

Candace Parmer, ROOFTOP GARDENER

Natural Awakenings Advertisers are amazing people in our community. Candace is the Owner and Thermographic Technician at RADIANT BODY THERMOGRAPHY.

This month we feature another side of her.

On the roof of the Irving Street Lofts, where Candace Parmer lives and works, is a collection of community container gardens growing fruits, vegetables and flowers. It's also home for a bin of happy earthworms who quickly turn kitchen scraps into rich soil.

In 2014, Candace, who loves to garden and doesn't have a yard, turned the common space on the roof of her high-rise Pearl district condo into a sweet nature space. Now, a group of residents toss their kitchen scraps into the worm bin and use the compost in their gardens. Their individually-managed cedar containers surround the tables where people go to eat their lunch and enjoy a spectacular view of Portland. The boxes are even on rollers so they can be moved around for special events or to maximize the weather conditions. Candace grows a box for herself and six for her condo neighbors who can help themselves to an array of culinary herbs, tomatoes, lettuce, greens, leeks, garlic, peppers and berries, even if they don't have one of the community garden boxes.

It wasn't hard to convince the building manager it was a good idea because it enhances the space with beautiful living plants, helps create community and adds to the desirability of living there. Candace says, "People ooh and ahhh over what can be done in a small space."

Surprisingly, it isn't a lot of work. Few weeds find their way up to the roof and there have been no snail or slug sightings. Those are some gardening plusses! "Watering is our biggest issue," she says. "It takes time and we have to water often because of the drying effects of the wind up there." They've grown some trees so the



shade helps and recently they installed an automatic drip watering system so the containers now have little water emitters.

If you want to create a rooftop garden and learn more, get in touch with Candace. If you come for an appointment at Radiant Body Thermography ask for a tour. "You'll see that rooftops are prime locations for urban gardens," she says.

See RadiantBodyThermography.com

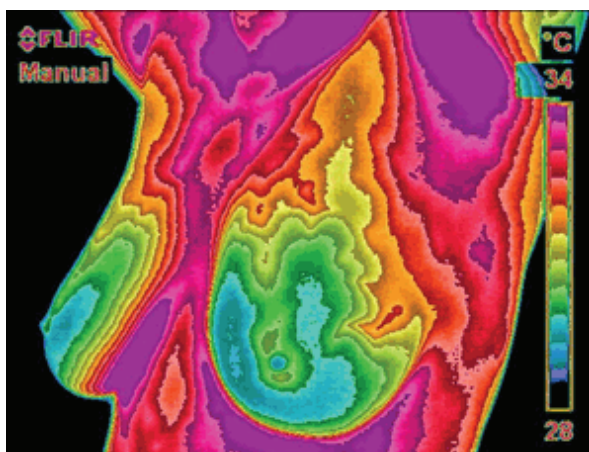


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