

# Living Independently

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Our mission is to provide information and support to all people with disabilities as they take risks in directing and managing their lives.

Website: [www.ilcla.ca](http://www.ilcla.ca)  
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## Diggin' My Indoor Home Garden - 3 Kitchen Herbs Great to Grow For Home Indoor Gardening

By [[http://ezinearticles.com/?expert=Patricia\\_Cloar](http://ezinearticles.com/?expert=Patricia_Cloar)] Patricia Cloar

Are you thinking of starting an indoor home garden? Climbing costs and crazy chemical coatings on grocery produce are creating fast fans flocking to join you. Planting an edible garden indoors to grow some of your own vegetables and herbs all year is a low cost alternative for safer healthier produce. No more worrying about chemicals or worse...scary bacteria like E. Coli on your food.

Getting started can stump you...sure happened to me. So to help you dive into diggin' your first dirt, here are 3 kitchen herbs I discovered were great to grow as starters for my own indoor home garden.

Starting with an indoor herb container garden makes the most sense for lots of reasons. Here are a few:

- easier to grow than most other plants
- require little attention, easy care
- add kick to your cooking
- add aroma to your home
- decorative as well as culinary
- few pest issues, not disease prone
- swift savings in your pocketbook
- low cost to start and maintain
- continually replenish themselves after cuttings

Time to get started with these 3 exciting herbal additions as a foundation of your glorious first indoor home garden adventure.

1- Chives Talkin'. Chives plants have to be my all time favorite for anyone's maiden plunge into planting their own indoor home garden... or frankly any beginner garden. These emerald green gems are forever forgiving of beginner blunders.

A perennial herb, chives produce a purple 'pom-pom' type flower that is also edible in addition to the long chives leaves. Chives survive any manner of neglect and conditions. You really can't hurt this herb. My kinda plant! But, please give them lots of light. They are sun lovers.

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Their onion-like flavor is deliciously subtle but rich. Far superior to the dried store counterparts. Chives herbs are vastly more versatile than as an addition to sour cream. The chopped leaves are perfect for flavoring soups, eggs, butter, salad, and vegetable dishes.

2-Dill Discoveries. — Since dill grows easily from seed, you can plant your dill seeds directly into a container of potting mix. Dill is another sun lover and considered a 'calming herb'. Feel stressed? Snip some dill out of your indoor home garden and chew it to calm yourself! Mother nature's way to relieve tension.

Dill's gentle light green fronds grow atop thin stems. Chopping up both provides a much milder flavor than what you may be accustomed by using the dried version. Dill is an herb delighting creative cooks because of its diverse uses. Familiar with dill pickles? But did you know you can make a dill vinegar? Other seasoning choices for dill are butters, cakes, bread, fish, soups (try it on potato and leek soup!), and vegetable salads.

3-Basil Is Never Boring — For Italian cooking, basil is essential as part of your indoor home garden! Basil seeds happen to be extremely easy to germinate in moist warm potting soil. Since it's a sun worshipping annual herb, locating your indoor home garden in your kitchen is perfectly suited for basil's ideal hot and dry conditions.

Instead of the more popular green leaf variety, consider growing purple leaved basil for a dash of color indoors from your home garden. The scent is another way to experience basil. Rub your fingers across the leaves and your senses will make your mouth water.

Basil leaves flavor pasta sauces, stews, soups, poultry and other meat dishes. Use basil stems and leaves to create an out of this world vinegar. Mix the basil vinegar with your fav oil and add to a salad of fresh quartered tomatoes and mozzarella cheese.

Another treat for your taste buds is a basil herb butter. In a food processor mix butter and basil leaves. Firm it up in the fridge. Pat some on fresh corn on the cob...ooh la la land!

Your herb indoor home garden can be a group of small containers with one herb plant per pot or simply a single container large enough to hold several herb plants. Hopefully this has inspired you out of your hesitation and you are ready to join the legion of urban farmers of the indoors edible garden by growing kitchen herbs.

Giddy to grow but stalled on how to start your indoor home garden? Follow these simple steps to [<http://www.squidoo.com/indoor-vegetable-gardening>] indoor vegetable gardening on a spartan budget that coach you through learning to grow your own food. Bypass costly beginner mistakes and keep those plants thriving. You'll be dining on food flavored with fresh herbs free from chemicals plucked from your very own home garden. A whole lot healthier for you and your pocketbook!

Puzzled by prepping the soil? Confused about the care and feeding to keep your veggie and herb plants growing? Get more tips and discoveries in the dirt about [<http://indoorgardeningvegetables.blogspot.com>] indoor vegetable and herb gardening to grow your own.

Article Source: [<http://EzineArticles.com/?Diggin-My-Indoor-Home-Garden---3-Kitchen-Herbs-Great-to-Grow-For-Home-Indoor-Gardening&id=2817967>] Diggin' My Indoor Home Garden - 3 Kitchen Herbs Great to Grow For Home Indoor Gardening

Sign up for our new Adapted Cooking classes starting in October! See next page!

## *Adapted Cooking*

This new, **FREE** program will teach simple cooking and budgeting techniques to adults with disabilities. Topics will include:

- Shopping and eating healthy on a budget
- Available community supports
- Meal planning for good nutrition
- Kitchen equipment and small appliances
- Adaptive utensils

Classes will be held at Covent Garden Market in the upstairs kitchen. Building is fully accessible and there is an elevator. Classes will be twice a month on Mondays, 1—3 p.m. beginning October 3.

Two ways to register:  
Contact us at 519-660-4667 or email info@ilcla.ca  
OR  
Contact Kim Leacy at 519-663-5317 or kim.leacy@mlhu.on.ca

This is a program of the Independent Living Centre London & Area in partnership with Middlesex-London Health Unit and the City of London.

## *TQ Learning Lab*

The TQ Living Learning Centre is a place where people with disabilities and seniors can work, play and learn in an accessible and inclusive environment. The TQLLC is a drop-in computer lab providing opportunities for individuals to learn about assistive technology and computers. There are also fee based courses on numerous topics. For more information visit the website at <http://www.atn.on.ca/Services/TanysQuesnel.aspx> or call 519-432-7087

*“Never let what you cannot do stop you from doing what you CAN do!”* — Stephen Pierce

## *Annual General Meeting!*

You are invited to attend our Annual General Meeting on September 14, 2—3:30 p.m. at Cherryhill Library (inside Cherryhill Mall, 301 Oxford Street West, London.) Our guest speaker, Gary Doerr, will share his story. All are welcome!

**facebook**

### *Did you know?*

Yes, we are on Facebook! Visit and “like” our page to receive updates about activities, community events, interesting websites and more! Go to [facebook.com/IndependentLivingCentreLondon](http://facebook.com/IndependentLivingCentreLondon)

## *Out of Sight*

Out of Sight Productions is a local theatre company dedicated to showcasing the talent of our vision-restricted community. Their mission is to be a venue in the London region for all persons with a disability and to bring vision-restricted theatre artists and non-vision-restricted theatre artists together. Out of Sight will have three productions in late September and early October. Visit [www.oosproductions.com](http://www.oosproductions.com) to learn more, attend performances and if you wish to get involved with the theatre.

## *Around the Web*

[www.disabilityisnatural.com](http://www.disabilityisnatural.com) is a website dedicated to encouraging new ways of thinking about disabilities, in the belief that our attitudes drive our actions, and changes in our attitudes and actions can help create a society where all children and adults have opportunities to live the lives of their dreams and are included in all areas of life.



# Registered Disability Savings Plan

In December 2008, the Government of Canada introduced the Registered Disability Savings Plan (RDSP), Canada Disability Savings Grant and Canada Disability Savings Bond to help Canadians with disabilities and their families save for the future.

The RDSP is available to Canadian residents under the age of 60 who are eligible for the Disability Tax Credit, which is also known as the Disability Amount. People who are eligible, and the parents or guardians of eligible minors, can open an RDSP at one of several financial organizations across the country.

There is no annual contribution limit to an RDSP. The lifetime contribution limit is \$200,000. Friends and family can also contribute to a plan with written permission of the plan holder. Any investment income earned in the plan accumulates tax free, until money is withdrawn. The contribution deadline this year is December 31, 2010.

To encourage savings, the Government of Canada introduced the Canada Disability Savings Grant and the Canada Disability Savings Bond.

The **Canada Disability Savings Grant** is a matching grant that the Government deposits into the RDSP. Each year, the Government will match contributions made by paying up to \$3 for every \$1 paid into the plan, depending on the amount contributed and the beneficiary's family income. The Government will deposit a maximum of \$3,500 each year, with a lifetime limit of \$70,000. Grants will be paid into the RDSP until the year the beneficiary turns 49 years old.

The Government of Canada will also pay a **Canada Disability Savings Bond** of up to \$1,000 to low-income and modest-income Canadians. The good news is that no contributions are necessary to receive the bond; simply open an RDSP and fill out an application form at the financial organization where you have your RDSP. Bonds will be paid into the RDSP until the year the beneficiary turns 49 years old.

Money paid out of an RDSP will not affect a person's eligibility for federal benefits, such as the Canada Child Tax Benefit, the Goods and Services Tax credit, Old Age Security or Employment Insurance benefits. In addition, RDSPs will have little or no impact on provincial and territorial social assistance payments. For further details, contact your provincial or territorial government.

For more information on the RDSP, grant and bond, including a list of participating financial organizations, please visit the Human Resources and Skills Development Canada Web site at [www.disabilitysavings.gc.ca](http://www.disabilitysavings.gc.ca) or call 1 800 O-Canada (1 800 622-6232). You can also contact the Independent Living Centre London & Area at 519-660-4667 or email [info@ilcla.ca](mailto:info@ilcla.ca). In addition, we are happy to do information sessions for groups and organizations.

Funding for these information sessions is provided by the Government of Canada. / Ces séances d'information sont financées par le gouvernement du Canada.