

Park, business, and backyard gardens benefit our community by:

COLOUR ME IN!



getting people outdoors and active, reducing stress and increasing a sense of wellness

reducing pollution by sequestering carbon and reducing the shipping of food over long distances

reducing urban heat island effect

providing fresh, safe and affordable herbs, fruits and vegetables; reducing food insecurity, easing access to affordable food



improving the look of our neighbourhood

providing social opportunities that build a sense of community and belonging



opportunities to share knowledge of gardening, our food system, and native plants. Also, the importance of *habitat* gardens and corridors to bring the bees and butterflies back to our community!