

HASTINGS FOLK GARDEN



SENSORY CARE  
KITS

SPRING / SUMMER 2022



What can we accomplish in a season? In a year?  
In a lifetime?

What is 'enough'?

What helps in the struggle?

This year, we grew our own medicine - flowing deep into our mycelial webs of care and connection. Uncovering edges, holding centres, tethering, releasing and finding flow.

We learning that some medicines hurt and heal. Some medicines are not for us yet we tend for others with less capacity. Some medicines connect us so deeply to the multitude of front-lines, home-lands, that we feel less alone in the struggle of being here now - locked in by concrete, precarity, street sweeps and urgency.

Don't forget you're precious. You are enough.

# HOMELESSNESS ACTION WEEK

Grown, tended, harvested and processed from the Hastings Folk Garden with additional knowledge and items traded through our mycelial network of care



In our process, we ask each other & we ask ourselves: how are we resourced? what are we resourced to offer? what do we have? what might we redistribute?

We chose an eco-sensory focus to both share sensory care and with the intention to be less extractive towards the lands & waters which we live within. We are grateful to be here on unceded, ancestral, traditional, and shared lands of the Musqueam, Squamish, and Tsleil-Waututh peoples. In this sensory care work we consider how we might contribute sensory care as uninvited guests to this land and we work towards reciprocity with the land and plants who support us and our community.

We are thankful for the opportunity to redistribute these kits to: H4H Community Members and Gardeners, Megaphone Speaker's Bureau Advisory Committee, Western Aboriginal Harm Reduction Society (WAHRS), Vancouver Area Network of Drug Users (VANDU), Binners' Project, Indigenous Advisory Group at Carnegie Centre, Astoria Urban Farm V6A Garden collaborative (Dude's Club, WATARI and DTES Neighbourhood House), and the Working Group on Indigenous Food Sovereignty.

# Sensory Care Kit Inventory

## TASTE & SMELL

- elderberry oxymel
- herbal smoke blend
- beeswax candle
- salve / lipbalm

## TOUCH & SEE

- garden of care zine
- salve / lipbalm
- beeswax candle
- devil's club stim bead
- plant-dyed bag
- tobacco pouch

## FEEL & FIDGET

- fireweed seed pack
- plant-dyed bag
- devil's club stim bead
- herbal smokes
- tobacco pouch

These kits include 5 Sensory Care Field Kits which have been built for H4H Staff to carry in gardens, apiaries, and other spaces. As well as 85 individual and eco-focused Sensory Care Kits which we gifted in the DTES Community. We built all of these kits around our collective experience and knowledge with sensory respite, distress tolerance, and co-regulation. When building and preparing these kits, we considered organizational capacity as well as values of intertwining social & climate justice. Through this lens, we focused on populating these kits with eco-derived items. We understand the items chosen to offer access to self & collective care, tending to our senses, and equipping us with resources to share with others in gifting and in teaching.





## FIREWEED SEEDS

Facilitated by:  
Cait & Jim

Tended from  
March to  
September



## ELDERBERRY OXYMEL

Facilitated by:  
Kian & Gina

Harvest in late  
Summer





## TOBACCO TIE

Facilitated by:  
Cait & Karmella

Homeland  
seeds, Harvest  
in Fall, traded for  
reishi harvest



## SMOKE MIX

Facilitated by:  
Cait & Jordan

Tended from  
March to  
September,  
fermented &  
cured in Fall.





## DEVIL'S CLUB BEAD STIM TOY

Facilitated by:  
Woodshop Coop  
Leona Brown

Harvest in Spring



## GARDENS OF CARE ZINE

Facilitated by:  
phin

Embodied from  
March to  
September





## MATCH BOOKS

Facilitated by:  
Sarah

Slow work. Self  
care.



## TEA BLENDS

Facilitated by:  
Wednesday Gardeners

Tended from  
March to  
September