



Central Okanagan Community Gardens

~ "Gardens Grow Healthy Communities" ~

Our Mission: To help neighborhoods & communities create sustainable green spaces for gardening, food production, gathering, and education.

Kelowna City Council Presentation

September 29, 2003

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1. Introduction:

Speaking Today: COCG Secretary/Treasurer/Spokesperson: Cathy Richards
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President of COCG: Cheryl Miller of Kelowna Community Resources
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Coordinator of COCG: Susan Ray
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2. The origins of COCG and Food Security Overview

- Jan 2002: A Food Issues forum held in Kelowna.
- Feb 2002: The Central Okanagan Food Coalition (COFC) began meeting (*see page 7*).
 - ➔ 2 “hands-up” projects identified as first year priority: Good Food Box (GFB), and Community Gardens. The GFB Subcommittee and COFC folded due to member burnout.
- May 2002: The Community Garden Subcommittee (COCG) was formed.
- Summer 2002: COCG began scouting locations. Community leaders suggest St.Paul/Cawston. Also considered: Martin Centre, old Bylands, etc.
- Sept 2002: COCG Public Forum. St.Paul/Cawston site selected by public.
- Winter 2002: Vision and Objectives developed (*see pages 5&6*) and City proposal written.
- April 2003: COCG awarded \$6,000 from City; advised St.Paul/Cawston site not available.
- May 2003: COCG meets with City Staff to discuss potential sites including hindrances to St.Paul/Cawston. Upon exploration of suggested sites, none were feasible.
- June 2003: Coordinator hired. Unitarian Fellowship Church of Kelowna granted us access a small plot on their property.
- Sep 2003: The Cawston Community Garden (Unitarian site) breaks ground.

3. Cawston Community Garden

Approx. Budget To Date

<u>Assets</u>	<u>Cash</u>	<u>Other</u>
City Grant (10% withheld):	\$5,400	
Cash Donations:	\$ 100	
Donated Material/Supplies/admin:		\$9,000
Memberships to date:	\$ 0	
<u>Expenditures</u>		
Coordinator's Pay to date	\$1,550	
Materials/supplies	\$ 850	
<u>Net Balance</u>	<u>\$3,100</u>	

4. **Benefits of Community Gardens to the City**

Because Community Gardens build capacity within a City and its residents, they are often described as “hands up” vs. “hands out” projects. Gardens have been shown to:

- Increase accessibility of nutritious food;
- Reduce dependency on food banks;
- Reduce the effects of social isolation and breakdown;
- Increase neighborhood pride; and
- Increase beautification and thus property values.

5. **Description of types of Community Gardens**

There are many kinds of community gardens. A brief list includes:

- Standard Community Garden: individuals tend a single plot and reap their own harvest. Surplus crops often shared, or donated to “hands-out” groups;
- Community Farms: members work as a co-op and take home portions of the harvest. In Kamloops the “GardenGate” farm also offers horticultural training;
- Rooftop gardens for apartment dwellers; and
- School Gardens.

Most gardens develop guidelines (eg. organic or IPM, plot must be kept weeded, commitment to spring and fall clean ups, sharing upkeep of pathways, fences, and sheds).

6. **Where Do We Go From Here**

Our vision is to have gardens throughout the City. Ideal Community Garden sites are:

- near residents that can benefit the most (eg. apartment dwellers, disabled, young families, school/youth groups, senior groups)
- near public transportation routes
- areas that need beautification
- near committee members while concept is new to ensure success
- visible to public to help build community interest/support for future gardens

Under consideration for future sites are the following:

- Central Elementary location suits Pandosy apartment dwellers, youth groups. This is a City property currently managed by School District 23. We have had very preliminary discussions about developing a proposal to use the land fronting Richter St.
- St Paul/Cawston site: This plot belongs to City Parks, but currently and until ~2008 it is managed by the Parking Department. The Parking Department had no definite plans for the site as of April 2003. City Parks agrees a Community Garden would be considered once site management returns to their department. Considerable support for this site has been gathered: COCG Public Forum, North End Resident’s Association, Unitarian Fellowship Church of Kelowna. This is a nice medium sized site that meets all our criteria and could potentially be incorporated into an agritourism corridor.
- Look outwards to Rutland once the committee gains experience.

We hope that the City will continue their generosity to our committee. Where we need the most help currently is in accessing land for our second garden.

Central Okanagan Community Gardens

- Our Vision –

Gardens Grow Healthy Communities.

-Our Mission –

To help neighborhoods and communities create sustainable green spaces for gardening, food production, gathering and education.

-Goals and Objectives –

1. Location Goal

COG will facilitate the development of stable and accessible community garden sites in a variety of locations to meet community needs.

Objectives:

- A) To develop the St.Paul/Cawston site as our pilot project.
- B) To pursue and develop other sites.

2. Awareness Goal

COG will increase the community awareness of the benefits of community gardens.

Objective:

- A) To increase awareness amongst our target groups :
 - i) public
 - ii) decision makers
 - iii) funders/sponsors
 - iv) users/clients/members
 - v) schools

3. Food Security Goal

The Gardens will contribute to food security* in the Central Okanagan.

Objectives:

- A) To increase access to fresh fruits and vegetables.
- B) To encourage people experiencing food insecurity to participate.
- C) To encourage growing practices that are sustainable and environmentally responsible.
- D) To donate food surpluses to people experiencing food insecurity and the agencies that serve them.

* as defined by the Central Okanagan Food Coalition

4. Community Building Goal

We will seek to involve a variety of user groups for the gardens.

Objectives:

A) To attract and accommodate a variety of people; for example:

- people without access to land
- people living with disabilities
- seniors
- teens/children
- families and individuals
- people of all cultural backgrounds

B) To provide related educational opportunities; for example:

- Nutrition
- Cooking/preserving
- Growing (IPM [Integrated Pest Management], organic)
- Composting
- Seed saving
- Starting your own community garden
- Sustainability (gardens, agriculture, food choices)

5. Partnerships Goal

We will form strong partnerships in the community in order to develop, maintain, and expand community garden initiatives.

Objectives:

A) To form partnerships with key target groups:

- 1) city
- 2) regional district
- 3) community agencies
- 4) residents
- 5) neighbors to garden site
- 6) funders
- 7) ... and welcome new partnerships as opportunities arise

B) Evaluate partnerships regularly for effectiveness.

6. Operational Goal:

We will manage our affairs in a transparent and ethical manner consistent with our vision and goals, while respecting the diverse needs and values of our partners and participants.

Objective:

A) To develop a structure and regulations that support the needs of the community.

Central Okanagan Food Coalition

From : Minutes – April 18, 2002

1. Vision:

"Everyone in the Central Okanagan enjoys food security"

2. Mission:

"To create awareness of and address food security issues by supporting, promoting and initiating community activities and partnerships."

3. Food Security Definition:

"Food security exists when a sustainable food system ensures access, now and in the future to safe, nutritious, affordable, personally acceptable and culturally appropriate food, without restriction due to income, mobility, skills, knowledge, environment, or market conditions."

4. Sustainable Food System Definition:

A sustainable food system exists when:

(env)-the environment is respected and protected for the future

(e)-farmers and farm labourers make a decent living

(e)-agriculture is a thriving industry

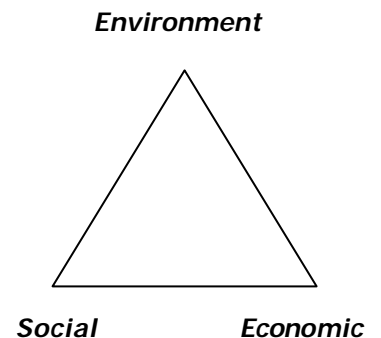
(s)-consumers choose and appreciate locally grown foods

(s)-food is celebrated as central to community and culture

(e,env)-no-one goes hungry

(e)-local food producers can market as close to home as possible

economic (e), social (s), environmental (env)



5. Goals:

1. To link locally grown food to our community's residents
2. Educate and create awareness of food issues in our communities.
3. Develop and promote a local food policy.
4. Increase knowledge and skills around food issues.
5. Promote self-reliance in our food system.
6. Promote environmentally friendly food growing and processing.
7. Build Community Capacity in our food system.
8. To increase people's ability to afford food.
9. To promote and support a sustainable food system.
10. Promote and support food security for children.
11. Reduce the need for emergency food relief.

North End Residents:

***Central Okanagan
Community Gardens***

Invites You To

A Garden Party

Saturday, Sept. 27th

Cawston Ave

Between Bertram and St. Paul

Behind the Unitarian Church

10 am – 3 pm

sign up for garden plots*

snacks

watch the garden being built!

3:30 pm

Go Natural Garden Party

By the Regional District

(composting, water-wise, grass-cycling)

*** garden plots will be assigned at a later date
based on need and availability**