

Toronto Community Housing



COMMUNITY GARDENING MANUAL



green works

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INTRODUCTION





ABOUT THE COMMUNITY GARDEN MANUAL

This manual is about how to plan and develop a community garden within Toronto Community Housing. It talks about the tools and supports for people who want to create a community garden. It also talks about how to set up community gardens so that the community can benefit in the future. We hope that this manual will support more community gardens in Toronto Community Housing.

This manual is only a guide. We hope that it will give you ideas about community gardening, so that you can think about:

- what supports exist in your community,
- how you can use the skills you've learned in the garden, and
- how to make the garden last a long time.

There are two parts to this manual. The first part gives you information to plan and design a community garden, includes maps of current community gardens at Toronto Community Housing, and talks about community kitchens, farmers' markets and other community agencies with similar programs.



The second part is a Resource Guide. It includes lists of programs in Toronto and many supports that can help you plan a community garden. In this manual, any time you see the tomato symbol like the one on the left, it means that you can find more information in the Resource Guide.

The idea of a community garden is exciting. But starting a community garden is not a simple job. Keeping the garden going is even more difficult. In the long run though, a community garden is very rewarding.

ALL ABOUT COMMUNITY GARDENS

What is a community garden?

People talk about community gardens in many different ways. So, what is a community garden?

A community garden can mean many things. It means any group of people who come together to enjoy gardening together. Community gardens can be large or small, in plots or in planters, in the ground or on rooftops and even a mix of all of these. They can be at schools, in parks, housing communities, places of worship, vacant lots and on private property. While all community gardens bring people together, they exist for many reasons. Some grow food to donate to people who are hungry, some are outdoor classrooms, some are set up so that people can get exercise and healthy food, and others make money by selling what they produce. People can have their own garden plots, or all work together to tend one community garden, or they can do both. Community gardens can grow vegetables, herbs or flowers, or all three things. Every community garden is unique. Each one reflects what the members of the garden want.

In Canada, the first community gardens were started in the late 1800s. They were planted along the Canadian Pacific Railway lines. The first gardens were used to advertise the West as a place pioneers should settle. During World War I, more people planted gardens to feed their families because so much food was sent to feed the soldiers. These were called Liberty Gardens. During the Second World War these gardens were called Victory Gardens. Since the 1970s, more and more people in Canada have been part of community gardens because they worry about the amount of chemicals in food.

Today, people plant community gardens for many reasons. In some gardens people grow food to feed their families or people who are hungry. Other gardens are used to teach adults or school children, to grow things to sell for extra income and to give people mental or physical therapy. All community gardens have one thing in common: They help people feel part of a community. Community gardens do this because they encourage people to work together, to cooperate and to get to know their neighbours.

TORONTO COMMUNITY HOUSING SUCCESS STORIES

Lawrence Heights community gardens

In 2004, tenants in Lawrence Heights set up four community gardens. The idea came out of talk in the community about how to renew the community and help residents feel more in control. More than 60 people came to the first planning meeting. Then they chose four important places to plant the gardens.

After people planted the first vegetables, Tenant Representative Jaquie Waldren asked City Councillor Howard Moscoe to help get benches for the gardens. The residents wanted benches that were high enough for seniors to use. They asked for two benches that were firmly fixed to the ground. Moscoe offered to get four.

Lawrence Heights has used the gardens to help residents get involved in the community. The theme for the community gardens is "come grow with your neighbours and make new friends." People now say hello to each other on the street. The gardens have helped break down barriers. The community is very multicultural and the garden helped people to connect in a new way. As Waldren says, "The gardens are putting neighbourly life and ownership back into the community."



How does a community garden work?

Community gardens are run in many ways. The ones that last have a system to make plans and decisions. Community gardens need a good plan so that the garden runs smoothly and so that the members work well together.

Many community gardens are run by a garden team. Garden teams make decisions about maintaining the garden, having celebrations and making links with the community. They also come up with rules for the garden. Garden teams also create a plan for starting the garden and make plans for the long term. To read more about setting up a planning team, go to the section on page 12 called Building your community garden: steps to follow each year.

Remember that every community garden is different. Each one is set up for its own community. What works best for one might not work for others. You will need to find out the best way to make plans and decisions in your community.

Why are community gardens valuable?

Community gardens are good for many things. They can help build the community and support people's health. They can be good for the environment and the economy. Here are all of the ways that they help.

BUILDING COMMUNITY

Community gardens are places where people work together in many ways. People have a common purpose and must make decisions and solve problems together. All of this helps people feel like they belong to a community. Community gardens can also be public proof that people can build something when they work together. If people can create something as valuable as a green space, they can use the same skills to fight other local problems such as crime and vandalism.

Community gardens can also help give new life to areas that have not been cared for. They can renew natural

areas. Community gardens involve all ages and diverse groups of people. Members of the community garden learn new skills and are part of the positive development of their own community. The garden can lead to other benefits such as supporting young people, and getting people involved as volunteers.

SUPPORTING HEALTH

Community gardens can help people eat well and feed people who are hungry. When people grow their own food, they are getting healthy food that they can afford. Often they can grow things from their own culture that they cannot buy in local stores. Fresh produce from community gardens adds healthy food to the families' diets. Community gardens can also help members learn about nutrition and other issues related to food. Gardening is a healthy way to stay active, so community gardens also help people stay fit and healthy.

SUPPORTING THE ENVIRONMENT

Community gardens are good for the environment. They can be used to teach people about things like cutting down on garbage, recycling and composting. They also teach people to be environmentally friendly in many ways. Community gardens show people how to use the land in ways that support it rather than ruining the soil and water. Growing food locally cuts greenhouse gases because food is not shipped a long distance by truck or plane. Composting at a community garden keeps kitchen waste out of landfills. Also, community gardens are green spaces in the city. They help create shade, improve the air, keep the soil from eroding and cut down on noise pollution. Community gardens also support the environment because they make the community more beautiful and healthy, and they teach people about how things are connected in the natural world.

BUILDING THE ECONOMY

Finally, community gardening is good for the economy. People can grow food that their families can afford, including vegetables they may not be able to get in local stores. Community gardens can also help people earn money. People can sell any extra food that they grow. They can also learn skills for work. This can help people think about starting a business or setting up other projects that can support development in their community.

How is Toronto Community Housing involved?

Many neighbourhoods in Toronto Community Housing have community gardens that are very successful. In 2007, there are 100 community gardens in 25 community housing units (CHUs). As well, many others are being planned. Seven of the community gardens in Toronto Community Housing have composts.

Many of the garden projects within Toronto Community Housing were started with partners from the local community. None of the projects would be possible without the tenants who cultivate and maintain the gardens and other food projects.

Here are some of the reasons why community gardens are good for Toronto Community Housing. Community gardens:

- allow people to grow food locally;
- restore land that is not being used;
- use the land in ways that keep the soil and water healthy;
- help people stay healthy and active;
- give people the feeling that the community belongs to them;
- involve people in protecting and taking care of Toronto Community Housing property;
- make Toronto Community Housing neighbourhoods more beautiful;
- make members feel proud of their community;
- allow people to feel that they have done something good together;
- teach young people skills;
- help young people see how things are connected in the natural world;
- allow people to take responsibility for natural resources; and
- help people get healthy food that they can afford.

Some Toronto Community Housing garden groups are also involved with other food projects. Here is a list of these projects in 2007:

- 11 community kitchen programs in 9 CHUs;
- 9 fresh produce stands run by FoodShare; and
- 10 buildings have people who come to the building to sell fresh produce.

TORONTO COMMUNITY HOUSING SUCCESS STORIES

May Robinson “Garden of Eden”

The Garden of Eden is a community garden located next to the May Robinson senior apartments in Parkdale. It was started by an 82-year old woman from the Philippines named Aurora Meliton. Meliton believed that setting up a garden in the empty yard behind the building might help to keep people from hanging around outside and intimidating tenants. The garden was started with help from FoodShare and St Christopher House. Today it has thirty plots, raised beds and an accessible paved pathway so that seniors can use the garden. The Garden of Eden won the City of Toronto’s Neighbourlies Award in 2000 and in 2003 was on HGTV’s *Recreating Eden*. The seniors who garden here are from many countries. They grow food that reflects their cultural diversity.

For more information, see:
<http://gardenofeden10.tripod.com>.



TEN BASIC STEPS FOR STARTING A COMMUNITY GARDEN AT TORONTO COMMUNITY HOUSING

Planning a community garden is a lot of hard work. But when the garden works, it is worth it. You need to be well organized, dedicated and you need lots of time. The ten steps in this list tell you what you need to do to start a community garden within Toronto Community Housing. For more details about each step, go to the section called Building your community garden on page 12.

1 ORGANIZE A MEETING TO FIND OUT WHO IS INTERESTED

Hold an informal community meeting to find out if there are enough people who support the idea. If there are, set up a planning team. They will need to be well organized.

2 DECIDE ON THE GOALS FOR YOUR GARDEN

The planning team should meet to talk about the garden. Will you be growing vegetables, flowers, or both? Who will be involved in the garden? Who will the garden be for? Are you planting the garden to make the neighbourhood more beautiful, to get people involved in the community or so that people can eat fresh food?

3 THINK ABOUT WHAT YOU HAVE AND WHAT YOU NEED

Make a list of what you will need. Which things on your list are already available? Which things exist in the community? Which things can you get from outside the community?

4 MAKE A LIST OF SPONSORS AND SOURCES OF FUNDING

Some community gardens are supported by membership fees, but many have a sponsor. Sponsors can help by giving money or donating water, seeds, plants, mulch, compost, tools, supplies or services. You can ask individuals, schools, places of worship, private businesses, foundations or city governments to sponsor your garden. You can also apply for government and private grants.

5 CHOOSE A SITE

Look for a place to put the garden. What is the right place for your garden? Find out how much sunshine the site gets, because vegetables need at least six hours a day. Find out if there is water close to the site. Find out how the site is being used now.

6 ASK FOR APPROVAL FROM TORONTO COMMUNITY HOUSING

Once you have chosen a site, you need to meet with the Manager and the Health Promotion Officer for your CHU. They may need to check the site you have chosen. The Manager will decide if you can have the garden.

7 WRITE RULES FOR YOUR GARDEN

Many community gardens work best if they have a set of rules. The planning team should write guidelines, like the sample rules on page 26. You should also decide who is responsible for what before you start gardening.

8 PREPARE THE SITE, DESIGN THE GARDEN

In most places, you will need to prepare the land before you can plant anything. Organize volunteers to clean the site, gather what you need and decide on a design for the garden. Decide how big each plot will be and where you will put the tool shed or compost bins.

9 MAKE SURE MEMBERS STAY IN TOUCH WITH EACH OTHER

Start a telephone tree or an e-mail list. Think about putting up a bulletin board in the garden or in a CHU building close to the garden. Hold regular events for members of the garden. Think about sharing your garden stories with others from Toronto Community Housing.

10 BEGIN GARDENING, AND HAVE FUN!

EVERYTHING YOU NEED TO KNOW ABOUT COMMUNITY GARDENING



BUILDING YOUR COMMUNITY GARDEN: STEPS TO FOLLOW EACH YEAR

This section tells you what you need to do in the first year. It outlines what you will need to do in different months. Before the fun in the garden can start you will have to make lots of plans, prepare the site and talk to many people. That is why this step-by-step guide begins in the fall, more than six months before planting season.

October, November and December

SET UP A PLANNING TEAM

1. Hold an informal community meeting to find out how many other people want to be part of a community garden. If there are enough people, start a planning team.
2. Decide what type of garden you want. Will you grow vegetables, flowers, or both?
3. Agree on your goals. Do you want to grow fresh food for people in your community? To make the CHU more beautiful? To encourage people in the community to work together?
4. Decide who will be involved in the garden. Will the garden be for children or seniors? Make sure you include these people as you plan the garden.
5. Make a list of what needs to be done.
6. Find a site for the garden. You will need an open sunny space. The soil must be able to drain when it gets wet.
7. Find out where you will get water for the garden.
8. Write a budget.
9. Make a list of where you might get funding. Make a list of where you might get other types of support such as donated tools, seeds and fences.
10. List all of the skills, knowledge and strengths of everyone in the group.
11. Think about who might sponsor the garden or be a partner. Start by finding out which community organizations might be able to help you start the community garden. A sponsor can really help you. They could contribute things like tools, seeds, fences and money that you will need.

HOW SHOULD THE GARDEN BE ORGANIZED?

- Who can be a member? (Is the garden only for residents? Do people have to pay to be a member? Do people have to agree with the garden's rules?)
- How big will each plot be? How will the plots be laid out?
- Will the group do some of the tasks as a group, like turning soil in the spring or composting?
- How will you deal with vandalism?
- How will people get a plot?
- When someone leaves a plot, how will you choose who will get their plot?
- Will the garden include a plot for children?
- When will the gardeners meet? Will you hold regular meetings?
- Who will do maintenance like weeding inside plots and in common areas?
- Will you have rules that every gardener must follow? How will you enforce the rules?
- Will you ask people to be organic gardeners, or will you allow chemicals in the garden?
- How much water can people use?

12. Draw up some rules for members of the garden. Look on page 26 for an example of garden rules.
13. Decide how the group will keep in touch with each other. Think about making a telephone tree or an e-mail list.
14. Choose a name for the garden. A name can help tell other people about the purpose of the garden.
15. Plan a community-wide meeting to tell other people what you are doing.

January

MAKE A PLAN FOR THE GARDEN

1. Here are the things you must do to develop the plan for your community garden:
 - Decide on your goals and objectives.
 - Put together a complete budget that lists all parts of the garden's development. Remember to include anything that will be donated, including people's time as volunteers and any goods and services you get. List where you plan to get funding.
 - Look at possible locations for the garden. Think about how suitable each one is. When you get a site, prepare a detailed plan of the garden.
 - Tell people in the community about your idea.
 - Create a newsletter.
 - Arrange social events so that the gardeners can get to know each other.
 - Decide what you will need and how you will get each thing.
 - Find a local person who knows about plants and gardening. Ask them to teach people about gardening.
 - Decide how the garden should be organized.
2. To do all of these things you could divide the tasks among volunteers or set up committees.

February

DESIGN AND PREPARE THE SITE

1. Develop a design for the whole garden. Make sure your plans include a place to store tools and other equipment, and a place for compost.
2. Decide how big each plot will be.
3. Order seeds and supplies. Ask local experts to help you choose plants and varieties. They can tell you what grows best in your area.
4. Keep asking for donations of materials, money and services from local organizations and private donors.

March

PREPARE THE SITE

1. Prepare and develop the site. When the ground is no longer frozen or wet, prepare the soil. This can include rotoilling.
2. Spring is the busiest time of year. You will need to spend lots of time in the garden. The more you do early in the spring, the easier gardening will be for the rest of the year.
3. Get people involved in the garden.
4. Make sure you have lots of water for the garden. Set up rain barrels, hoses, buckets and watering cans.
5. Get all the tools you need. For a list of tools you should have, see page 17.
6. Find a safe place to store your tools.
7. Set up compost bins. For more information on composting, go to www.compost.org/qna.html or www.compostguide.com.

WEEDING TIPS

Pull out the whole plant, with the roots. You should pull weeds before the plant produces seeds. Put young weeds in the compost. Put older weeds in a brown paper bag and leave them to be picked up on recycling day.

Once plants are more established you will not have to do as much weeding.

- Mulch the garden. Mulch is anything you use to hold water and keep weeds from growing. Mulch helps plants stay healthy and look good. You should add mulch after the soil has warmed up in the spring. For vegetable gardens you can use hay, cocoa hulls, mulch cloth or newspaper. You can get mulch from your City Councillor's office on Environment Day. To find out more, go to www.toronto.ca/environment_days.

- Begin to plant seeds indoors and under lights.

This is a great way to save money and make sure your plants grow without pesticides or chemical fertilizers.

This is the time to plant tomatoes, peppers, eggplants and any other plants that need a long growing season to mature.

WATERING TIPS

During the summer, use rain barrels to collect and store water. Water plants early in the morning, before the sun is high in the sky. Remember to water the soil, not the leaves. To keep water in the soil, use mulch.

April

THE GARDENING BEGINS

- Take a sample of the soil. Send it to be tested so you can find out the soil pH and whether you need to add anything to the soil. For a list of labs qualified to test soil in Ontario, see www.omafra.gov.on.ca/english/crops/resource/soillabs.htm.
- Begin to build things in the garden, like paths, arbours, walls, fences, and raised beds. If the soil is still frozen or very wet, do not start to dig. Wait until the ground is thawed and dry.
- When you can work the soil, mark where the plots will be. Prepare the soil by digging in compost, manure or anything else the soil needs.
- Plant crops that like cool weather such as peas, lettuce, onions and spinach.
- Water often so that seeds can start growing. Once the seedlings are strong, let the soil dry a little before you water again.
- Pull out weeds to keep them from taking over the other plants.

COMMUNITY GARDEN SUCCESS STORIES

Scadding Court Community Garden and Food Security Programs, Toronto

Scadding Court Community Centre works with culturally diverse people who do not have many other supports. One of the centre's many programs is the Urban Agriculture Program. It includes community garden plots, a community greenhouse and community composting. The Preserving Our Health Community Garden is for low income women. It has an herb garden, a greenhouse, a worm composting project and a children's program. People grow seedling sprouts, herbs and lettuce in the greenhouse.



In Scadding Court's community kitchen program, members shop, cook and share food together. They often cook with organic vegetables from the community garden. Members of the community kitchen share recipes from around the world and learn about healthy eating, how our bodies use food, and how to get good food for good prices. Sometimes the community kitchen travels to food banks and local housing groups to offer the program there.

Scadding Court also gives workshops about topics related to food like how to preserve foods, how to prune plants and how to compost. In the past, they have had programs for young people who are unemployed and out of school. In one, young people helped set up community composting programs in five other neighbourhoods. In another project, Bike Roots, young people used bikes to deliver affordable and healthy food.

May

1. Finish all the things you are building in the garden.
2. After the soil has warmed up, start preparing the garden beds.
3. After the frost is all gone, you can move the plants you started indoors into the garden. This is called “setting out transplants”. If the nights are still cool, you will need to cover tomatoes and other plants that like warm weather until the nights are warmer in June.
4. Check plants regularly. Look for insects and signs of disease.
5. Plant seeds outdoors.
6. Hold a BBQ, picnic or other community event.

June

1. Finish setting out your transplants.
2. Begin to harvest crops. When you can harvest depends on the weather each year. Pick things when they are ripe and before they get too ripe. You should be able to gather peas, radishes, lettuce and spinach.
3. Stake up tomato plants. Build supports for beans and other plants that grow on vines.
4. Plant a second crop of the things you planted in the spring. This is called “succession planting”. It is a way to make the gardening season longer. To learn more, read “Succession Planting” at www.cog.ca/documents/RS11.pdf or look at the information in FoodShare’s Toolkit at www.foodshare.net/toolbox_month_succession.htm.
5. Keep the site neat. Mow the borders and paths.
6. Make compost. You can buy compost bins from the City of Toronto for \$15. For information about buying bins, go to www.toronto.ca/compost/outlets.htm. You can also make your own compost bin. To find out how, go to www.eartheasy.com/grow_compost.htm#c. If you need compost, get some for free from one of the City of Toronto compost depots. You can find a list of compost depots at www.toronto.ca/compost/leaf.htm. Contact your local City Councillor to ask if they will donate compost.
7. Invite a class from a local school to visit the garden.

HOW TO START SEEDS

Starting seeds indoors is a simple way to start gardening so you will be ready when the frost is gone.

To start seeds indoors, you will need:

- seeds
- containers – use a milk carton, an aluminum pan or plastic can, or buy a plastic tray made for seedlings
- potting soil – buy this or make your own by mixing equal amounts of compost, loose garden soil and coarse sand
- water
- a sunny area or bright light
- some time

GERMINATE THE SEEDS

Put potting soil into your containers. Fill them almost to the top. Wet the soil with warm water. The seeds should not be too deep or too close together. Plant seeds in holes that are three times deeper than the seed. To make sure the plants have enough room, leave 3 mm between small seeds, 1 to 1.5 cm between medium seeds and 2.5 cm between large seeds. Cover your containers to keep the moisture in. Put the containers in a warm place. Seedlings take from a few days to two weeks to sprout. Keep the soil moist but not soggy. When the seedlings come up, give them light. Move the plants to a cooler place.

TRANSPLANT THE SEEDS

After plants have their first leaves, move them to a deeper container with soil that has more compost in it. Keep the plants warm and moist. Water regularly and make sure they have enough light.

LET THE SEEDLINGS HARDEN OFF

Before you can move the plants outside, you need to slow down their growth for a week. This will make them tougher and ready to be transplanted into the garden. Water them less, do not give them any fertilizer and keep them at a cooler temperature. While still in their containers, begin to put the seedlings outside during the day. Each day, put them in the sunlight for a little longer. Don’t forget to water the plants regularly.

July and August

1. Give the garden enough water. July and August are the hottest months. Water as often as you need to.
2. Keep weeding and mowing.
3. Keep looking for insects and signs of disease.
4. If you are going to save seeds, start now. To learn how to save your own seeds, read "Seed saving" and "Basic Seed Saving" at www.seedsave.org/issi/issi_904.html.
5. Enjoy the food! Hold an event to celebrate your harvest.

SEED SAVING TIPS

Saving seeds from one year to the next is easy and does not cost a lot. It is a traditional way of keeping plants for future crops.

WHAT SEEDS SHOULD I SAVE?

- Only save seed from open-pollinated or non-hybrid varieties.
- Only save seed from healthy plants.
- Do not save seeds from greens that bolt quickly.
- To make sure you get the same plant from the seeds, keep varieties separate or only grow one variety of the same vegetable.

HOW SHOULD I STORE THE SEEDS?

- Keep the seeds in a cool dry place away from light.
- You can keep seeds in the freezer or refrigerator if you have dried them properly.
- Keep good records. Label each seed package with the name of the variety, the origin, when they were planted, how many days they take to mature, what diseases they are resistant to, how much the plant yielded and any special characteristics.

September

1. Order bulbs that you can plant at the end of September or early in October.
2. Order seeds for a cover crop. These plants help keep the soil healthy and free of weeds.
3. Keep harvesting the food from your garden.

October and November

CLEANING UP

1. After the harvest is finished, plan a day to clean up the site. Put all plant parts into the compost.
2. Plant a cover crop. This will help to build the soil, hold moisture and keep away weeds.
3. Invite local children to help clean up the garden.
4. Clean and repair the tools and gardening equipment. Put them in storage for the winter.
5. Repair any damaged fences, walls or buildings.
6. Rake leaves. Add them to the compost.
7. Prune trees, shrubs and vines.
8. If you have a watering system, flush it and get it ready for the winter.
9. Remember to thank your volunteers, supporters and funders.
10. Hold events once a month. Plan some social occasions, and offer workshops to teach people more about gardening.

FERTILIZING CONTAINERS

Do you have plants in containers? They will need extra help to grow. Over time, the soil in containers gets weak because it has no way to get fresh nutrients. If you are using containers, consider adding compost after about one month. This will put nutrients back into the soil.

GARDEN TOOLS AND SHEDS

Your community garden will need a few basic gardening tools. You may be able to get tools donated from local businesses. If you can not get tools donated, try to buy ones that are well made. They will cost more, but will last longer. This will save you money in the long run.

Basic gardening tools

Here is a list of useful tools. You do not need all of them.

TROWEL: A well-made trowel is the most important tool. You can use a trowel for many different things. A trowel can weed, dig, cultivate, divide plants, pry out small rocks and help you put plants into the ground.

FORK: Use a hand fork to cultivate in beds that are full of plants. A hand fork also lets you chop up clumps of soil. Use a large fork for bigger jobs.

HOE: A hoe helps you easily get weeds out of the garden.

SPADE: Garden spades have round, pointed blades. Use them to dig holes, move soil and plant larger perennials, shrubs and trees.

SHOVEL: Gardeners use shovels to move large amounts of dirt and plants, to dig borders and to get rid of plants with woody roots and stems.

WHEELBARROW: A wheelbarrow is useful for moving soil, compost, plants, mulch and tools. You could also use a garden cart for some of these jobs.

CONTAINERS: Another way to move things is with containers such as buckets, garbage cans, nursery flats or tubs.

SECATEURS (HAND PRUNERS): A good set of pruners will let you do lots of trimming. Use them to cut back perennials and flowers, and to trim dead stalks and branches.

PRUNING SHEARS, LOPPERS AND SAWS: Use these tools to prune fruit trees.

WATER BARREL: Use a water barrel to collect water easily.

WATERING CAN, HOSE, SPRINKLERS: Watering cans and soaker hoses let you water the roots of plants instead of the soil where nothing is growing. Use a soaker hose to water a larger area. Your hoses must be able to reach all of the plots and beds in your garden.

GARDENING GLOVES: Use leather gloves if you want them to last a long time.

STRING: Use string to outline garden beds.

STAKES: Put stakes in the soil to hold the strings. You can get these at most hardware stores.

COMMUNITY GARDEN SUCCESS STORIES

Liz Christy Bowery-Houston Garden, New York

The Liz Christy Bowery Houston Garden is the oldest community garden in New York City. It was founded in 1973 by a local resident named Liz Christy and a group of gardening activists known as the Green Guerrillas. They turned an empty lot full of rubble into a lively community garden. Over time, the garden became a place people came to get free plants. Gardeners all through New York come to get plants grown in the garden or donated by nurseries, professional horticulturists and local gardeners.

The Liz Christy Bowery-Houston Garden is right over a New York City subway line. It has a public learning centre and includes a wide collection of rare plants such as cactus and moss. The garden also has a beehive, a wildflower habitat, a grape arbor, fruit trees, vegetable gardens, berries, herbs and flowering perennials.

For more information, see www.lizchristygarden.org.



ROTOTILLERS: These break up the soil for garden plots. Rototillers can be expensive. You will need to borrow one or hire a contractor to do this work. Clearing the site and preparing the garden plot is a lot of very hard work. Rather than getting a rototiller, hire *hsi* solutions or a private company to help. For more information, see the section on how Toronto Community Housing supports community gardens (page 28).

Taking care of your tools

Clean the dirt off of tools each time you use them. If the soil has dried on the tool, use a wire brush or a knife to scrape it off.

If the wooden handle on a tool is damp, put the tool in the sun to dry before you put it away. At the end of the gardening season, rub linseed oil or tung oil into the wood.

Keep your garden tools sharp. Remember to sharpen any tool you use to cut anything. Keep the blades of your shovels and spades sharp, too. Sharpen your tools all through the garden season. When you use tools a lot, they get dull quickly. Keep a sharpener with your tools.

Tools that are damp will rust. After you use a tool, wipe the metal parts with a rag. This is very important for pruners, shears and trowels. Drying the tools with a rag will help keep them from getting rusty.

Tool sheds

Make sure you have a safe place to keep your tools and supplies. Use it to store all tools and equipment that members of the garden share. You can make a great shed by recycling a metal shipping container. This kind of shed is very safe if you put a lock on the door. Add a plywood floor to keep your tools and supplies dry.

PROTECTING THE GARDEN

People worry a lot about vandalism in community gardens but gardens are not vandalized very often. There is not one thing that will stop all vandalism, but most community garden groups can do things to control it.

If a garden is vandalized, most people react by putting up a large fence. Sometimes this can work, but a fence can also lead to more damage. No matter what kind of fence you have, a person who wants to get in will find a way.

Fences can be useful in other ways. You may need a fence to keep dogs out of the garden. A fence can also show that the garden is separate from the space around it. When you want a fence to show where the garden begins, think about letting vines grow on the fence or come up with another creative way to mark the edges of your garden.

Remember that no fence will stop all acts of vandalism. The best thing for your community garden might be a short fence.

Here are some things you can do to discourage crime and keep the garden a safe place:

- Do not tell anyone they are not welcome. Ask everyone in the community to participate, even the people who are “vandals.”
- Fix the damage as soon as possible. If you are lucky, the vandals will get bored and move on to other things.
- Put the garden in a place where there are lots of people.
- Create a sign that tells the community whose garden it is. Say that the garden is a neighbourhood project.
- Set up a place for people to meet in the garden. This will help people feel they can use the garden more.
- Harvest fruits and vegetables every day. If you leave ripe food on plants, people may think the garden has been forgotten.
- Keep the garden neat. This shows that people care about the space.
- Involve children in the garden. This will help protect the garden.

DO'S AND DON'TS

This list of do's and don'ts will give you answers to the basic questions you may have before you set up your community garden.



DON'T hide your garden's success from the community

DON'T plant things so close that you cannot walk or work in the garden

DON'T walk on the soil where plants will grow

DON'T cultivate so deeply that you injure the roots of plants

DON'T shade small plants with taller ones

DON'T water more than you need to

DON'T water in the late afternoon

DON'T use fertilizer if a plant is sick

DON'T let weeds grow large before you cultivate

DON'T dump weeds on roads, into ditches or down hills

DON'T work the soil when it is wet

DON'T put mulch where it touches the plants

DON'T trim plants during the summer

DON'T put garden tools away when they are dirty

DON'T use herbicides and pesticides in the garden

DON'T put diseased plants or weeds in the compost

DON'T ignore your garden

DO get in touch with other Toronto Community Housing gardens

DO leave enough room between plants

DO tend your garden from the paths or put down boards for people to walk on

DO put plants in a hole slightly deeper than the roots

DO find spots that give small plants the best sunlight

DO water when plants need it

DO check that the soil is wet 6 inches deep

DO use organic fertilizer to keep the soil healthy

DO keep weeds out of the garden

DO dispose of plant trimmings with the city's removal system

DO work the garden when the ground is dry

DO use mulches to hold moisture and control weeds

DO thin plants when they are small

DO wash and clean garden tools well each time you use them

DO control weeds and diseases without chemicals

DO use compost to feed the soil

DO check your garden often to know what you need to do to avoid problems



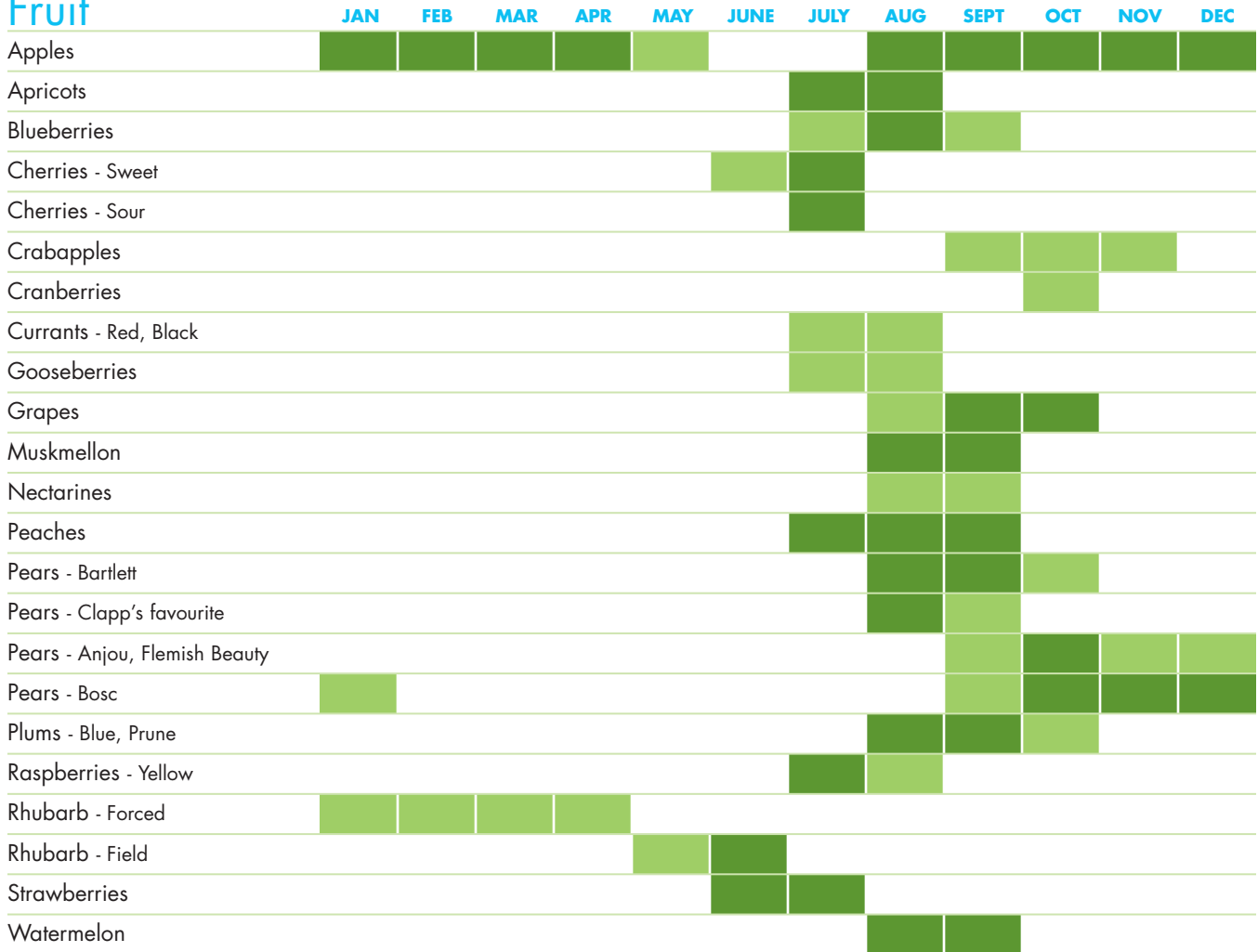
For other questions about gardening including advice, suggestions and solutions to common problems, look in the Appendix on page 51 of the Resource Guide.

HARVEST CALENDAR

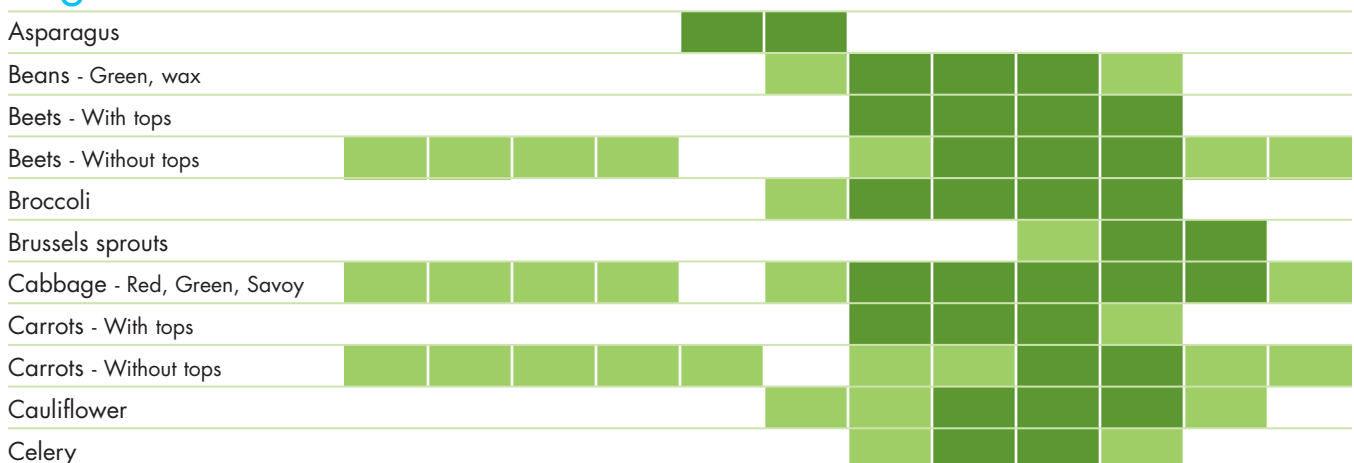
Here is a chart that shows when different fruits and vegetables are ripe in Ontario. Use it to help you decide what to plant. Think about what grows best and when it will be ripe.



Fruit



Vegetables





WHERE TO FIND GARDENS AT TORONTO COMMUNITY HOUSING

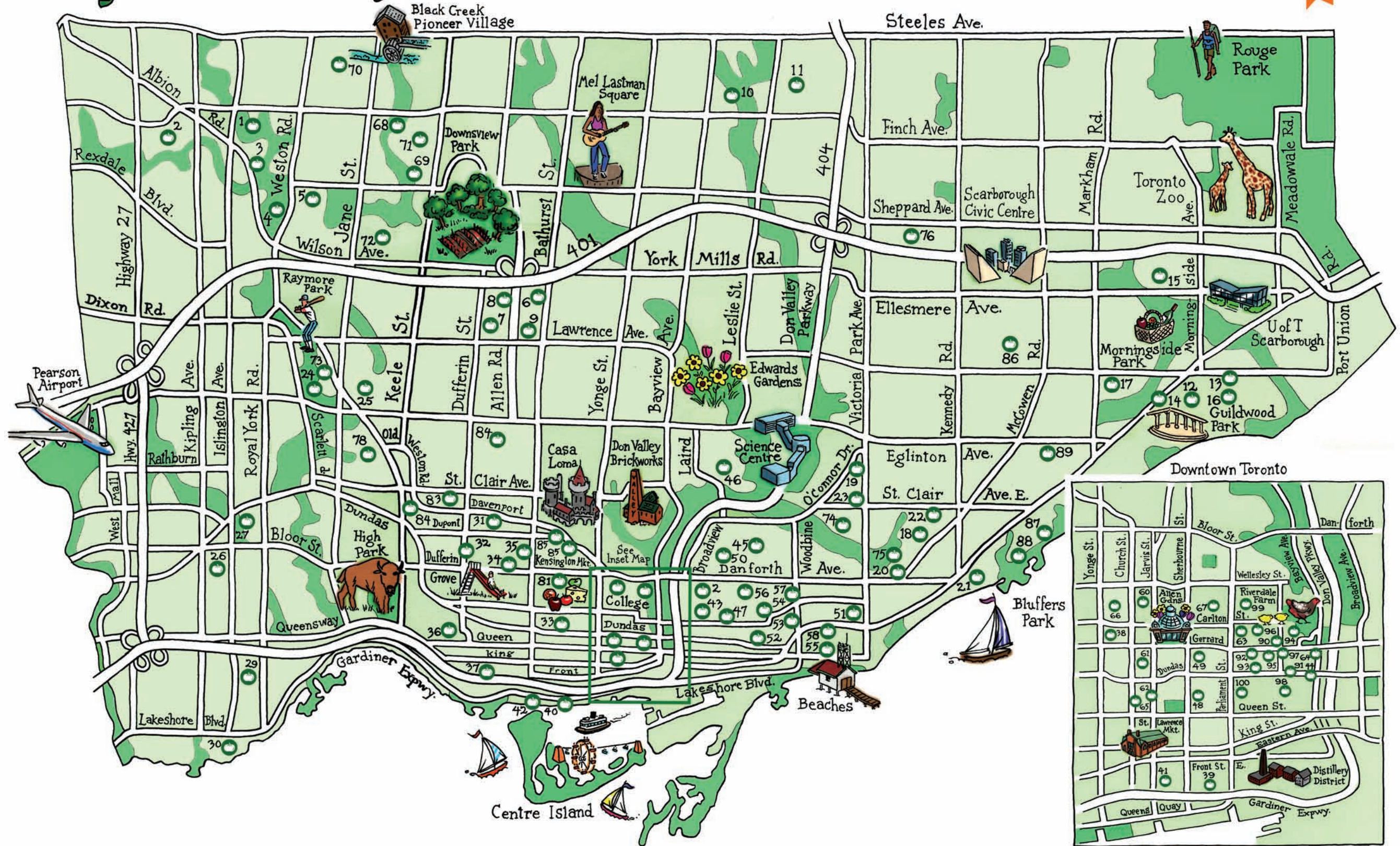
1 Rowntree Manor	2765 Islington Avenue	53 Newbold Avenue	11 Newbold Avenue
2 Robert J Smith Apartments	101/121 Kendleton Drive	54 Coltsworth Crescent	33 Coltsworth Crescent
3 Thistletown 1 and 2	6455 Finch Avenue West	55 Elmer Avenue	98 Elmer Avenue
4 Tandridge Crescent 1	44-80 Tandridge Crescent	56 Hanson House	7 Coatsworth Crescent
5 Weston Towers	3101 Weston Road	57 Woodbine Acres	133 Merrill Avenue
6 Lawrence Heights	1 Leila Lane	58 Beaches Lions Centennial	50 Norway Avenue
7 Lawrence Heights	87 Amaranth Court	59 Yonge Street (2401)	12 Broadway Avenue
8 Flemington Pengarth	Flemington Road & Pengarth Court	60 Wellesley Jarvis Place	460 Jarvis Street
9 Varna Flemington	Flemington Road & Varna Drive	61 Jarvis Carlton Apartments	330 Jarvis Street
10 Willowdale Manor	175 Cummer Avenue	62 Mutual Street (145)	145 Mutual Street
11 Cliffwood Manor	4000 Don Mills Road	63 Donvale Manor	330 Gerrard Street East
12 West Hill Apartments	4175 Lawrence Avenue East	64 Riverdale Acres	230 River Street
13 Morningside Apartments	4205 Lawrence Avenue East	65 Mutual Street (25)	25 Mutual Street
14 Kingston Galloway	4301 Kingston Road	66 Wood Street	95 Wood Street
15 Mornelle Morningside	90 Mornelle Court	67 Winchester Square	55 Blecker Street
16 Morningside Coronation	157, 198 & 210 Danzig Street	68 Finch Topcliffe	20 Yellowstone Street
17 Lawrence Susan	3847 Lawrence Avenue East	69 Northwood Apartments	3680 Keele Street
18 Woodland Acres South	40 Firvalley Court	70 Edgeley Apartments	35 Shoreham Drive
19 O'Conner Drive	90 Parma Court	71 Sentinel Road	182, 192 & 202 Sentinel Road
20 Byng Towers	3330 Danforth Avenue	72 Downsview Acres	2195 Jane Street
21 McClain Park Apartments	10 Glen Everest Road	73 Jane John Best	1570 Jane Street
22 Woodland Acres North	682 Warden Avenue	74 East York Acres	9 Haldon Avenue
23 Centennial Apartments	5 – 11 Wakunda Place	75 Teesdale Pharmacy	30/40 Teesdale Place
24 Humber Acres	1 Scarletwood Court	76 Tam O'Shanter Towers	3825 Sheppard Avenue East
25 Trimbee Court	30 Denarda Street	77 Silverthorn Place	600 Rogers Road
26 Dundas Mabelle	57 Mabelle Avenue & 5005 Dundas Street West	78 Mount Dennis Apartments	101 Humber Boulevard
27 Islington Manor	41 Mabelle Avenue	79 Dundas Gooch	3725 & 3735 Dundas Street West
28 Grigg's Manor	98, 100 Cavell Avenue	80 Pelham Park Gardens	61, 1-53, 2-60 Pelham Park Gardens, 52-82, 100-114 Pelham Avenue, 135-171 Osler Street
29 Edwards Manor	340 Royal York Road	81 Senator D. Croll Apartments	341 Bloor Street West
30 Lurette Manor	250 Twelfth Street	82 Davenport Rd. (250)	250 Davenport Road
31 Bartlett Avenue	331 Bartlett Avenue	83 Symington Place	3-53 Connolly St, 1884 Davenport Rd, 512-600 Symington Avenue, 160-168 Wiltshire Avenue
32 Pendrith Park	177 Pendrith Street	84 Doug Saunders Apartments	1775 Eglinton Avenue West
33 Wales Casimir	61-67a & 71-75a Wales Avenue, 15-29a Casimir Street	85 Huron Madison	480-482, 490-494 Huron Street, 13, 21-27 Madison Avenue
34 Carling Irene	5-7 Carling Ave & 21-25 Irene Ave	86 Brimley Acres	2950 Lawrence Avenue East
35 Lambert Court	2 Lambertlodge Avenue	87 St George Manor	17 Brimley Road
36 May Robinson Apartments	20 & 25 West Lodge Avenue	88 St George Manor	17 Brimley Road (Greenhouse)
37 Spencer Avenue	85 Spencer Avenue	89 Adanac Apartments	140 Adanac Drive
38 Church/Granby	389 Church Street	90 Regent Park North	295 Gerrard Street East
39 Scadding Avenue (15)	15 Scadding Avenue	91 Regent Park North	184 River Street
40 Queen's Quay West	679 Queen's Quay West	92 Regent Park North	40 Oak Street
41 The Esplanade	176 & 171 The Esplanade	93 Regent Park North	600 Dundas Street East
42 Bishop Tutu Boulevard	17-55 Bishop Tutu Boulevard	94 Regent Park North	463 Gerrard Street East
43 Frances Beavis Manor	369 Pape Avenue	95 Regent Park South	All Saints Square (Dundas/Sumach)
44 May Birchard Apartments	859 Dundas Street East	96 Regent Park North	260 Sumach Street
45 Blair Court	266 Donlands Avenue	97 Gerrard River	220 Oak Street
46 The Overlea	12 Thorncliffe Park Drive	98 Regent Park South	605 Whiteside Place
47 Blake Boulton	Blake Street/Boulton Avenue	99 Regent Park North	259 Sumach Street
48 Sherbourne Shuter	155 Sherbourne Street	100 Regent Park South	Dundas Street/Regent Street (south west corner)
49 Dan Harrison Complex	241 Sherbourne Street		
50 Greenwood Towers	145 Strathmore Boulevard		
51 Glen Stewart Acres	828 Kingston Road		
52 Edgewood Avenue	59/93 Edgewood Avenue		

MAP OF YOUR COMMUNITY GARDENS



My Community Gardens

Toronto Community Housing



GARDEN PLANNING WORKSHEET

Use this garden planning worksheet to help your group get ready to start a community garden. These questions about your goals can help you plan.

NAME OF COMMUNITY GARDEN :

NAME OF CHU / BUILDING:

Who is interested in the garden project?

Why do we want to start a garden?

What is the purpose of the garden? How will it be used?

What kind of plants do we want to grow?

Vegetables Fruit Native plants Annual flowers Shrubs Trees Herbs

What else? _____

When do we want to start the garden? _____

Who will use the garden? _____

How will we tell the neighbourhood about the garden? (eg. flyers, newsletter article, word of mouth, hold a planning meeting)

Where will the garden be located? Address: _____

How will we maintain the garden?

What is on the site now?

Do we need to move anything from the site?

- Trash Soil Rocks Weeds Structures Appliances Shrubs
 Cement Posts Tree Fence Anything else? _____

Do we already have the basics we need?

A. Sunlight: (check only one)

- Full sun (at least 6-8 hours of sunlight every day) Partial sun (at least 4 hours of direct sunlight every day)
 Shady (site does not get much sunlight) Part sun, part shade (part gets direct sunlight, part is shady)

B. Water: where will water come from?

- A private house Public house Apartment building Containers on the site

C. Tools and Supplies:

What tools and supplies do we have?

- Plants/seeds Spades Forks Hoes Shovels
 Rakes Wheelbarrow Garden hoes Watering hose Watering cans
 Stakes/string Toolshed Tarp Rototiller Containers

What tools do we need? _____

D. Funds and Donations:

What funds or donations do we need? _____

Who can offer funds or donations? _____

What other things do we want in the garden?

- Benches Tables Raised beds A place to sit Shade Other _____

What do we need to learn more about?

What things do we need to get? Where will we get them?

SAMPLE GARDEN RULES

Here is a list of the rules that many community garden groups have. Use this list to create your own set of rules. Make the rules fit your community. This is your garden!

- 1.** Your plot is reserved for one season. If you have a garden one year, you have the first chance to get the same plot for the next year.
- 2.** Each year, people can register for plots starting on February 15. The first people who can register are those who had a plot last year. Each person can only get one plot. After May 15, other people can sign up for plots. We will give plots to people who sign up first.
- 3.** You can not give your plot away. Only the steering committee can say who can use a plot. If you decide you cannot garden, please tell the steering committee. We will find another person for the plot.
- 4.** You must keep weeds out of your plot and the paths around your plot.
- 5.** Put all weeds and plant stems, leaves and roots in the compost. Plants are not garbage.
- 6.** You must keep garbage and litter out of your plot and the paths around your plot.
- 7.** Do not plant tall crops in places that will shade plots beside yours.
- 8.** You must pick produce when it is ripe.
- 9.** You can only pick produce from your own plot.
- 10.** Nobody but you will water your plot.
- 11.** Please be an organic gardener. Organic gardening saves our soil, water and air.
- 12.** You must clean tools and put them back into the storage shed.
- 13.** Clean up after yourself. Please be neat. Put away hoses and tools. Recycle rubbish or take it home.
- 14.** Conserve water! Use mulch so you do not need to water as much. Use hoses that do not leak. When you are watering, watch the hose.
- 15.** Please do not water for more than 15 minutes if other people are waiting.
- 16.** For safety reasons, please keep hoses off the paths when you are watering.
- 17.** Children are welcome to garden, but you must watch them. Do not let children run or play on other plots.
- 18.** You must take everything that cannot be composted out of your plot by October 31st. Anything you leave in the garden after then will be thrown away.
- 19.** Any crops you leave in your plot after October 31st may be given to a local food bank or tilled into the ground.
- 20.** You must help with the fall cleanup of the garden.
- 21.** Do not pick or destroy plants or flowers.
- 22.** Please keep pets out of the garden.
- 23.** Do not smoke in the garden.
- 24.** No loud music in the garden.
- 25.** Always keep the garden gates closed.
- 26.** Visitors can only come into the garden with a member.
- 27.** I know that the garden group and the owners of the land are not responsible for things that I do. I therefore agree that I will not blame the garden group and the owners of the land if anything happens when my guests or I use the garden. The garden group and the owners of the land are not liable, and I will not claim that they owe me for any damage, loss or claim.



Name: _____ Date: _____

COMMUNITY GARDENING IN TORONTO COMMUNITY HOUSING



WHAT KIND OF SUPPORT CAN I GET FROM TORONTO COMMUNITY HOUSING?

You can start a garden even if you do not have a lot of money or other things. However, you do need some things to start a community garden. Toronto Community Housing can give tenants some of the most important things you will need.

Toronto Community Housing is a large public housing company. It is a unique place to create a community garden. In 2005 the Community Food Animators Project printed a report called Starting Food Projects by Building on What Works. The report says that, "Toronto Community Housing is uniquely positioned to be a leader by investing in the substantial social benefits that community gardens can bring to Toronto Community Housing communities."

Toronto Community Housing can really make a difference when people are first trying to start a community garden. Here are some of the things Toronto Community Housing may be able to help with: make sure the garden can get water, find a contractor to turn and prepare the ground and build a fence around the garden.

Here are the ways Toronto Community Housing can help you start a community garden.

Land

The first thing any community garden needs is land. Some community garden projects in Toronto are on land that belongs to the city. To get started, these projects must apply to the City of Toronto's Community Gardening Coordinator.

There is a lot of land around some Toronto Community Housing buildings. Because of this, community garden projects at Toronto Community Housing have an advantage. Some community housing units have a large amount of land while others have only a small lot that could be used for a community garden.



Water

Another thing Toronto Community Housing can help with is water. For many community gardens, getting water is a serious problem. Toronto Community Housing has many apartment buildings across Toronto that all have running water. Most community gardens are next to Toronto Community Housing buildings. The best way to get water for the garden is to use hoses and sprinklers connected to the closest Toronto Community Housing building.

Storage

To start a community garden, you will need a place to store tools and supplies. You could use a storage shed or some space in a Toronto Community Housing building. If you use a storage shed, it should be near the community garden, easy for tenants to get to, and safe.

Landscaping services

You will also need help with landscaping, especially when you are just starting the community garden. Before you can do anything else, you must turn the soil and prepare the area for gardening. You can turn the soil with a garden spade, fork or rototiller. However, this is difficult work. You can hire *hsi* solutions or a pri-

vate contractor. Staff can help you find someone to prepare the soil for you.

hsi solutions is a company that does lots of work for Toronto Community Housing and other customers. They do maintenance work such as servicing elevators, construction, mechanical and electrical work, and taking care of life safety and environmental health.

hsi solutions also does landscaping work. They keep the yards around Toronto Community Housing buildings neat by removing litter from grassy areas and cutting and trimming lawns. *hsi solutions* mulches clippings and keeps plants healthy. They try to keep the areas around buildings safe for residents. Here are some of the other services that *hsi solutions* can be hired to do:

- Cleanup in the spring or fall
- Killing weeds
- Pruning trees and shrubs
- Removing trees and stumps
- Planting
- Power sweeping garages and the outsides of buildings
- Aerating lawns
- Fertilizing plants
- Laying sod or re-seeding lawns
- Cultivating the soil
- Cleaning eaves troughs
- Picking up litter
- Cleaning catch basins

COMMUNITY GARDEN SUCCESS STORIES

Waterloo Housing Estate, Sydney, Australia

Waterloo Housing Estate is a public housing complex of high-rise residential buildings in Sydney. The neighbourhood is densely populated. Residents are from Russia, Vietnam, Indonesia and Australia. All live on low incomes. Starting in 1997, three community gardens were built on open space surrounding the Cook, Marton and Solander towers. The Department of Housing hired professional garden designers and paid to build fences, lockable gates, compost bins and raised garden beds. Now these gardens are very popular. Most of the gardeners are people who live in the housing blocks. The residents have started to ask for more garden plots. The gardens are an important way to improve life in the community and relationships between people. They support people's health and well-being and are a good place for people from different cultures to connect.



HOW CAN STAFF SUPPORT US?

Toronto Community Housing staff at many levels can give you lots of support. People who can help your community gardening project include health promoters, CHU managers and grounds staff. Here are the things Toronto Community Housing staff can do to support community gardens:

- Give your group ongoing support. This can include facilitation, mediation of conflicts or maintenance.
- Help assign plots to tenants.
- Help resolve any disagreements about garden plots.
- Get tenants involved in the community garden by organizing socials, BBQs, harvest festivals and other events.
- Get people involved so that they feel the community garden belongs to them.
- Find ways to help people stay involved in the garden.
- Tell other people about the garden. This helps make the community interested in the community garden.
- Mediate problems between people caused by the community garden.
- Set up and manage partnerships with agencies or other organizations.
- Help find a contractor to prepare the soil and deliver the soil.
- Help tenants to apply for funding from Toronto Community Housing for their gardens.
- Help when garden tools or equipment break down.



OTHER PROGRAMS: COMMUNITY KITCHENS AND FARMERS' MARKETS




COMMUNITY KITCHENS

A community kitchen is any kitchen where people get together to prepare a meal. Often people who meet in community kitchens eat healthy, nutritious food that does not cost a lot. Each person who comes must take part in the work. Members all help to choose the menu, go shopping, and to prepare and cook the food.

Many community kitchens are for specific groups of people. They can be for new immigrants, people with diabetes, vegetarians, people who only cook for themselves, or families cooking for young children. Community kitchens can also teach people different things. In many community kitchens the group cooks enough food so that members can take some home for later. Because the group cooks so much at once, it can help people save money on food.

Community kitchens are a place for people to meet as a group, practice English, learn new cooking skills, cook nutritious food and meet new neighbours. They can break down barriers and help people feel they belong to a community. Community kitchens are a way to support healthy eating. They are a great place for people to share ideas about food such as how to get the nutrition you need, how to keep food from spoiling and how to have more variety in your diet. They can help people save money by teaching people how to cook on a budget and buy food in bulk.

Community kitchens often use fresh fruits and vegetables. They also teach people about choosing foods that can last in the long term and how to support local farms and gardens. They can teach people about where food comes from: how it is planted, nurtured and harvested and how it gets to the table. Most importantly, community kitchens help feed people who are isolated and have poor access to healthy food.

 For information on community kitchens within Toronto Community Housing, look on page 3 of the Resource Guide. See page 4 of the Resource Guide for information on other community kitchens in Toronto.

The table on the next page lists community kitchens in Toronto. The list is divided by CHU.

How to start a community kitchen

To start a community kitchen, you will need to think about where the group will cook. Many Toronto Community Housing buildings have a kitchen attached to the recreation room. You could also meet at a local community centre or place of worship. Many community centres have the kind of space you will need. A community kitchen needs a large kitchen, staff to help coordinate the program and maybe funding to help pay for the food.

You will have to think about other things. Choose what kind of recipes the group will cook. Also, decide how you will buy groceries, who is in charge of the money, how you will divide the work and what rules will guide the group. Here are three places that can help you start a community kitchen:

- "Basic Steps – How to start a community kitchen." Web site: www.communitykitchens.ca/images/pdf/basic_steps.pdf
- "Community Kitchen Checklist." Web site: www.communitykitchens.ca/images/pdf/Checklist.pdf
- "Community Kitchen Toolbox." Web site: www.foodshare.net/toolbox_kitchens01.htm



COMMUNITY KITCHENS IN TORONTO BY CHU

CHU	NAME / LOCATION	ADDRESS	FOCUS/OTHER DETAILS
1 - Etobicoke North	Somali Youth Support Program Community Kitchen	2304 Islington Avenue, Suite 101	Somali youth
2 - Eglinton/Lawrence	Lawrence Heights Community Centre	5 Replin Road	East African women; connected to community garden
3 - Seneca/Don Valley	Willowdale Avenue	415 Willowdale Avenue	Community cooking club – women
8 - Bloor West/Central	Good Food at Home (FoodShare)	90 Croatia Street	Women undergoing cancer treatment
	Scadding Court Community Centre Community Kitchen	707 Dundas Street West	Focuses on nutrition, healthy and affordable shopping alternatives, and sharing food
9 - Downtown West	May Robinson Apartments	20 West Lodge Avenue	Multicultural cooking groups designed to teach parents good nutrition and cooking techniques.
	The Meeting Place Community Kitchen (St Christopher House)	588 Queen Street West	An adult drop-in program
10 - Spadina/Downtown	Hart House Community Kitchen	7 Hart House Circle	Geared to students
12 - Don River	Mustard Seed Community Kitchen	791 Queen Street East	Assists low income individuals at risk of becoming homeless
16 - St. Jamestown	The Warehouse	Behind 47 Rose Avenue & Wellesley Street East	Cooking classes for men, women & children. Also has a lunch room and carpentry shop.
	Jarvis Street (261)	261 Jarvis Street	Cooking classes, led by tenants
	Mutual Street (145)	145 Mutual Street	As part of after-school program, informal cooking program
17 - North York West	Edgeley Village Driftwood	415 Driftwood Avenue	Mental health support group has a cooking class component
19 - Downsview	Trethewey Tedder	710, 720 Trethewey Drive	Periodically has community kitchen with women and/or youth, but not ongoing
20 - Don Valley/East York	East York Acres	9 Halden Avenue	Community kitchen
	Teesdale Pharmacy	30/40 Teesdale Place	Cooking class for newcomers; partnership with Access Alliance
22 - Don Mills/Agincourt	Sheppard Birchmount 2	365 Bay Mills Boulevard	Youth cooking club, focusing on healthy eating for youth 15+ through Heart Health.
25 - Davenport/Midtown	Symington Place	1884 Davenport Road	Community kitchens run by The Stop
26 - Scarborough/McCowan	McCowan Road (400)	400 McCowan Road	Free; open to all. Focuses on nutrition, affordable food and meal exchange.
27 - Regent Park/Oak Street	Christian Resource Centre	40 Oak Street	Community kitchen provides breakfast to the homeless. Also runs a catering business

FARMERS' MARKETS

Farmers' markets can be great places for people from different cultures, backgrounds, ages and income levels to connect. They are also good places for people to learn about issues related to food. Farmers' markets make it possible for people in cities to get fresh food from their culture. They sell fresh, healthy food at prices people can pay. Farmers' markets also help support farmers. If setting up a farmers' market is not possible, you could think about setting up a produce stand.

There are many farmers' markets and fresh produce stands in Toronto. The table below lists the farmers' markets in each CHU.



For information on farmers' markets, look on page 8 of the Resource Guide.

FARMERS' MARKETS IN TORONTO BY CHU

CHU	NAME / LOCATION	ADDRESS	FOCUS/OTHER DETAILS
2 - Eglinton/Lawrence	Lawrence Heights Community Centre	4 Replin Road	FoodShare Field to Table Produce Stand
3 - Seneca/Don Valley	Willowdale Manor	175 Cummer Avenue	Fresh produce vendor (informal)
	Beecroft Manor	35 Park Home Avenue	Fresh produce vendor (informal)
	The Kempford	5430 Yonge Street	Fresh produce vendor (informal)
	Sheppard Place	4455 Bathurst Street	Fresh produce vendor (informal)
	West Don Apartments	6250 Bathurst Street	Fresh produce vendor (informal)
	Seneca Towers	1700 Finch Avenue East	Fresh produce vendor (informal)
	North York Farmers' Market	5100 Yonge Street	Farmers' market
4 - Scarborough East	West Hill Community Services	4100 Lawrence Avenue East	FoodShare Field to Table Produce Stand
	West Hill Community Services	4205 Lawrence Avenue East	FoodShare Field to Table Produce Stand
	West Hill Community Services	50 Tuxedo Court	FoodShare Field to Table Produce Stand
	West Hill Community Services	110 Mornelle Court	Fresh produce truck
5 - Scarborough/Warden	Warden Woods Community Centre	74 Firvalley Court	FoodShare Field to Table Produce Stand
6 - York/Weston	Ethiopian Orthodox Tewahedo Church	23 Denison Road East	FoodShare Field to Table Produce Stand
7 - Etobicoke/Lakeshore	Etobicoke Farmers' Market at Etobicoke City Hall, west parking lot	399 The West Mall	Farmers' market
	Stonegate Farmers' Market, Parklawn Baptist Church	276 Parklawn Road	Farmers' market

CHU	NAME / LOCATION	ADDRESS	FOCUS/OTHER DETAILS
8 - Bloor West/Central	Dufferin Grove Organic Farmers' Market	873 Dufferin Street	Farmers' market
9 - Downtown West	Sunshine Garden Organic Market, Centre for Addiction and Mental Health	1001 Queen Street West	Farmers' market
10 - Spadina/Downtown	Nathan Phillips Square Farmers' Market	100 Queen Street West	Farmers' market
11 - St. Lawrence	St Lawrence Farmers' Market	92 Front Street East	Farmers' market
16 - St. Jamestown	Bleecker Wellesley	275 Bleecker Street	Small informal market on CHU grounds
20 - Don Valley/East York	Teesdale Pharmacy	40 Teesdale Place	Farmers' market in partnership with Warden Woods Community Centre
	East York Farmers' Market, East York Civic Centre	850 Coxwell Avenue	Farmers' market
26 - Scarborough/McCowan	Adanac Apartments	140 Adanac Drive (Markham and Eglinton)	FoodShare Field to Table Produce Stand
	West Hill Community Services	65 Greencrest Circuit (Markham and Lawrence Avenue East)	FoodShare Field to Table Produce Stand
	Brimley Acres	2950 Lawrence Avenue East	Informal vendor on-site
27 - Regent Park/Oak Street	Christian Resource Centre	40 Oak Street	Farmers' market
	Regent Park South	19 Belshaw Place	Informal vendor on-site. Culturally appropriate produce.
	Riverdale Farmers' Market	201 Winchester Street	Farmers' market

TORONTO COMMUNITY HOUSING SUCCESS STORIES

The Warehouse

Tenants of CHU 16 in St. Jamestown partnered with the Salvation Army to start a community kitchen on Toronto Community Housing property that was not being used. They built a new building behind 47 Rose Avenue at Wellesley Street East. The building does not have an official address and people call it The Warehouse. It is operated by tenants and the Salvation Army. They offer men's, women's and children's cooking clubs as well as a literacy class, an open coffee house, a breakfast program, a music jam session and spiritual programs. There is a lunch room and carpentry shop on the main floor. Many single men live in rooming houses in St. Jamestown. They are most of the people who come to the cooking programs at The Warehouse.



How to start a farmers' market

Starting a farmers' market takes a lot of time, money and knowledge. If your group is thinking about starting a farmer's market, think about asking a local organization to help develop the market. Here are some things that can help if you decide to start one.

- "Establishing and Operating a Community Farmers' Market." A very useful and practical guide to creating a farmers' market.
Web site: www.ca.uky.edu/agc/pubs/aec/aec77/aec77.pdf
- "Making Links: A Toolkit for Local Food Projects." This kit includes information on how to set up a community food project to help people in cities get good, affordable food.
Web site: www.sustainweb.org/pdf/pov_making.pdf
- *Public Markets and Community Revitalization*. (1995) by the Project for Public Spaces and The Urban Land

Institute. This guidebook covers everything you need to know about the process of developing a market. Here is where you can order it.

Web site: www.pps.org/info/products/Books_Videos/public_markets

- "Public Markets" page of the Project for Public Spaces site. This site has useful information about starting a market, good examples and workshops on "How to Create Successful Markets."
Web site: www.pps.org/markets
- *Sharing the Harvest: How to Build Farmers' Markets and How Farmers' Markets Build Community*. A Canadian how-to book on building a successful farmers' market.
Contact: (613) 475-4769 or 1-800-387-3276
Web site: www.farmersmarketsontario.com/images/FMO_book_flyer.pdf




FUNDING AND PARTNERSHIPS



GETTING FUNDING FOR COMMUNITY GARDEN PROJECTS

Even though community gardens don't need a lot of money, they do need some funds. This is especially true in the early stages. This section will help you get started on fundraising.

 For information about what funding is available, look on page 11 of the Resource Guide. The Guide lists government grants, foundations, and corporations. It also lists sources within Toronto Community Housing and other places you can get in-kind donations.

Tips for fundraising

1. KNOW YOUR PROJECT

Get to know your group's project. Make sure you are clear about its purpose, goals and objectives, how it will help community members, how the group will be structured and when you will get things done.

2. DO CAREFUL RESEARCH

Spend a lot of time learning about the kinds of funding you could get. Find out about grants from government and foundations, and what you could get from private donors. When you apply for money, do not send out one proposal to all of the funders. First, check that each funder supports projects like yours. A good way to find out is to look on the Internet. Some foundations will ask you to send a letter of intent before you can apply for funding. Others may want you to talk to a grants officer.

3. MAKE A PLAN

Have a clear plan.

4. DO WHAT THE FUNDERS ASK

Remember to carefully read the instructions before you apply for any funding. Make sure you meet the criteria they have highlighted. Point out how you meet these conditions.

5. MAKE A REALISTIC BUDGET

Put together a well-planned, realistic budget. It is often a good idea to ask for a bit more than you may need. This will help you cover any costs you do not expect.

6. ASK FOR IN-KIND DONATIONS

Local businesses can really help the project by giving things such as tools and seeds. You may find that businesses are more likely to give you services, time or materials than money.

7. VALUE WHAT YOU BRING TO THE PROJECT

Remember that your group already has lots of skills and support. Make a list of everything each member brings to the project. Include all of your skills, knowledge, supplies, supports and networks. Many people are connected to businesses or organizations that would be willing to help. Do not forget those connections.

8. BE CREATIVE

Think about new ways to get your community involved.

9. GET FEEDBACK

Before you submit your proposal to a funder, ask an experienced fundraiser to read and comment on it.

10. KNOW WHEN TO ASK

Remember that when you ask can affect whether you get funding. Some funders have deadlines for funding applications. Remember that it can take funders a long time to decide if they will fund your application. Every funder takes a different amount of time to decide which projects they will fund.

11. SEND YOUR PROPOSALS TO A FEW DONORS

Do not put all your hopes on one funder.

12. THANK YOUR DONORS

Show that you appreciate all of your donors, no matter how much they gave. Find different ways to thank them.

For example, you can list them in brochures and newsletters, tell the local media or talk about them at events. You can put their names on signs at the site or give them gifts from the garden.

13. TAKE PHOTOS

Photos can show how the site looked before and after the garden. Keep all photos in a folder. Also keep copies of articles in the newspaper and letters of support.

14. TRY AGAIN

If your proposal is not accepted, ask the funder how you could improve the proposal. Try again later.

Writing funding proposals

BEFORE YOU START

Only apply to funders who support the type of work you are doing. Find out the purpose of each foundation or organization. Think about how your project relates to their goals. Focus on how your project will help the natural environment and the community. Keep in mind that some granting agencies and foundations take a long time to make decisions. Some have exact deadlines and

ask you to fill out a formal application. Other funders ask you to send a letter first so that they can decide whether your project fits their guidelines. Your letter should give a short overview of the project and say why you need funding. Remember to be as brief as possible.

WRITING THE PROPOSAL

No matter who you are asking for money, most proposals are similar. Check to see what information the funder needs from you. Find out if the funder expects your application to be in a specific format. Here is a list of what must be included in a proposal.

1. TITLE PAGE

Remember to include your contact information.

2. SUMMARY

Talk about what community need the project meets. Explain why this need is important.

3. BACKGROUND INFORMATION

Explain the purpose of your organization and what you have achieved so far.

4. GOALS AND OBJECTIVES

Outline the goals and objectives of your project. Say how it will address the community need.

TORONTO COMMUNITY HOUSING SUCCESS STORIES

Regent Park Peace Garden

In August 2005, a group of people from Regent Park started a Peace Garden to remember the many youth who had been killed by violence. The garden is behind the apartment buildings at Sumach and Dundas Streets.

The garden was started by Elsaida Douglas, whose son died in 2001. A community group of mothers whose sons have all been killed by violence supported the idea of a garden as a symbol of community solidarity and peace for the community. The group is called the Dreamers, an organization in Regent Park composed of mothers whose sons have died due to violence. The Peace Garden is a memorial to the people lost through violence and accidents. It also shows hope, goodwill and unity.



5. PROJECT DESCRIPTION

Describe how your project will reach its objectives. Give a summary of what you need to do to achieve each objective and who will do what.

6. SCHEDULE

Include a timeline that shows when you will reach each goal and objective.

7. PROJECT BUDGET

Say exactly how much money you are asking for. Think about each phase of the project and list all the costs for each one. Include a timeline in your budget so that you can predict when you will need funding. Also, show how much you asked for, or got, from other sources. Do not forget to include in-kind donations and other places you hope to get funding in the future.

8. ATTACHMENTS

List the names of people involved in the project along with your skills and qualifications. Add any brochures or newsletters you have produced. Add copies of media releases and any articles about the project that were in the newspaper. Finally, include letters of support for the project.

Adapted from FoodShare et al., *Workshop Archive – Community Gardening 101*.

Where to get funding for community gardens

Once you know how to apply for funding, you need to find out what funding you can apply for. The list of funders in the Resource Guide includes some of the places you could apply. The list does not include all of the possible funders, but it is a good starting point.

Many funders will only give money to incorporated non-profit organizations or registered charities. A non-profit organization is one that is set up so that the people involved cannot use it to make money. Being incorporated means that the group has a formal structure that follows rules set out in the law. Organizations that are registered charities are non-profit groups that can provide receipts for charitable donations.

You may not want to set up a formal organization to start your community garden. If you want to be able to apply for funding, you could partner with a community agency or another organization. Finding a partner may make it possible for your group to apply for more kinds of funding. For ideas about what kinds of organizations would be good partners, look at the Community Agencies section on page 19 of the Resource Guide.



For information on sources of funding, look on page 11 of the Resource Guide.

COMMUNITY AGENCIES

There are many ways that Toronto Community Housing community garden projects can partner with local community agencies and organizations. To succeed, community gardens, community kitchens and farmers' markets need local community agencies and organizations. These partnerships can help the program meet its goals and survive. Agencies know a lot about the community and can help you reach people who would be interested in your program.



For information on community agencies, look on page 19 of the Resource Guide.

The list of community agencies in the Resource Guide will give you an idea of which agencies and organizations work with community gardens, community kitchens and farmers' markets in Toronto. This list may help you think about what kind of organization might want to partner with your group. Other groups that might be interested in partnerships include schools, community centres and community health centres.

EDUCATION PROGRAMS: WHERE TO LEARN MORE



COMMUNITY GARDEN SUCCESS STORIES

Strathcona Community Garden, Vancouver

Strathcona Community Garden was started in Vancouver by a group of citizens in 1985. They had many fights with city officials to lease 3.5 acres to grow food in the East End of Vancouver, one of Canada's poorest neighbourhoods. People from the area used the small plots in the garden to grow food to feed their families. It was the only garden of its kind in the city.

In 1993, the citizens got a lease for more land and it grew to 7 acres to include the EYA Youth Garden and the Cottonwood Garden. Now the garden has 290 plots and 200 fruit trees. Beehives produce more than 2 tons of honey a year.

The original goal of the garden was for people to grow their own food. The Strathcona Community Garden is now more focused on bringing people together and teaching people. The garden helps make the city greener, keeps people healthier, gives people a place to get exercise and recreation, and makes people feel safer and more connected to each other. The Strathcona Community Garden teaches people about designing and building parks, how to grow food without chemicals and how to help bring wildlife back to cities. It is used by child care centres, youth and after-school programs and still gives food to families in need.



FARM PROGRAMS FOR FIELD TRIPS AND TRAINING

Farm programs can be a way for people to learn about sustainable farming and how to protect the environment. Some farm programs show people how to farm without chemicals and how to plant gardens. Others mainly work with children. Farm programs can also teach people about composting, why local food is important, and how people grow food in their own community.

To find out how to learn about workshops, training programs and youth programs, read the next two sections.



For information on farm programs, look on page 25 of the Resource Guide.

WORKSHOPS AND TRAINING PROGRAMS

Some organizations teach people gardening and horticulture. They also have community kitchens and cooking programs. These types of training programs are great ways to develop new skills that will help make community gardens and community kitchens last into the future.



For information on gardening and horticultural programs, look on page 26 of the Resource Guide. See page 30 for information on community kitchens and cooking programs.

Many of the workshops listed in the Resource Guide are hands-on. They will teach you practical skills so that your project will be more creative, healthy and strong.

YOUTH STRATEGY OPPORTUNITIES

Quite a few organizations in Toronto work with young people in programs related to gardening, the environment, cooking or restaurants. When young people take part in gardening and cooking projects, they learn a lot about food systems and

about some of the issues related to food and hunger. They also gain important skills for work.



For information on how to involve youth, look on page 33 of the Resource Guide.

SCHOOL PROGRAMS AND CHILDREN'S PROGRAMS

School programs make it possible to involve children in community gardens. Gardening programs allow children to learn about their local environment.



For information on school programs and children's programs, look on page 36 of the Resource Guide.

PARKS, FORESTRY AND RECREATION PROGRAMS

The Parks, Forestry and Recreation Department is responsible for the parks, open spaces, ravines, forests and recreational programs in the City of Toronto. Here are some of the things they do:

- develop and deliver recreation programs to all ages, including learn-to-swim, fitness, crafts and public skating programs;
- manage and maintain recreational facilities such as swimming pools, gyms and arenas;
- develop programs in the community, run parks, take care of plants and trees, plan parks and open spaces, and many other programs related to the environment; and

- operate special services such as the ferries, golf courses, waterfront and regional parks.

Parks, Forestry and Recreation offers many programs including community gardens.




For information on Parks, Forestry and Recreation programs, look on page 41 of the Resource Guide.



COMMUNITY ECONOMIC DEVELOPMENT

Community economic development means helping people earn an income and improve their lives in ways that can continue into the future. It puts development of people's lives and the economy together. Community economic development is a process that is based in the community and led by the people who live there. It helps communities be healthier in every way: economically, socially, culturally and ecologically. Community gardening is an exciting and unique way to do community economic development. Some examples are training people for jobs in horticulture and setting up small catering or horticulture businesses.

 For information about community economic development, look on page 47 of the Resource Guide.

About starting a small business

If you are ready to start your business you will need to know the rules that affect you. You will also need to find out about kinds of permits and licenses a business like yours needs.

Here are some places that can help you find out about setting up a small business in Canada:

BUSINESS START-UP ASSISTANT

This website has important information from the federal and provincial governments about starting a small business.

Web site:
<http://bsa.cbasc.org/gol/bsa/site.nsf/en/index.html>.

CANADA-ONTARIO BUSINESS SERVICE CENTRE

The Canada-Ontario Business Service Centre has information from the governments of Canada and Ontario. They can give you information about starting a small business in Ontario.

Web site: www.cobsc.org or call 1-800-567-2345.

REVENUE CANADA

The best place to find information about taxes is from the website for Revenue Canada.

Web site:
www.cra-arc.gc.ca/tax/business/sme/menu-e.html.

CONCLUSION

We hope that this manual has shown you that planning a community garden is a lot of work, but that it is worth it. When people are well-organized, committed and dedicated, community gardening can be a wonderful experience for everyone. It helps neighbours cooperate, builds a sense of community pride and can lead to many other good things.

We hope that the information in this manual helped you to think about all the possible things you can do related to community gardening, what supports exist in your community and how community gardens can last into the future.

This manual is only a guide. Please remember that there are no strict rules for developing a community garden. Each community garden is different. The only way to learn what works in your situation is by trying.

