

Children of the Wild launches at the Carp Farmers Market!

After months of foraging nature's bounty on the network of trails at the Carp Ridge Learning Centre, Dr. Katherine Willow along with local high school students showed off their handcrafted products, crafts, seedlings and teas at their first market booth. Proceeds from sales will support youth programs offered at the Centre. Next market date is July 25, 2026.



Stress Management Workshop

The world feels heavy these days and many of us are seeking to reduce stress and anxiety in our lives. The CRLC is hosting a free virtual stress management workshop at 7:00 p.m. on Wednesday July 22. Dr. Katherine Willow, N.D., will walk participants through a proven stress reduction technique called Meridian Tapping. A short evaluation will follow. All ages welcome, however, participants younger than 18 must be accompanied by an adult.

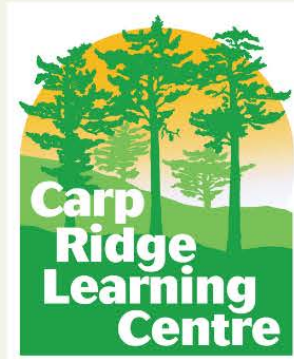
To register e-mail: info@carpridgelearningcentre.ca

Recipe Corner - Lambsquarter Pesto

- 1 cup Lamb's Quarters, Leaves
- 1 cup Basil Leaves
- 1/2 cup Pine Nuts Toasted
- 1/4 cup Parmesan Grated
- 1/2-2/3 cup Olive Oil
- 1 Tbsp Lemon Juice
- 1 tsp each Salt & Pepper

Combine the lamb's quarters, basil, pine nuts, parmesan, lemon juice and 1/2 cup of Olive Oil in food processor. Blend until chunky. With the processor running slowly pour in more oil up to 2/3 cup until the texture is as smooth as you like it and everything is blended. Season with salt and pepper.





Join our weekly foraging group!

Families are invited to join Dr. Katherine Willow, N.D. to forage for edible wild plants in preparation for our annual Wild Brunch. This drop-in activity takes place Thursdays from 4:00 to 6:00 at 2386 Thomas A. Dolan Parkway.



We forage rain/snow or shine. Participation in foraging, as well as the Wild Brunch in November 2026, can support high school community service hours. R.S.V.P. to Katherine at 613-698-8313

Calling future board members!



We are currently recruiting like-minded, dedicated individuals to join our Board of Directors. If you have an interest in supporting local families and youth, have a few hours a month to give to a unique and innovative organization or have ideas to share, we'd love to hear from you at info@carpridgelearningcentre.ca

"A new look for a new era"



Stay tuned for our new look and feel coming this fall. We'll be launching a fun contest to solicit your best ideas with a cash prize of **\$500** for the chosen design! Keep an eye on our socials and website for more details.

Save the date!



Join us at the Carp Agricultural Hall on Saturday, November 7, for our much anticipated third annual Wild Brunch where community members come together to share delicious food prepared by local youth volunteers, all with ingredients foraged from nature. Tickets now available.

