

MSVU Community Garden

Aimed at beautifying the city with urban gardening, and launching the Nibbling Plot for All project.

September 29, 2015



Community Garden Event

June 100 in 1 day
Community Garden
Season Kick-off Party

June Plant Swap & Ice-
cream Social

August A Hike to Susies
Lake

What did Mount Community Garden do for Social Opportunities in 2014-2015?

Workshops from 2014 Fall and 2015 Winter:

- SEED SAVING: I AM A Seed Saver – USC Canada
Local food systems are critical to food sovereignty and the reform of our future food system. In this workshop, we learned about how important seed biodiversity was, and how secure was the Canadian seed supply, and to educate food activists taking a step further into becoming seed activists.
- Urban Farm in Every Neighbourhood – Common Roots Urban Farm
In this workshop, we discussed how urban agriculture (community garden, urban farm) affected our city through the story of Common Roots Urban Farm, and how we can build that into a collective vision of an urban farm in every neighbourhood.
- 'Our Foodsystem' Panel – 6 panelists
In the panel, we discussed how farming and fishing is a business, and what it takes to be a farmer from small scale farmers, food activist, foodservice provider and financial co-operative; and to move forward, how we consumers could contribute in making our foodsystem sustainable.



Mount Community Garden provide education opportunities to students that aimed at understanding the food system, and how we can make positive changes to it.



What else did Mount Community Garden do for Social Opportunities in 2014-2015?

Community Outreach:

➤ Partnership with Fountain Play Center (2015 Winter):

Volunteers administer garden lesson to children where they can talk about food, harvested seeds, learn about fruits and vegetables, and enjoy the garden.

➤ Immigrant Services Association of Nova Scotia (ISANS)

The MSVU Community Garden partnered with ISANS (Immigrant Services Association of Nova Scotia) in the 'Nibbling Plot for All' Project to grow food sustainably to provide MSVU students who are in need of affordable fresh produce.

ISANS is a community organization that welcomes immigrants, offer services and create opportunities to help them to participate fully in Canadian life. Three gardeners from Nepal coordinated through ISANS, started volunteering at the garden in July. Though not speaking perfect English, they are absolutely passionate about growing food. Receiving social income assistance from government themselves, they are compassionate about students who also have limited budget on fresh veggies and fruit, and volunteering weekly at the garden to grow food for them. Mount community embrace the new comers of the country, and support them in return for a garden plot.

➤ The Wellness Pantry

We are excited to announce that this year the MSVU Students' Union has partnered with the MSVU Community Garden to grow some fresh produce. It will allow us to offer fresh produce in the Wellness Pantry while also providing valuable opportunities for individuals using the services to learn about growing food. In our plot we have squash, peas, strawberries, green peppers,

kale, and mint growing.

The Wellness Pantry is a student operated food bank located in the Rosaria student centre. Food security is a major barrier to post-secondary education and many of our students struggle to put meals on their tables. The Wellness Pantry is open and accessible to all MSVU students. Throughout the academic year we offer a range of non-perishable food provided by FEED-Nova Scotia as well as feminine products, coffee, tea, and snacks. We would like to invite you to stop in for a visit sometime.

➤ The Nibbling Plot for All Project

Everyone is welcome. It is especially for those that are not able to have a garden plot, want to garden but only have limited time, not knowing much about gardening but would like to learn, want to grow food from their own countries, or simply find it difficult to get fresh produce that they want from conventional stores. Those who are involved get to do all the planting, watering, weeding, harvesting and enjoy the food with others. This project provide a space for everyone to grow food sustainably. The spaces are maintained by volunteers, and every volunteer could harvest a share. All the surplus food would go into sell on campus to provide affordable fresh produce on campus. The first trial Moving Market at MSVU had received support from staffs and faculties, and successfully raised almost \$145.



Social Responsibility

A list of initiatives from the society that relate to social responsibility. This includes anything you think would link to the theme of making society better, including: fundraising, research, volunteer and work opportunities, teaching and learning, roles, events, campaigns, etc.



Contact Us

Website:

<http://www.msvu.ca/communitygarden>

Facebook Logo: The Mount's Community Garden

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Continued Garden Event for 2015 Season

- June
 - 100 in 1 day Halifax 2015 – Community Garden Season Kick-off Party

Aimed at beautifying the city with urban gardening, and launching the Nibbling Plot for All project. We also work towards increase awareness on food insecurity by having a brief introduction of food security.

- Plant Swap & Ice-cream Social

The MSVU Community Garden participated in an annual campus "Plant Swap and Ice-cream Social Event," and we are glad to report that it was a huge success! For the event, staff and community members were encouraged to bring plants to swap for their own personal gardens. While the MSVU Community Garden did not participate in the swap, we did offer bouquets for sale! The bouquets, made up of flowers from our native species bed, were sold by donation. By the end of the plant swap and ice-cream social the garden was able to raise almost \$40. With the wild success of our sales, the garden is now working on introducing a moving market to sell our flowers and produce.

- August
 - A Hike to Susies Lake

Susies Lake, located in the heart of Bayers Lake, is a part of the

purposed Blue Mountain Birch Cove Lakes Park; if completed, it will be the largest urban park in Canada. Historically, The Sisters of Charity have long had a connection with this area. In fact, years ago they used to get their water from Susie/Quarry Lakes; as well, during the summer, they would hike back to the lakes for a refreshing swim. We believe our garden group honours their memory through our hike. It is important for people to learn about this wilderness area and the importance that our local council plays in making this a reality for future generations. This hike as it demonstrates, as does gardening, the delicate balance between wilderness habitat and urban settings. The two can coexist harmoniously if well planned and protected. For more information, or you want to get involved - go to <http://www.bmbcltrails.com>



The Mount Community Garden