



**GARDEN DREAMS:** Community Development Halton, is optimistic this piece of land will be the location for the new proposed Community Garden, for those who want to learn or share their knowledge of growing. - Marie Shadbolt photo

## Acton community garden ready to sprout nutritious and affordable food

The fruits of the labour of a hearty Acton group will take root in a Community Garden – most likely beside Rotary Park – this spring/summer. On Tuesday, the Town’s Community Affairs committee dealt with a staff supported draft lease agreement for an 18 by 30-metre plot for a co-operative garden.

Council will ratify that decision on Tuesday and one of the Community Garden supporters, Rishia Burke with Community Development Halton, is optimistic the “lovely piece of land with wonderful sun,” will be the location for the Community Garden, designed for anyone who wants to

learn or share their knowledge of growing.

As envisioned by its proponents, the Community Garden is an opportunity to bring more healthy local food to the community through an “inclusive and co-operative” gardening experience of growing nutritious and affordable food.

Asked who planted the idea of a community garden, Allison Hilborn with the Acton HUB, said Burke, who was hired to work with Acton people around food and recreation issues, quickly found that those on subsidized housing had a hard time meeting their nutritional needs.

“So, Community Garden

– I’m not sure who put the idea on the table first, but it seemed like a very wonderful, logical step in terms of community engagement and people meeting their own needs,” Hilborn said last Thursday.

As part of the process, because it is Town land, Community Garden organizers must notify people within 60-metres of the plan

and host an open house.

Working with various groups, the Community Garden group has received a number of grants including \$3,000 from Home Depot, \$1,200 from the Town, \$2,000 from the TD Green Fund, \$750 from Brent Vickery of The Health Project and Walk This Way, and \$350 from Growing and Sharing Together.

### Acton Horticultural Society ANNUAL PLANT SALE

**Saturday May 19th**

8am ‘til SOLD OUT

~ NEW LOCATION ~

**Bethal Christian Reformed Church  
Parking Lot  
Acton**

**Excellent selection of perennials & shrubs  
Knowledgeable gardeners will be present**

Thanks to the following for their donations:

- Sheridan Nurseries
- Arnold’s Greenhouses
- The Flower Shed
- Canadian Tire
- DiGirolamo’s Greenhouses
- Evergreen Acres Nursery
- Gillett Haulage & Excavating
- Lost Horizons Plant Nursery
- Plant Paradise Country Gardens
- Sobeys
- Taylor Nursery
- John Van Wissen Nurseries & Garden Centre



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Advertorial

## Allergy Relief?



### NATURALLY SPEAKING

with  
**Louisa McCarley**  
RHN, ROHP/RNCP

Allergy season started early this year, which is no surprise since everything else in nature seems to be weeks earlier than usual. Some people suffer when the trees start, others suffer a little later when the grasses start. Start supporting your immune system as soon as possible to stop the suffering.

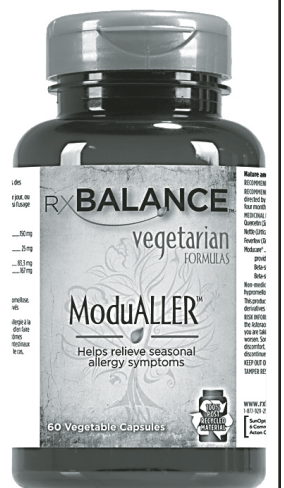
## ModuALLER™ Helps relieve seasonal allergy symptoms

RxBalance™ ModuALLER™ is a highly effective herbal formula that relieves seasonal allergy symptoms. This unique combination of quercetin, nettle, feverfew, and Moducare® relieves allergy symptoms by helping to prevent the release of histamines, reduce inflammation, and support and balance the immune system.

### Reason for Combination

An allergic response occurs when an allergen binds to antibodies attached to mast cells in bodily tissues. The mast cells then produce and release inflammatory chemicals, such as histamine, which cause a runny nose, blocked sinuses, itchy eyes, coughing and wheezing, and other familiar symptoms, in an attempt to rid the body of the allergen.

The quercetin in this formula is a powerful antiallergy bioflavonoid that is able to stabilize the cell membranes of the mast cells, preventing the release of histamine into the bloodstream and tissues, and thus helping to prevent allergy symptoms, even in the presence of allergens. Quercetin is also a powerful inhibitor of asthma symptoms because of its ability to suppress the release of leukotrienes, the primary cause of asthmatic symptoms.



Nettle has been used traditionally for treating hay fever and has been shown to reduce inflammation and ease symptoms of seasonal allergies.

Feverfew is included in this formula because it is known to be helpful for those who suffer from migraine headaches due to allergies or asthma.

Allergic responses are a sign that the immune system is overreacting, and the Moducare® in this formula provides safe and effective support for the immune system.

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