

Museum of Vancouver

The Backyard Garden

Welcome

The Backyard Garden @ MOV

The Backyard Garden is located on the traditional, ancestral, and unceded territories of x^wməθk^wəyəm (Musqueam), Sk^wx^wú7mesh (Squamish), and səlilwətał (Tsleil-Waututh) Nations. This is a collaborative initiative between the University of British Columbia (UBC) and the Museum of Vancouver (MOV). The garden beds remain as a legacy of “A Seat at The Table,” now a traveling exhibition that highlights the stories of Chinese Canadians. The garden was constructed to mirror early Chinese Canadian market gardens.

What We Aim to Do

The garden is supported by LFS 350 students from the Faculty of Land and Food Systems at UBC. It aims to deepen cultural understanding by sharing the history and life experiences of Chinese Canadians, focusing on food, identity, and place, and engaging younger generations to understand Chinese cultures and identities. The winterized garden plots and interactive panels illustrate the multifunctionality of urban food spaces, through production and education.



To learn more about Chinese Canadian history, check out the panel at the back!



Gardening Activities

Winterization Techniques



Why Winterize?

As temperatures drop and frost becomes a concern, it is essential to prepare the garden beds for harsh winter conditions.

Having the garden beds winterized ensures they are ready for planting and growing in the spring.



1 Step

Weeding & Pruning

The first step of winterization is weeding and pruning to reduce the risk of insect and disease outbreaks.

Step 2

Covering the Soil

Next, the soil is covered by either cover crops, mulch, or a tarp to maintain healthy soil.

These methods for covering the soil reduces erosion and the loss of nutrients, protects perennial plants from frost, maintains soil moisture, and suppresses weeds.



What is in each garden bed?

Left-side

Cover crops

These cover crops are inexpensive and resilient in colder conditions. They help replenish the soil's important nutrients, like nitrogen, and add organic matter to the soil.

Center

Cedar mulch

This helps cover the soil to reduce erosion and loss of nutrients.

Right-side

Plastic tarp

This is another covering method which also helps protect perennial plants from frost, maintain soil moisture, and suppress weeds.



Which crops are in this bed?

Crimson Clover



Winter Pea



Winter Rye



Traditional Chinese Vegetables

From Farm to Table

Fun Facts & Uses

Bok Choy

The name Bok Choy originated from the word for "soup spoon" because of the shape of its leaves. The stalks can be eaten raw with dip or chopped fresh for salads.



Green Onion

Green onions are referred to as the peacemaker (和事佬) because they can buffer and blend flavors. If you leave the white stem of green onions intact after cooking and place them in water, they will grow a whole new green onion!



Daikon

Daikon means "big root". It can be thinly sliced for a garnish or pickling, diced for cooking, or used in baked goods and savory dishes. The greens can also be eaten raw in salads or added to soups and other hot dishes.



Chives

It is said that in the Han Dynasty, a chef helped win a battle by cooking Chinese chives for the starving soldiers, which turn the tide of battle. The dish was so delicious that the soldiers felt much better and went to win the battle. Their garlicky flavor enhances cooked dishes, stir-fries, eggs, and seafood.



Garlic

China grows 80% of the total world production of garlic. It is used in traditional Chinese medicine due to its association with curing colds and lowering blood pressure and cholesterol levels. Garlic can be caramelized, infused, sizzled, fried, pickled, and fermented for a tasty result.



Chayote

Called the "Buddha's palm" in Chinese, it is often julienned and stir-fried or pickled to be used in salad. It is also a staple for soup with its soft and tender taste, used as a substitute for ash gourd.



Chinese Canadian History

Chinese people first migrated to British Columbia, Canada in 1858 from San Francisco, United States and Guangdong, China during the gold rush and later supported the building of the Canadian Pacific railroad. Chinese laborers were hired to perform dangerous, “back-breaking” jobs while simultaneously facing hostility from White workers due to their willingness to work for lower wages and long hours.

Hundreds of Chinese laborers died from malnutrition, illness, hunger, and railroad accidents. Racist policies were passed by the Canadian government requiring Chinese people to pay a head tax, experience segregation, and become separated from their families due to the Chinese Exclusion Act. Another example of discrimination faced was when Chinese Canadians alongside Indigenous peoples were denied the right to vote and citizenship rights in 1872. Without the right to vote, many Chinese Canadians could not pursue professional careers and turned to farming, restaurant, and food-related jobs.



Burnaby Village Museum, BV017.36.7.

Courtesy of the Hong Family.

Photograph of Hong family members bent over plants, harvesting radishes at Hop-On Farm, August 1963

Partnerships with family members and friends were created to operate Chinese market gardens, support their livelihoods, and overcome barriers imposed on their community. Chinese Canadians are a strong-willed resilient community with unique farming traditions and food practices. As demonstrated throughout these panels, food has been a strong factor in bringing Chinese Canadian communities together throughout these challenging life histories. Still, there is an urgent need for action against anti-Chinese racism, and to protect migrant workers’ rights and safety while raising awareness of these unjust histories.



后院花园

温哥华博物馆
后院花园

后院花园建于 x^wməθk^wəyəm (Musqueam), Sk^wx^wú7mesh (Squamish), 和 səlilwətaɬ (Tsleil-Waututh) 民族传统、祖传、未被割让的领土之上。这是英属哥伦比亚大学 (UBC) 和温哥华博物馆 (MOV) 的合作项目。这些花圃是巡回展览《一席之地》的传承，此展览重点呈现了加拿大的华人故事。此花园是仿照早期华人的菜园来建造的。

我们的目标

此花园是由来自于 UBC 土地和食品系统学院的 LFS 350 课程的学生来进行维护和支持。后院花园旨在通过分享加拿大华人的历史进程和生活经历来加深对文化的理解，这重点强调食物、身份认同和地域认同，并吸引年轻一代来了解中国文化和身份。为过冬做准备的花圃的处理以及互动面板的设计有助于通过产出和教育来展现出城市花园空间的多功能性。

想了解更多关于加拿大华人的历史，请观看后面的面板!



防冻技术



步骤 2

土壤覆盖

我们使用覆土作物、覆盖地膜或覆上土壤防水布以保持土壤健康。

这些覆壤方法将减少土壤侵蚀和养分流失，保护多年生植物免受霜冻、保持土壤水分、抑制杂草生长。



为什么要进行 过冬处理

随着气温下降，为花园的花圃做好应对严酷的冬季的准备至关重要，否则土壤将会受损。

我们对花园的花圃进行防寒处理，以确保它们在春天的时候可用于种植。

步骤 1

除草和修剪

除草和修剪

防寒处理的第一步是除草和修剪，从而减少虫害爆发的风险。



每个花圃进行的过冬处理

左边

覆土作物

覆土作物价格低廉，在较冷的条件下适应性强。它们有助于补充土壤中的重要营养物质，如氮，并增加土壤的有机物含量。

中间

雪松覆盖物

有助于覆盖土壤从而减少土壤侵蚀和营养流失。

右边

塑料防水布

另外一种覆盖土壤的方法。塑料防水布有助于保护多年生植物免受霜冻的影响，保持土壤水分，抑制杂草。



花圃里面的作物

红三叶草



豌豆



冬黑麦



传统中国蔬菜

从农场到餐桌



冷知识和用途

白菜

白菜的名字来源于词语“汤匙”，类似其叶子的形状。白菜茎可以蘸着酱生吃，也可以切碎做成沙拉。



葱

葱被称为“和事佬”，因为它们可以缓冲和混合各种味道。如果在烹饪后保留葱的白色茎，然后放在水里种植，它们会在水里继续生长成新的葱！



白萝卜

白萝卜直译为“大根”。烹调白萝卜的方法多样。它可切成薄片装饰和腌制，切粒用于烹饪，或用于烘焙与作为咸鲜菜的配料。它也可以在沙拉中生吃，或者添加到汤和其他热菜中。



韭菜

在汉朝，据说有一位厨师烹调出美味的韭菜来喂饱饥饿的军队，从而反败为胜。皇帝称它为“救”菜，通假音变成了“韭菜”。它们的蒜味可以为烹饪菜肴、炒菜、鸡蛋和海鲜增色不少。



佛手瓜

它在中文中被称为“佛掌”，通常在沙拉制作中被切成丝，煸炒或腌制。它也是汤的主要原料，口感柔软，可以代替冬瓜。



大蒜

中国的大蒜产量占世界总产量的80%。传统中医认为它可以帮助治疗感冒、降低血压和胆固醇。大蒜做法包括但不限于酱化、浸泡（腌肉）、铁板烧、油炸、腌制和发酵。



加拿大华人历史

华人最早于 1858 年淘金热时期从美国旧金山和中国广东移民到加拿大不列颠哥伦比亚省，后来参与了加拿大太平洋铁路的建设。加拿大华工被雇来从事危险的“体力活”，同时由于他们愿意接受低廉的工资和提供较长的工作时间而面临白人工人的敌视。数百名华工死于营养不良、疾病、饥饿和铁路事故。加拿大政府通过了种族歧视政策，强迫华人缴纳人头税，接受种族隔离，并根据《排华法案》让华人被迫与家人分离。另外一个华人遭受歧视的例子是在 1872 年，加拿大华人与当地土著人一起被剥夺了选举权和公民权。



本那比乡村博物馆，BV017.36.7。由洪氏家族提供。
1963 年 8 月，洪氏家族成员在随上农场弯腰采摘萝卜的照片

由于没有选举权，许多加拿大华人无法追求和从事专业职业，转而从事与农业、餐馆和其他食品相关的工作。他们与家庭成员和朋友成为工作合作伙伴，经营华人菜园，维持生计，克服社区面临的困难障碍。加拿大华人是一个意志强韧的群体，他们有着独特的农业传统和饮食习惯。正如互动面板所展示的那样，在这些充满挑战的生活历程中，食物一直是将加拿大华人社区团结在一起的强大因素。尽管如此，我们仍然迫切需要采取行动对抗反华种族歧视，来保护跨境工人的权利和安全，同时让更多人了解这些不公正的历史。

