

Gardening vegetables at home is a healthy way many of us have kept busy this summer, and there is still time to join in.

Check out our *Heritage Garden Guide* for late summer plantings!

This short guide is inspired by our Irving House heritage gardens, and features some Victorian and Edwardian vegetables the Irving family would have eaten. Each vegetable includes basic instructions and an heirloom variety suggestion. Due to the time of year, this guide contains mainly root vegetables – however, we know the family would have eaten other produce like greens (lettuce, cabbage, spinach), tomatoes, beans, and much more.

The guide is also inspired by our Kitchen Garden program, which is a collaboration with Qayqayt Elementary. Since 2015, two kindergarten classes walk across the street to plant heritage vegetables. The students harvest the vegetables, and the museum donates the extras to Union Gospel Mission for their lunch program.

Although this guide is inspired by one of our heritage sites, New Westminster has a long and important history of Chinese Market Gardens (and Greengrocers) and Japanese Canadian farmers. In fact, the Irving family employed workers of Chinese heritage. These workers likely planted their gardens and did most of the cooking.

Before the supermarket, the Chinese Canadian community was prominent in the local farming industry. Most farmers delivered produce across New Westminster and beyond in wagons and later in trucks. Some of the names of market gardeners during the 1930s and 40s were Yee Yip Woo, who delivered vegetables in the West End in a Model T truck; Lee San and Yee Sang, whose farms were on Salter Street; and Wing Lee at 224 Ewen Avenue in Queensborough. This history is not limited to New Westminster - by 1921, Chinese Canadian farmers grew 90% of veggies in BC!

Instructions

1. Print landscape and double-sided on 8.5x11 paper. Fold using guidelines.

For more gardening information and instruction...

We recommend the [West Coast Seeds website](#) for seeds and detailed information on planting.

The Hua Foundation put together a [Seasonal Choi Guide](#) for Chinese vegetables grown in the Lower Mainland. You can read it in English with pronunciations in Cantonese and Mandarin.

We have named a few vegetables the Irving family would have eaten in this document and in the *Heritage Garden Guide*. Can you find any of them in the *Seasonal Choi Guide*?