

EcoSource Gardens & Agriculture

ISSUE 06 YEAR 11



THIS MONTH'S ISSUE

Eden Food Bank Mural	02
U of T Internships	03
Malton Food for Health	04
Growing Great Things	05
Habitat Garden Project	06
Craving Change	07
2011 Events	08



ECOSOURCE

Growing a Green Community

Why Community Food?

Our organic garden and agriculture projects are shared spaces where people of all ages, cultural, religious and spiritual backgrounds can come together to grow food. Through these projects we are working with community partners to increase access to affordable, healthy food and sustainable food growing skills!

Visit a local garden today!

- The Garden of the Valley**
1274 Mississauga Valley Blvd
- Generation Garden**
385 Meadows Blvd
- Malton Community Garden**
3540 Morningstar Drive
- Hillside Park Garden**
1311 Kelly Road
- Iceland Teaching Garden**
705 Matheson Blvd. E

Introducing the Iceland Teaching Garden:

An Oasis of Urban Agriculture in Mississauga

Spring 2011 will mark the first growing season of an exciting new urban agriculture project in Mississauga! The ICELAND TEACHING GARDEN is the first space of its kind in our City, developed through the Mississauga Sustainable Urban Agriculture (MSURA) Project. Through this project, EcoSource is working with the Eden Community Food Bank, the City of Mississauga and the University of Toronto Mississauga to increase access to fresh organic food and sustainable food growing education in our community.

The Iceland Teaching Garden is a place to learn and grow, with 15,000 square feet of organic community food garden space producing food for clients at the food bank. There are many opportunities for local students as well as community volunteers to support planting and harvesting at

the garden! To learn more about the Iceland Garden, and the MSURA project, or to find out how you can get involved, join us for our:



Above, planned garden space at the Iceland/Hershey sports complex on Matheson Rd.

Homegrown Harvest Workshop & Information Session

Thursday, March 24th
7pm – 9pm

Eden Community Food Bank
Unity Dr. Client Centre
2-3185 Unity Drive

To register for this event, please contact
cbailey@ecosource.ca or call 905-274-6222

Farm Fresh Food Bank Mural

Saturday, February 5th marked the culmination of an exciting new “Farm Fresh” mural art project in Mississauga! EcoSource, the Eden Community Food Bank, Mentor Artist Anna Ferguson and students from Iona Catholic Secondary School came together to bring a farm market scene to life.

Art inspires people, and allows them to share their appreciation of a given subject. Our ‘Farm Fresh’ mural provides an exciting way to spark conversations about food; where it comes from, why we love it and how we consume it. Located in the central client market space, “the mural will enhance a space that is enjoyed by many, while also inspiring clients and volunteers to consider healthy food choices and better nutrition,” says Bill Crawford, Executive Director of the Eden Community Food Bank.

Teaming up with high school student volunteers and a local artist has brought great ideas to the artwork and generated lots of interest and enthusiasm for sustainable food in Mississauga. “This has been a very worthwhile, meaningful and FUN project!” said local artist Anna Claudette-Ferguson, who has led many art projects in Mississauga through her Community Art Force program.

Our project even made the front page of the Mississauga News!



Day one



Getting started...



Day two



Day three



Finishing touches....



All done!



Photos contributed by Anna Claudette Ferguson and Carolyn Bailey.

University of Toronto Internship Projects

During the 2010-2011 academic year, we are lucky to have many great minds contributing to the **Mississauga Sustainable Urban Agriculture Project!** Read on for a short description of some of the exciting projects undertaken in collaboration with students from the **University of Toronto Mississauga...**

ENV 232 – Environmental Sustainability Practicum. This course provides Environment Students with practical collaborative work experience, in preparation for upper-year field courses and internships. Students will work with the campus Sustainability Coordinator and participating faculty to develop skills in communication, interdisciplinary teamwork, problem identification, and reporting while working on an environmental project on campus or in the local community. Tomasz, Shirley, Stacey and Steven worked with EcoSource and clients of the Eden Community Food Bank to develop and deliver a survey about fresh food needs and opinions.

ENV 400 – Environmental Internship. In this course, students apply the environmental expertise gained through previous course work through work internship placements. Placements are made at local conservation authorities, municipal planning departments, environmental consulting companies, corporations, federal agencies, and other organizations. We have been very lucky to work with two fantastic interns on the MSURA project through this course. After a fall season spent working in the MSURA demonstration plots and assisting with workshops and end of season events, Ester Wachnik and Angie Sanchez have taken the lead on two new projects. Ester is working this winter to organize focus group sessions with clients at the Eden Community Food Bank to build on information gathered in the ENV 232 surveys and deepen our conversation about food. Angie Sanchez has been working on soil sampling and analysis of the dwarf orchard space at the City of Mississauga's Pinchin/ Riviere Farm Property.

SCI 499 – Senior Project in Science Education. In this course, senior students develop a major science education project and report, carried out under the supervision of a UTM faculty member in the physical, mathematical or life sciences. This course gives the students an opportunity to work on their own by developing a proposal, carrying-out the project, compiling the research and then drawing conclusions. Most of the projects deal with some aspect of teaching innovation. During the winter 2011 semester we are excited to begin working on our Curriculum Linked Urban Agriculture Workshop outlines for secondary schools with Natasha Shaikh. Natasha is working to develop several versatile lesson plans that link hands on urban agriculture experiences with science and geography curriculum elements.

Special thanks to University of Toronto faculty from the Geography, Science Education and Sociology departments for your help and guidance with our projects!



The ENV 232 Fall Semester Team – Tomasz, Shirley, Stacey and Steven.



Ester Wachnik, ENV 400



Angie Sanchez, ENV 400



Natasha Shaikh, SCI 499



Photos (all) End of season activities in October at the Malton Community Garden.

Malton Food for Health Update

The Malton Food for Health (MFH) project is about building healthier lifestyles. It's about increased access to healthy food and improving our quality of life. Malton Food for Health looks at food and it's influence on the mental, emotional and physical aspects in our lives.

Through Malton Food for Health, Malton residents will gain greater control of the food available in their community by growing food themselves, and sharing meals with their neighbours.

Spring Dine & Learn Sessions

The Malton Food for Health Project invites you to save these dine and learn dates:

Dinner # 1
March 15, 2011

Dinner # 2
April 2, 2011

Dinner # 3
April 30, 2011

Dinner # 4
May 13, 2011

Dinner #5
May 27, 2011

Contact Carlton Allen to register for a Dine & Learn!
callen@bchc.com

The Malton Food for Health Project is generously supported by the Ontario Ministry of Health Promotion.

Eating Together, Learning from One Another (Dine and Learn)

Malton Food for Health is about dining and learning together. It offers Malton resident opportunities to break bread with one another while also learning about community issues, and personal health strategies including:

- Buying and accessing fresh healthy food
- Preparing healthy foods relevant to various cultures
- Making time for exercise
- Improving our quality of life
- Connecting physical activity to our mental well-being

The Fruits of Our Labour (Grow and Learn)

Growing our own food puts the power to build health back into our own hands. Through Malton Food for Health we will learn how to maintain a garden and begin to understand what we can do to create a local food system in Malton. In the Malton Community Garden, through a number of "Grow and Learn" sessions with EcoSource, we will learn about:

- How to grow food at home, on a balcony or in a yard
- Physical exercises for gardeners
- Engaging children in gardening and healthy eating
- Local ethnic gardeners/ urban farmers and farmers' markets

- Carlton Allen, MFH Coordinator

Growing Great Things

EcoSource Community Gardens 2011 Workshop Series

Are you interested in exploring the possibility of community gardening in your neighbourhood?

A community garden is about so much more than just growing food – it's about creating a shared space where people of all ages, cultural, religious and spiritual backgrounds can come together to grow food and friendships.

Join us for one or all of a 5-part workshop series designed to help community groups explore new possibilities. Groups of **all skill levels** and at **all stages** in the garden planning process (from “dreams and ideas” to those ready to break ground in the spring) are welcome.

Groups may represent residents, community groups/organizations, faith groups or any combination of people interested in growing great things! All workshop materials, refreshments and take-home resources will be provided free of charge to registered participants.

Space is limited. If you are interested in this exciting opportunity, please contact mkokoszka@ecosource.ca

Workshop 1: Monday February 28, 2011

Growing Great Things: ***A Community Garden - Where to Begin!*** Start-up and Project Planning/Visioning.

Workshop # 2: Monday, March 21, 2011

Growing Great Things: ***A Community Garden – If you build it, they will come?*** Community & Volunteer Engagement and Fundraising Strategies.

Workshop #3: Monday, April 18, 2011

Growing Great Things: ***A Community Garden – Details, Details, Details!*** Community Garden Planning and Organic Garden Skills and Planning101.

Workshop #4: Tuesday, August 30th

Growing Great Things: This is how they do it!

An Inspirational Garden Tour of community garden projects in the Region of Peel (space on the tour is limited, with priority given to groups participating in the full 5 part workshop series)

Workshop #5: Monday, November 7, 2011

Growing Great Things: Reflecting on the Season.

A Fall Networking Session for community garden groups to share their experiences and reflect on the season



Memories of fall... from top: Volunteer Indra says good-bye to a sunflower in Malton, Matt harvesting garlic at the Garden of the Valley, HELP students harvest leeks at Hillside, and MSURA fall salad green harvest in November for the Eden Community Food Bank!

Photos by Monika Kokoszka and Carolyn Bailey

Habitat Garden Project



Photos by Monika Kokoszka

Friend or Foe?

Learn the answer to this question and many more with EcoSource's Habitat Garden Project in 2011. Through this project we are working to design, plant and learn at 4 new Habitat Gardens in conjunction with Mississauga community garden locations! Save the dates and stay tuned for more information.

We are excited to work on the Habitat Garden Project in partnership with the City of Mississauga, The Credit Valley Conservation Authority and the Toronto and Region Conservation Authority.

Funding for the Habitat Garden Project is generously provided by the 2011 Sobeys' and the Earth Day Canada Community Environment Fund.

Family Fun! Habitat Garden Workshop Dates

Save these dates in your calendar!

Native Plant Gardening Workshops

Sat. May 7th – Malton

Sun. May 15th – Mississauga Valley

Sat. May 14th – Parkway Green

Sat. May 28th – Hillside Park

Water Conservation Workshops

Thurs. July 7th – Hillside Park

Thurs. July 14th – Mississauga Valley

Thurs. July 21st – Parkway Green

Wed. July 27th – Malton

Garden Insects Workshops

Thurs. Aug. 4th – Hillside

Thurs. Aug. 11th – Mississauga Valley

Thurs. Aug. 18th – Parkway Green

Wed. Aug. 24th – Malton

Wildlife Habitat Workshops

Wed. Sept. 7th – Hillside

Wed. Sept. 14th – Mississauga Valley

Wed. Sept 21st – Parkway Green

Wed. Sept 28th – Malton

Our garden workshop events are free and all are welcome.

Space is limited so please be sure to reserve your space in advance!

For more information or to register, please email communitygardens@ecosource.ca or call the EcoSource office at 905-274-6222

Are you craving change?

So are we. Craving Change Mississauga Community Group started when a group of young adults in the city learned about the detrimental effects of the global and industrialized food system, and resolved to live healthier lifestyles and make better consumer choices. They felt it was important to promote food security and food literacy amongst community members. Hence, Craving Change Mississauga Community Group was born in the summer of 2010. Our mission is to make good food more accessible; help reduce the impacts of suburban consumption habits on the environment and global community; and to promote the physical well-being and connectivity of Mississauga's residents.

At Craving Change Mississauga, we aim to:

- Promote lasting access to healthy, safe, environmentally-responsible and culturally-appropriate foods
- Increase residents' understanding of food security through our own workshops, activities, collecting and disseminating information on the topic, and through promoting the activities of/working with like-minded organizations in the city
- Reduce residents' ecological footprints
- Build and foster community ties through food
- Use community resources, such as people and green space, to grow food

To date, we have undertaken three projects. Our first was the pilot Young Suburban Growers Program, a program that teaches youth how to grow vegetables organically in private yards in the city. Our second was a healthy meal 'forkshop' where participants learned about nutrition from a guest nutritionist, were treated to a balanced meal, and then had the opportunity to create their own from scratch. Our third was the Youth Food Forum, a half-day event that highlighted the urban, environmental, cultural and health aspects of food through discussions and activities.

We are currently working on launching the Young Suburban Growers Program for the 2011 growing season, and are looking to connect with volunteers and other interested individuals! Please visit www.cravingchange.org for more information, and feel free to say hello@cravingchange.org.

- Sarah Khalid



Tracing the journey of an apple at the Youth Food Forum during the EcoSource Urban Agriculture and Food Security workshop. All photos courtesy of Craving Change Mississauga.



Photos from top: Shared yard in 2010, Foodprint Workshop at the Youth Food Forum, a delicious pizza made (and eaten!) by volunteers from back-yard-grown produce, Cooking and Culture workshop at the Youth Food Forum and food prep at the healthy meal 'forkshop'!



Garden Opening Days 2011

*Join us for our garden opening days this spring!
Please contact us (905-274-6222) for more information*

MALTON COMMUNITY GARDEN

Saturday, May 7th

GENERATION GARDEN AT PARKWAY GREEN

Saturday, May 14th

THE GARDEN OF THE VALLEY

Sunday, May 15th

HILLSIDE PARK COMMUNITY GARDEN

Saturday, May 28th

EcoSource is an innovative environmental organization that empowers the community to become more environmentally responsible through creative public education.

The Community Gardens and School Learning Gardens Program is led by EcoSource in partnership with the Multicultural Inter-Agency Group of Peel (MIAG) and the City of Mississauga, and is generously funded by the Ontario Trillium Foundation. This program supports EcoSource Elementary Green Schools to design and plant outdoor teaching spaces, and connects communities with neighbourhood spaces to grow fresh organic food.

The Mississauga Sustainable Urban Agriculture (MSURA) Project is led by EcoSource in collaboration with the Eden Community Food Bank, supported by the City of Mississauga and the University of Toronto Mississauga. Together we are working to increase access to fresh healthy food in our community and to connect students and community members with meaningful opportunities to learn about sustainable food and food production in Mississauga. This project is generously supported by the Ontario Trillium Foundation.



ECOSOURCE
Growing a Green Community

Contact us:

Monika Kokoszka

Community Gardens and
Learning Gardens Program Coordinator

Email: mkokoszka@ecosource.ca

Carolyn Bailey

Urban Agriculture Program Manager

Email: cbailey@ecosource.ca

EcoSource

Clarke Hall, 2nd Floor
161 Lakeshore Rd. West
Mississauga ON L5H 1G3

Tel: 905.274.6222

Fax: 905.274.4387



eden community food bank

