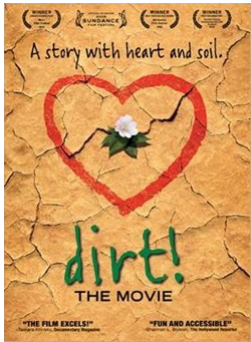


about the film



Learn about dirt's fascinating history - 4 billion years of evolution created the dirt that recycles our water, gives us food, provides shelter, and can be used as a source of medicine, beauty and culture – this film uncovers the surprising ways we can repair our relationship with dirt and create new possibilities for all life on earth.

DIRT! the Movie is narrated by Jamie Lee Curtis, and brings to life the environmental, economic, social & political impact that soil has. It shares the

stories of experts from all over the world who study & are able to harness the beauty and power of a respectful and mutually beneficial relationship with soil. We may never look at the ground beneath our feet quite the same!

Please join EcoUrbia to watch this award-winning film, and to hear first-hand from local experts and champions working to protect and preserve this underrated, natural resource—they will share with us their practical experience with soil as a living web of organisms, and the successes, challenges & opportunities they encounter!

guest speakers

David Zirnhelt



David is a rancher & a consultant in economic development and land use policy, is passionate about healthy soils and recognizes the need to transition to organics. David & his family raise grass fed beef, produce woodlot products, timber frame houses & birch syrup in the Cariboo region of B.C. He also serves as chair of the Grasslands Conservation Council of B.C., is an advisor to Board of First Nations Agriculture Association, and a former Minister of Economic Development; Agriculture, Food & Fisheries; Aboriginal Affairs; and Forestry.

Rob Zeman



Rob is an organic farmer and soil specialist. Rob is an advisor to EcoUrbia in developing additional urban farming projects on the north shore, while also farming at Loutet Farm – the first urban farm in our region! Rob will tell us about the soil remediation work that was undertaken at Loutet - its challenges & successes, and will demonstrate a worm farm for us.

Eric Distefano



Eric is a student in the applied biology program at UBC, having switched from engineering upon discovering his emerging passion for soil sustainability & green technology. Eric is currently directing his studies to viticulture & oenology.

about ecorbia

ECOURBIA NETWORK is a local, not-for-profit organization working to build and operate urban farms, advocate for local food and organics, ethical e-waste recycling, and waste reduction strategies that includes a cradle-to-cradle approach to how we make things in the first place. Last year, we launched the first regional community-based sustainability portal to facilitate engagement in local & regional initiatives and for community champions to emerge in. Telling our stories and sharing our ideas is a powerful way to connect with each other!

EcoUrbia's **rethink food+waste film series** is a public outreach program whose goal is to focus on the importance of our food systems & urban agriculture, what we can do with our waste in support of our ecosystems, the benefits of organics, how food cultivation impacts our health and can act as a catalyst for social change and transformation.

Visit www.ecorbia.org for resources & tools related to food & waste, simple ways to live a more sustainable life + links to other local initiatives, our knowledge base & a calendar of events.

about the filmmakers

DIRT! The Movie, produced by Bill Benenson & Gene Rosow, gained its inspiration from the book "Dirt, The Ecstatic Skin of the Earth" by William Bryant Logan.

all about dirt!



Dirt feeds us and gives us shelter. Dirt holds and cleans our water. Dirt heals us and makes us beautiful. Dirt regulates the earth's climate. Dirt is the ultimate natural resource for all life on earth. If we care about our food, water, the air we breathe,

our health & happiness...this film offers a vision of a sustainable relationship between humans & dirt through profiles of the global visionaries who are determined to repair the damage we've done before it's too late. There are many ways we can preserve the living skin of the earth for future generations. It starts with us.

EcoUrbia Network

www.ecorbia.org

info@ecorbia.org

[twitter @ecorbia](https://twitter.com/ecorbia)

engage, empower, inform

DIRT! THE MOVIE



rethink food
& waste
film night

March 14, 2012
6:30 — 8:30 p.m.
doors open 6 :15pm

Kay Meek Center
1700 Mathers Avenue
West Vancouver , BC

FREE ADMISSION

a public outreach program of
EcoUrbia Network

soil: foundation for life

Soil acts as a filter, cleaning air and water. It exchanges gases with the atmosphere & influences the global climate. Soil receives organic wastes & recycles their nutrients back to plants; it also holds & breaks down some toxic wastes. Because soil plays such a key role in world health, economics & environmental stability, we must conserve it and use it in a sustainable manner.

"A soil is not a pile of dirt. It is a transformer, a body that organises raw materials into tissues. These are the tissues that become the mother to all organic life."

William Bryant Logan, 1995

characteristics of healthy soil

- drains & warms up quickly in the spring
- does not crust after planting
- soaks up heavy rains with little run off
- acts like a sponge, absorbing rain & moisture
- stores moisture for dry spells
- resists erosion & nutrient loss
- is an ideal environment for microbes
- doesn't require increasing amounts of fertilizer to maintain yields
- produces healthy, high quality crops

natural revitalization*

There is no gain to plant a seed or tree with superior genes in soil that's impoverished, mineral deficient, depleted of organic matter & devoid of microbial life. The finest genes on Earth - whether food plants, champion trees, or human - won't thrive if soil lacks a full menu of mineral nutrients, and micro-organisms to digest rock minerals into liquid protoplasm nourishment. A prime priority for sustainable farming, horticulture, nurseries & forestry is to research, teach & implement sensible, renewable, natural methods to restore genuine soil fertility. It is imperative that we reverse centuries of destruction, displacement and damage.

remineralize the earth (www.remineralize.org)

- promotes the use of glacial gravel & rock dust to restore natural minerals to depleted soils—this is a cost-effective, non-petroleum-based fertilizer resulting in both enhanced organic growth & natural mineral content in our food, giving us greater oxygen production & greater absorption of CO²

real food campaign (www.realfoodcampaign.org)

- the nutrient content of fruits & vegetables has been dropping since records were first kept—you'd have to eat **5 apples** today to receive the same nutrients from eating **1 apple** back in in 1965
- nutrient-dense foods have high levels of vitamins, carbohydrates, minerals, enzymes, antioxidants & trace minerals, well as exceptional flavour & naturally pest resistant

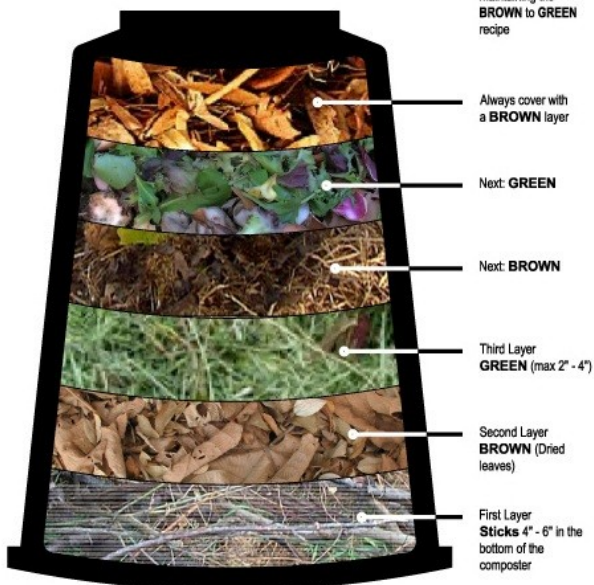
* reprinted with permission from Ken Whitman, *Organic Connections*



to source glacial rock dust in BC, www.gaiagreen.com

to source volcanic rock dust, www.paramountgrowth.com

A COMPOST RECIPE TO FEED YOUR SOIL.



KEEP MOIST: as wet as a wrung out sponge
AERATE: speeds up decomposition
KEEP COVERED: use a lid (cardboard or canvas)

composting support & resources

composting hotline (City Farmer)

www.cityfarmer.org/hotline73.html

composting hotline (Metro Vancouver)

www.metrovancouver.org or 604-736-2250

growing city urban composting (private collection)

www.growingcity.com

north shore black bear society

www.northshorebears.ca

north shore recycling program

www.nsrp.ca

pet waste composting (City Farmer)

www.cityfarmer.org/petwaste.html

worm composting (City Farmer)

www.cityfarmer.org/wormcomp61.html

Special Thanks to our Private Donor & Contributing Sponsors

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NATURALS



rethink food & waste

ORGANIC COMPOST COMPOSITION

30 Carbon : 1 Nitrogen (30:1)

(1 Part Brown : 1-2 Parts Green)

Carbon (browns)

- Dried leaves/grass clippings, pine needles (untreated)
- Weeds (without seeds)
- Corn stalks, straw, hay
- Cardboard, newspaper (shred)
- Wood chips, sticks/twigs, sawdust, wood ash (untreated)

Nitrogen (greens)

- Fruit & vegetable scraps
- Rinsed (& cooked) egg shells
- Grass clippings (untreated)
- Leaves (untreated)
- Manure from vegetarian animals (chicken, horse)
- Coffee grinds, filters, tea bags

Do Not Add

- Glossy, coloured or heavily inked paper (newsprint, magazines, packaging)
- BBQ ashes, coals
- Invasive weeds (buttercup, morning glory, blackberry, etc.)
- Diseased plants, leaves
- Plastics, non-organic materials
- Cooked food*
- Dairy products*
- Fats, grease, cooking oils*
- Fish, meat, bones*
- Grains, cereal*
- Dog or cat feces, human waste
- Cat litter

* attracts insects & wildlife

compost management tips

smelly compost?

problem: too wet, lacks oxygen, excess greens, lacks dry waste

solution: fork in dry leaves, garden mulch or straw

solution: sweeten (reduce acid): add lime, dolomite or ashes

solution: turn compost to introduce more air

solution: combine green ingredients with sawdust, newsprint

solution: ensure compost is as wet as a wrung out sponge

unwelcome pests?

problem: ants & rodents make a home in compost

solution: cover green waste (newsprint, mulch, soil)

solution: add lime & turn the heap

solution: fine wire mesh under compost keeps rodents out

compost slow to mature?

problem: takes too long (not hot enough; lack of air, water)

solution: add animal manure (chicken, horse) to heat it up

solution: add commercial products such as blood & bone

solution: turn to add oxygen; add water (wrung out sponge)

solution: small items decompose faster, chop into small pieces

visit www.ecorbia.org for more information, resources & tools related to food & waste, simple ways to live a sustainable life + links to local initiatives, our knowledge base & calendar

a public outreach program of

EcoUrbia Network