



A Recipe For Sustaining Community Gardens



Richard Main



Scope of Presentation



Purpose
Benefits
Recipe
Action
Challenges

Purpose



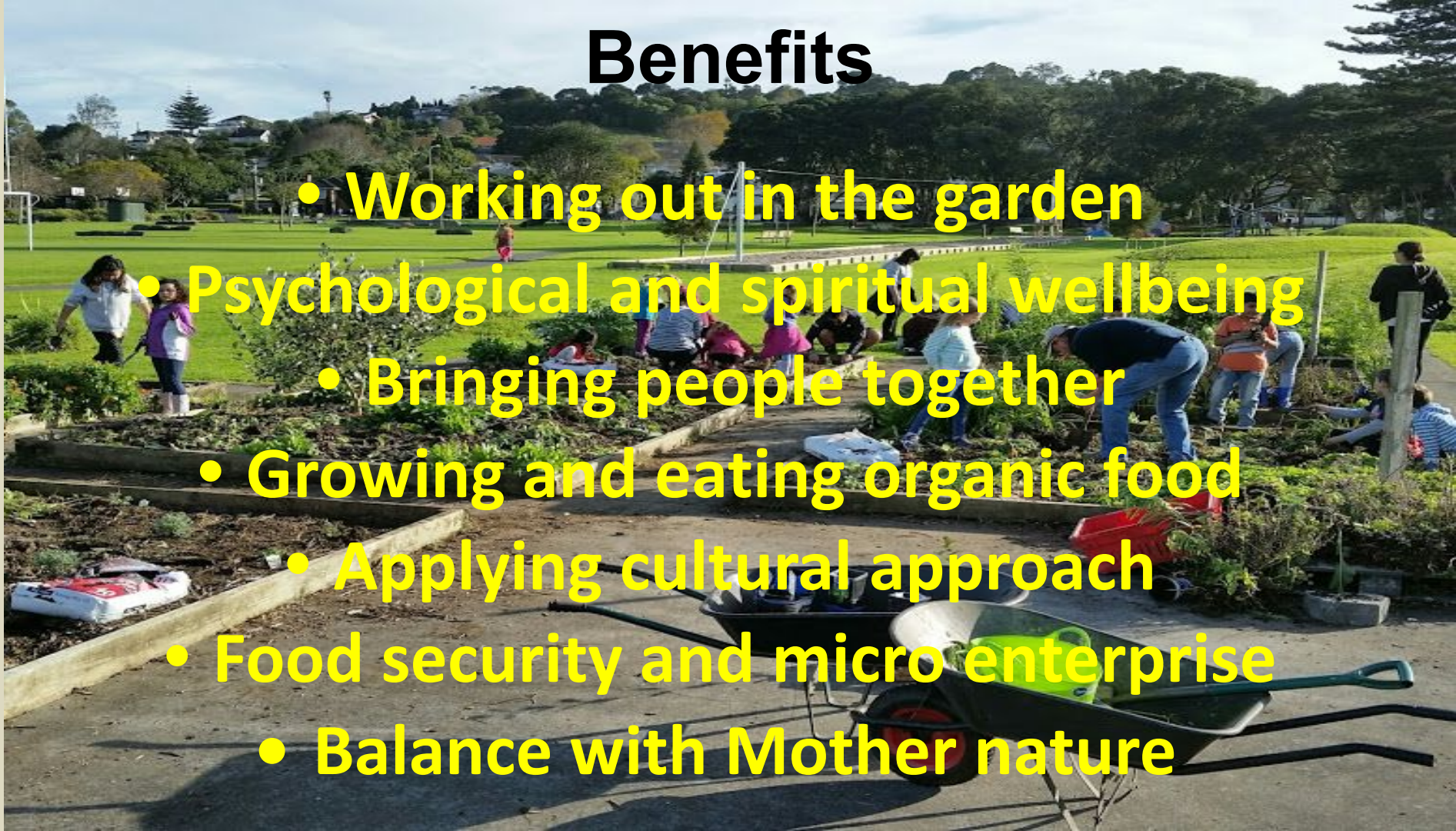
To prevent and ease the burden of
Diabetes Obesity Cardiovascular diseases
Encourage physical activity
Grow food to feed families
To support healthy lifestyle choices
Build community resilience

Through our gardening experiences we learn lessons in patience, acceptance, openness, and flexibility; develop skills in listening seeing and communicating; we become more aware of reality and our place in it.....

Veronica Ray Zen Gardening

Benefits

- Working out in the garden
- Psychological and spiritual wellbeing
- Bringing people together
- Growing and eating organic food
- Applying cultural approach
- Food security and micro enterprise
- Balance with Mother nature



Recipe For Success

- Be guided by a mission statement and purpose
- Ground UP community driven
- Core group governance including an activator
- Emphasize on experiential learning and fun
- Applying organic growing principles
- Secure prime location and avoid harmful products
- Apply safe gardening and code of practice
- Activate a year round planting schedule
- Let nature be your guide by living within nature

Recipe For Success

- **Make cultural food connections**
- **Start small and grow incrementally**
- **Grow crops that do well locally**
- **Apply a social enterprise model**
- **Swap seed and plants with others**
- **Be resource wise-repurpose-reuse-recycle-upcycle**
- **Use bio waste as a garden resource**
- **Share experiences, and celebration success**
- **Promote and engage via social media**

Guidelines for people

- Give...your time, words, presence
- Be active .. do... enjoy... move your mood
- Keep learning.. experiences.. opportunities
- Take notice ..savors the moment
- Connect ...be there

Food Future Challenges

Develop regional community based food policy and action to secure land for community food initiatives

View community gardens as foundation hubs for community wellness, identity and expression

Craft a raft of learning topics and tools to train people to grow food locally to feed local families

Address roots of food poverty and ill health within vulnerable communities

Be agile, ready to change direction and sow the seeds for change beyond the organic model

Bioremediate contaminated soils

Access streams of funding and sponsorship

Back community food security and sovereignty through research, evaluation

Community gardens growing resilience for now and a future we may not see

Seek food security contingency for current and future emergencies

Sowing the seeds for change

