1935 - Hot and humid today. Washed some clothes and ironed them. Cooked beet greens and did up berries. Finished knitting legs for Bruce's socks and sewed them together. Put in some more wood. Had a call from nephew Fred Vaughan, paper agent girl, fish man, Ax, Fuller Brush man, and Winnie Miner with berries. Always someone every day.

July 10, 1935 - Finished putting in wood and broke up some limbs. Mrs. Rodney, fish man, and Mrs. Everett with butter. Mended today.

July 11, 1935 - Painted over patch in ceiling and some garden work and sewed patch work. Very humid. Cassie called. Doris here to tea. Put grass around trees and went a piece walking with Doris.

July 12, 1935 - Arose early and got ready to go to the train with my brother. Went over with Bob and boys. Weather exceedingly hot.

July 13, 1935 - Helped with work and went to the shore with kiddies to see them swim.

July 14, 1935 - Band concert on the beach this afternoon. Came home with Bruce and Nelson Jordan. Bruce stayed to tea. Found grub at home still edible.

July 15, 1935 - Worked in garden all day.

July 16, 1935 - Ditto. Hear Mary and Keith Benjamin had a daughter.

July 17, 1935 - Tied a cow bell in the cherry tree. Distracts the robins, but attacks the boys. Calls from Mrs. Jodrey and Mrs. Smith. Went to Flo's and brought her down to see my beautiful poppies and went back and helped her with the dishes. Cassie Eagles came in. Hear that Annie Gertride had to go to the hospital today.

July 18, 1935 - Made up some flour bags into pillow cases for Verna. Called in on Cassie tonight.

July 19, 1935 - Picked and canned cherries, etc. Took a few cherries to Madeline and to Cassie. Called on Flo on way home to get her to come down to stay all night, but no go. Weather very hot.

July 20, 1935 - Hoed garden all over again. Picked a few peas.

July 21, 1935 - Sunday. White Rock male singers singing today at our church, but I did not go. Felt sleepy. I went to bed at 11:00 am and slept till one o'clock much to my surprise. Home alone all day. Went to church tonight. About fifteen there not including Valla's own family. Went a piece with Doris and had a talk with Mrs. Joe Vaughan.

July 22, 1935 - Arose early and finished the last of the cherries. Cut out Blanche's dress for Verna. Dry and hot. Mrs. Rodney D. here for water. Smith came to borrow nails.

July 25, 1935 - Laura and Margaret Allen and Ruth Westcott here today.

July 26, 1935 - Walked to town and back. Called on Flo and we later went over to Hall for ice cream social. Found a small spot of raspberries on hill. Took some to Flo.

July 27, 1935 - Went again to hill and got some more berries. Took a few to Cassie.

July 28, 1935 - Went to church this morning and Bruce came back with me. Fred, Lib and kids dropped in on way home from beach cottage.

July 29, 1935 - Franklyn and Brooks here tonight from their Granddad's (which would be her brother).

July 30, 1935 - Got kids dinner up and got myself ready and went berry picking up in the woods. Got dishes full.

July 31, 1935 - Picked berries and took some over to Lib's. Walked back over the hill. Fred enlarging front of house.

-Submitted by Zelda Weatherbee

Heavy Metal Heather



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