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When you're done, please share, pass on or recycle





***"I dreamed they added another month called Extember.  
'I always forget Extember,' quoth I, in my dream"***  
**-Amy Brown, sometime in 2020**


Editor's note:

Extember the 'zine is a space out of time, no deadlines, just ongoing collaboration and creativity, a place to share ideas and inspiration around creative reuse. We have all learned new skills and approaches during the pandemic and beyond, and this is a place to share. We seek collaborators and contributors, show and tell, and tips Especially works in progress. This volume starts with the idea of plants and goes from there, with some ideas around stewardship, collaboration and community and other concepts we learn from plants. Come play with us.

Tanya Murdoch



Untitled (Awenda 2017)  
Oil on canvas  
18" x 24"  
Aliya Jiwani (2018)

 **Works-in-Progress.ca**

Extember Plants Volume 1

Works-in-Progress Artist Collective

We believe that it is more fun and better for the Earth, to create something new from something old.

We are a collective of artists and creative people who share a joy in collaboration and learning with others, artists and non artists alike.

We share a common interest in using recycled materials in art-making and see up-cycling as an inspiration and creative opportunity

Come play with us!

[www.works-in-progress.ca](http://www.works-in-progress.ca)  
instagram: @works.in,progres.to

To submit ideas and images for future volumes of Extember, we are making issues at no particular time, on the themes of Food, Sticks & Stones, Plants and Cloth

in this issue we have contributions from:

Aliya Jiwani  
Tanya Murdoch  
Amy Brown  
Delphine Winton  
Sheila Sanderson  
Douglas Sanderson  
Leslie Solomonian  
Heidi Kerney

plus art/ideas from  
East End Arts,

Thanks All!





# TREE BLOOD

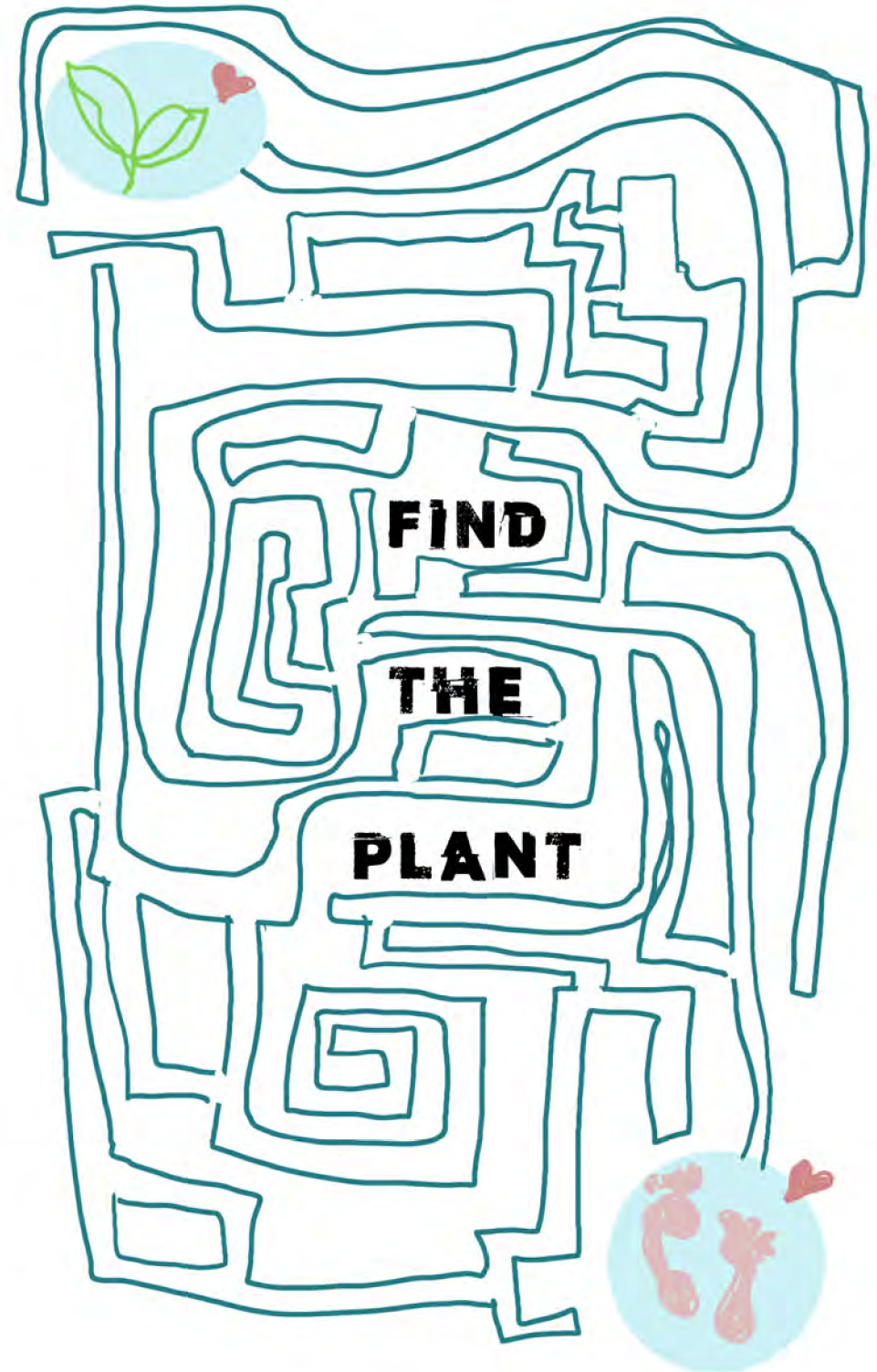
February-April in Canada  
the temperature needs  
to fluctuate between  
above freezing in day  
below freezing at night  
for sap to flow

It is the first  
medicine of the year  
and you can drink it  
straight from the tree.  
Sugar maples are  
prized for syrup, but  
birch and other maples  
also yummy.

## MAPLE WORD SEARCH

J M S N E E A F	HEDGE
T A S U G A R A	SUGAR
I N P E G D E H	RED
S I O A T M V R	SILVER
E T S R N R L T	NORWAY
R O L E W E I Y	JAPANESE
L B A D S A S L	MANITOBA
P A T O Y N Y E	

words by Amy Brown



Amy says:  
like literally  
everything  
I have  
ever done,  
it was  
harder than  
I thought  
it would be



## ART MAKES IT REAL



A collection of humans are gathering this Spring to offer various actions, inspirations and events around the idea of *regeneration*. The organizer (and WIP member) Dr. Leslie Solomonian suggested we call the multi week event **REWILD**,



Great name. I said I would make a logo. Here's the process:

I wanted to show something showing the reciprocal relationship - we are part of nature. I have been drawing many naked humans in an online life drawing classe this past year run by the *Scottish Borders life drawing club*. Happy accident: when I photographed this sketch, poor lighting made the paper look like cardboard. Good colour. I collaged this with plant photos then drew over them all in photoshop. The font is from dafont.com

## MICROGREENS

the Saskins have set up a microgreens FARM in their basement.

utility shelf

shop light  
with LED  
hung  
on chains

take out  
trays

heating  
pad



All winter long they have greens for their sandwiches, omelettes, soups

## Kindsofseeds?

basil, dill, chervil, winter purslane, arugula,  
cilantro, sunflower, spinach, clover, beets,  
chard, radish, kale, broccoli,  
mustard greens, bok choy, tatsoi,  
fenugreek (mehti),  
peas.

*Lots of flavour here!*

Kate suggests some places to get seeds:

- Urban Harvest – Packets are an inexpensive way to get started and learn.
- Sproutmaster, in Elmvale, ON. Bulk – ¼ lb, ½ lb, 1 lb – will store several months sealed tightly in the fridge.
- Microgreens Canada, in eastern Ontario – 25g and 50g packets.
- Mumm's Sprouting Seeds, in Saskatchewan – a wide range.
- Weston Seeds in Woodbridge, ON,
- William Dam Seeds in Dundas, ON, Veseys in PEI, and
- West Coast Seeds in BC – packet sizes and medium quantities.



# grow your own MICROGREENS

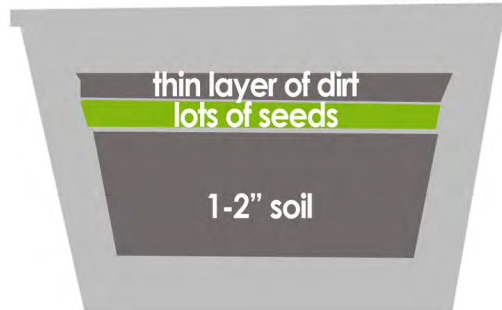
you will need:

- Obsessively-washed take-out container (1" ok, 2" better)
- New bag of seed-starting soil (because it is sterile)
- seeds meant for micro-greens

if you think you might over water  
poke some holes  
in the bottom

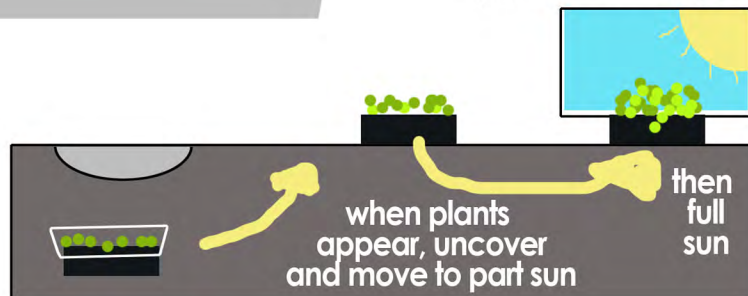


advice from Kate Hamilton, farmer, Ashbridges Farm



put soil in container  
moisten  
sprinkle seeds thickly  
sprinkle thin layer of soil  
sprinkle more water on top

cover + put in a warm, dark  
place for 2-4 days



keep moist (spray bottle helpful)  
harvest with scissors, rinse and eat right away  
plant new seeds every 3-4 days for ongoing supply

# TREE

Here is more about Rewild from the host:  
(more info at [www.nestnds.com/rewilding](http://www.nestnds.com/rewilding))  
"Throughout the spring of 2021,  
we are curating a variety of activities  
and events on the theme of REWILDING!  
We are learning about, celebrating,  
and advocating for regeneration of land."



Some rewilding  
eco art activities  
you can try:

**Get outside challenge:**  
**#poe/tree or #poetree**

Find a tree you connect with, and  
write a poem to/about the tree.  
You can share a photo of the tree  
or a poem (or both) on social media  
to create a forest of poems and pics.

HOW DOES A  
TREE FEEL IN  
THE SPRING?

RE-  
LEAVED

## Be a tree:

International Environment Day  
is June 5- REWILD is planning an  
event to celebrate. If you want  
to be a tree on June 5  
(or anytime-because, why not?)  
here are a couple of ideas:



there may be also be mask-making workshop

ALSO webinars, sing-a-long events and plenty  
of ideas for regeneration and rewilding

Thanks Sheila Sanderson for the timely joke  
Her brother Douglas would like to point out that it is deciduous centric.

The editor wishes to apologize to our coniferous friends. Feel free to suggest an evergreen option.



mid April until mid May  
in Southern  
Ontario

## FORAGING

First rule of foraging  
is sustainability.  
Take no more than  
1 or 2 plants in a batch  
of 10, take no more  
than you need

Foraging for ramps is quite easy  
(and thoroughly satisfying if you  
enjoy getting into the dirt)  
as it is one of the first brilliant  
green plants on the forest floor

One cannot pull the ramp up  
by the leaves.  
But get the fingers into the dirt  
around the bulb  
and lift from there.

THANK  
THE  
PLANTS



words + images Heidi Kerney

## FORAGING MORELS

mid April to  
mid May  
in Southern Ontario

First rule of foraging  
is sustainability.  
Take no more than  
you need.  
Shake out spores  
so they come  
back



Morel mushrooms look like the forest floor so tread  
very carefully or you will trample right over them

They often grow in loose patches.

The hood or cap is a marvel of natural  
architecture! Deep brown to black  
that is much like a thick net.  
The cap should be 2/3 of the full length  
of the mushroom and the stem is a  
medium beige and smooth.

to pick:  
get right to the base  
and break off from the ground.  
Give the mushrooms a gentle shake  
to help loose any  
dirt, bugs and spores.

2" - 4"  
high  
and smells  
like the  
earth.



at home:

soak morels in cold,  
lightly salted water to  
encourage bugs and slugs  
to leave.  
dry slightly to store.  
great to add to pastas,  
on their own.  
Taste like the earth.  
but more delicious.

words + images Heidi Kerney



from the East End Arts:

## MUSHROOMS

Mushrooms can be a great distance apart, but are connected to the same invisible network.

Mushrooms grow out of sight, connected to an unseen latticework just beneath the surface.

Mushrooms grow on the old, process nature and signify times of change.

doodles on family whiteboard  
Brown-Winton household



An online art challenge:  
In the spirit of the mushroom,  
East End Arts created the  
Toronto Mycelial Network in  
September 2020. It is an ongoing  
challenge, to create art inspired  
by Mushrooms.

You can share a photo of your  
mushroom inspired artwork  
as a post on Instagram,  
Facebook or Twitter with  
the hashtag #InvisibleNetworkTO  
There are plenty of creations  
online now:  
@torontomycelialnetwork

## CONNECTIONS

What is the relationship between fungi and trees? **Mycorrhizas** are symbiotic relationships between certain fungi and the roots of plants.

The **fine fungal threads** (called **hyphae**) wrap around or penetrate the host plant's roots. The fungus helps the plant to extract nutrients and water from the soil. It also protects its host against harmful organisms.

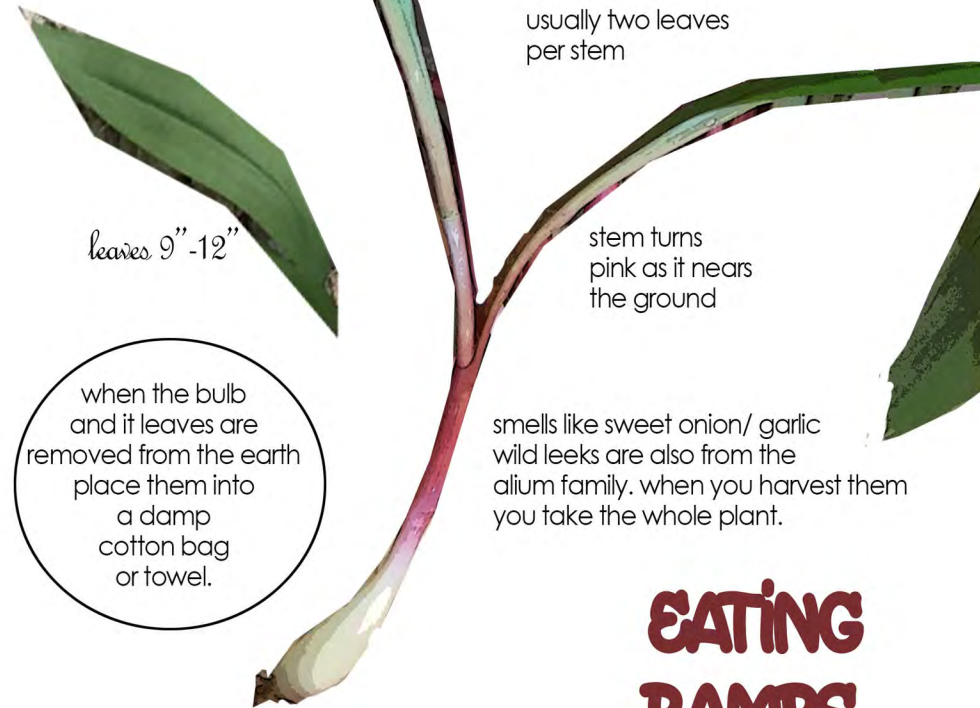
information from Trees for Life.org.uk  
(a group dedicated to rewilding the Scottish highlands)

ATH-FHIADHACHADH = **REWILDING** in Gaelic



artist unknown  
from Mud Creek ravine

## RAMPS



## EATING RAMPS

Clean them well with cold water while slipping the outer sheath off the bulb and snapping off the roots. Both bulb and leaf are edible!!

If you do not intend to use them right away they keep well with the dirt still on in the crisper wrapped in a damp cotton towel.

They make an amazing quick pesto or for a more involved option they can be lightly pickled too!!

The pink hue is natural!







These ramps deserve an homage... a painting or a poem.

I made an album cover.



utility pole +  
climbing hydrangea

## HUMAN + PLANT COLLABORATION



tanya + birch bark



delphine + straw



tree roots +  
cinder blocks