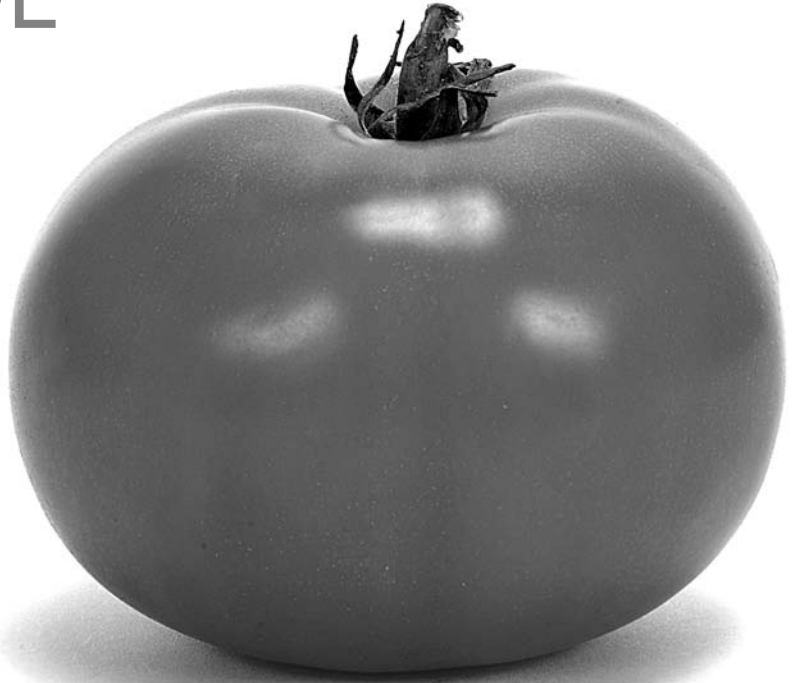




COMMUNITY GARDENING RESOURCE GUIDE



INDEX

COMMUNITY GARDENING RESOURCE GUIDE

OTHER PROGRAMS:

COMMUNITY KITCHENS AND FARMERS' MARKETS

Community kitchens

Community kitchens within Toronto Community Housing3
Other community kitchens in Toronto4
Opportunities for partnership6

Farmers' markets

Farmers' markets in Toronto8
-----------------------------------	----

FUNDING AND PARTNERSHIPS

Funding sources for community garden projects

Funding sources for community gardens11
Governments11
Foundations12
Corporations13
Toronto Community Housing funding sources14
In-kind contributions15
Seeds16
Tools, equipment and environmental products18

Community agencies

Community agencies in Toronto with related programs for partnership and support19
--	-----

EDUCATIONAL OPPORTUNITIES

Farm programs for field trips and training

Farm programs in Toronto25

Workshops and training programs

Gardening and horticultural programs26

Community kitchens and cooking programs30

Youth strategy opportunities

Youth strategy opportunities in Toronto33

School programs and children's programs

School programs and children's programs in Toronto36

Parks, Forestry and Recreation programs

Parks, Forestry and Recreation programs in Toronto41

Community economic development opportunities

Community economic development initiatives in Toronto47

APPENDIX

General gardening and horticultural information51

Resources for community gardening51

Resources for farmers' markets53

Community kitchens and other food-related resources53

Sustainable communities54

Networking resources55

Hotlines55

Useful books55

OTHER PROGRAMS: COMMUNITY KITCHENS AND FARMERS' MARKETS

COMMUNITY KITCHENS

Community kitchens provide a place for neighbours to meet and learn new cooking skills while cooking nutritious meals and breaking down barriers in the community.

COMMUNITY KITCHENS WITHIN TORONTO COMMUNITY HOUSING

Several Toronto Community Housing buildings offer community kitchen programs. See the list below for more details.

SENECA/DON VALLEY – CHU 3

WILLOWDALE AVENUE

Community cooking club for women every other Saturday at noon.

Location: 415 Willowdale Avenue

DOWNTOWN WEST – CHU 9

MAY ROBINSON APARTMENTS

Two cooking groups (Tibetan and Vietnamese) are designed to teach parents good nutrition and cooking techniques.

Location: 20 West Lodge Avenue

ST. JAMESTOWN – CHU 16

THE WAREHOUSE

Cooking classes for men, women and children. The Warehouse also has a lunch room and a carpentry shop. Programs are ongoing and run at various dates and times.

Location: Behind 47 Rose Avenue & Wellesley Street East

JARVIS STREET (261)

Tenant-led cooking classes.

Location: 261 Jarvis Street

MUTUAL STREET (145)

An informal cooking program as part of an after-school program.

Location: 145 Mutual Street

NORTH YORK WEST – CHU 17

EDGELEY VILLAGE DRIFTWOOD

A mental health support group with a cooking class component. The group meets four times per week from the late morning to the afternoon.

Location: 415 Driftwood Avenue

DOWNSVIEW – CHU 19

TRETHEWEY TEDDER

Periodically has a community kitchen with women and/or youth.

Location: 710/720 Trethewey Drive

DON VALLEY/EAST YORK – CHU 20

EAST YORK ACRES

Location: 9 Holden Crescent

TEESDALE PHARMACY

Cooking classes for newcomers in partnership with Access Alliance Multicultural Health Centre.

Location: 30/40 Teesdale Place

DON MILLS/AGINCOURT – CHU 22

SHEPPARD BIRCHMOUNT 2

Youth cooking club, focusing on healthy eating for youth 15+ through Heart Health. Operates once per week.
Location: 365 Bay Mills Boulevard

SCARBOROUGH/MCCOWAN – CHU 26

MCCOWAN ROAD (400)

Community kitchen open to all.
Focuses on nutrition, affordable food and meal exchanges.

Wednesdays from 9:30 to 12.
Location: 400 McCowan Road

OTHER COMMUNITY KITCHENS IN TORONTO

See the list below for information on other community kitchens in Toronto.

FRIENDS OF DUFFERIN GROVE PARK

Dufferin Grove Park has two communal wood-fired ovens as well as a communal kitchen. Community members bake bread for the Dufferin Grove Farmers Market as a fundraiser. The ovens are also used for a wide variety of community events and sometimes are open for anyone to use. The community kitchen is inside the zamboni garage and attracts a diverse group of people.

875 Dufferin Street
Tel: (416) 392-0913

E-mail: food@dufferinpark.ca
Web site: www.dufferinpark.ca

GOOD FOOD AT HOME – FOODSHARE’S COMMUNITY KITCHEN PROGRAM

The target for FoodShare’s community kitchen program is women in active treatment for breast cancer or post-treatment. The purpose of the program is to discover how to offer practical food support to people in treatment for breast cancer and to encourage long-term healthy eating practices

beyond the treatment year. The program includes three parts. The first, the Wellness Box, is a box of fresh produce and homemade soup delivered weekly for six months to participants. The second is a series of chef-led cooking classes consisting of healthy, delicious and nutritious recipes and the opportunity to discuss healthy eating strategies. The third part is a peer-led community kitchen, including cooking classes, congregate dining and bulk cooking models.

Zahra Parvinian, FoodShare
90 Croatia Street
Toronto, ON M6H 1K9
Tel: (416) 363-6441 ext 221
E-mail: zahra@foodshare.net
Web site: www.foodshare.net/goodfoodbox07.htm

HART HOUSE COMMUNITY KITCHEN

Participants at University of Toronto’s Hart House take part in hands-on workshops with a gourmet chef and cook a healthy feast. The goal of the community kitchen is to give students the skills to allow them to work within their budget, learn about food and eat nutritionally.

Arlene Stein, Hart House
7 Hart House Circle, Toronto, ON M5S 3H3
Tel: (416) 978-8393
E-mail: arlene.stein@utoronto.ca
Web site: http://socialjustice.sa.utoronto.ca/ck.html

LAWRENCE HEIGHTS COMMUNITY CENTRE COMMUNITY KITCHEN

The community kitchen at Lawrence Heights Community Centre is for East African women. The program has a close connection to the community garden also at the community centre. Takes place Fridays at lunchtime.

Lawrence Heights Community Centre
5 Replin Road
Toronto, ON M6A 2M8
Tel: (416) 395-6120

MEALS MADE EASY COMMUNITY KITCHEN

The Stop Community Food Centre’s community kitchen program provides an opportunity for people to come together to enjoy nutritious meals, break down social isolation, collect community information and share ideas on how to eat healthily on a limited budget. The program also functions as a means of popular education workshops dealing with nutrition, economic issues and a social/political analysis of food. The Stop’s community kitchen runs Tuesdays from 10 am to 12 pm. In addition, the Stop holds a monthly program for seniors with mobility issues, a monthly women’s cooking group and a bi-weekly Spanish speaker’s cooking group some youth cooking groups.

The Stop Community Food Centre
1884 Davenport Road
P.O. Box 69, Station E.
Toronto ON M6H 4E1
Tel: (416) 652-7867
E-mail: general@thestop.org
Web site: www.thestop.org/kitchens.php

MUSTARD SEED COMMUNITY KITCHEN

The Mustard Seed community kitchen, in a community outreach centre in South Riverdale, caters to low income individuals at risk of becoming homeless. Many of the participants have mental health issues. Communal cooking groups are based on the idea that everyone is entitled to good food.

Sister Gwen Smith CSJ, Mustard Seed
791 Queen Street East
Toronto, ON M4M 1H6
Tel: (416) 465-6069
E-mail: mustardseed@bellnet.ca
Web site: www.csj-to.ca/What_we_do/Fontbonne/mustard_seed.php

SCADDING COURT COMMUNITY CENTRE COMMUNITY KITCHEN

Scadding Court Community Centre has a community kitchen where members can

shop, cook and share food together in a comfortable and educational setting. Participants learn about global recipes, nutrition and healthy and affordable shopping alternatives. Scadding Court’s greenhouse and community garden provide organic food for the community kitchen. The community kitchen even goes on the road to food banks and local housing groups.

Krista Fry, Scadding Court
Community Centre
707 Dundas Street West
Toronto, ON M5T 2W6
Tel: (416) 392-0335
E-mail: kristaf@scaddingcourt.org
Web site: www.scaddingcourt.org

SOMALI YOUTH SUPPORT PROGRAM COMMUNITY KITCHEN

The Somali Youth Support Program, a partnership with SOYAT, Midaynta Association of Somali Service Organizations and the Children’s Aid Society of Toronto, runs a community kitchen program. The goal is to teach teamwork, leadership as well as learning to cook inexpensive meals.

Somali Youth Association
2304 Islington Avenue, Suite 101
Toronto, ON M9W 3W9
Tel: (416) 247-6333
Web site: www.soyat.org/projects.shtml

ST CHRISTOPHER HOUSE: THE MEETING PLACE COMMUNITY KITCHEN

The Meeting Place is an adult drop-in centre operated by St Christopher House. One of the many programs and services is the community kitchen program.

Brian Samuel, The Meeting Place
588 Queen Street West
Toronto, ON M6J 1E3
Tel: (416) 504-4275
E-mail: briansa@stchrishouse.org
Web site: www.stchrishouse.org

OPPORTUNITIES FOR PARTNERSHIP

The list below includes several opportunities for community kitchen partnerships.

THE COMMUNITY FOOD ADVISOR PROGRAM

The Community Food Advisor program supplies reliable information and education that supports safe and nutritious food selection, preparation and storage practices to consumers in Ontario. Through trained peer educators, people are provided with technical and leadership training. Upon completion of their training, the volunteers become Community Food Advisors in their own communities and help to promote safe and nutritious food selection, preparation and storage practices in their own communities.

Community Food Advisor Program
Nutrition Resource Centre
c/o Ontario Public Health Association
700 Lawrence Avenue West, Suite 310
Toronto, ON M6A 3B4
Tel: (416) 367-3313 or 1-800-267-6817
E-mail: cfa@opha.on.ca
Web site: www.nutritionrc.ca/programs/cfa-program.html

COOKING HEALTHY TOGETHER SERIES, AGINCOURT COMMUNITY SERVICES ASSOCIATION

A variety of cooking programs offered by Agincourt Community Services Association aims to support participants' self-sufficiency.

Agincourt Community Services Association
2600 Birchmount Road
Scarborough, ON M1T 2M5
Tel: (416) 321-6912
E-mail: acsa@agincourtacsa.info
Web site: www.agincourtacsa.info

THE DAILY BREAD FOOD BANK

The Daily Bread Food Bank operates a large institutional kitchen, an innovative approach to fighting hunger. The kitchen allows

perishable foods to be processed that are close to expiry, which are then frozen and delivered to meal or school nutrition programs. The kitchen is also used to train at-risk adults for work in an industrial food processing facility, the food industry or the catering and hotel industries.

191 New Toronto Street
Toronto, ON M8V 2E7
Tel: (416) 203-0050
E-mail: info@dailybread.ca
Web site: www.dailybread.ca

FIELD TO TABLE CENTRE – FOODSHARE

FoodShare's Field to Table Centre offers workshops on community kitchens including a four-part workshop series called "Cooking Out of the Box" for those interested in starting a community kitchen. Other workshops focus on cooking with fresh fruits and vegetables and developing community through food.

90 Croatia Street
Toronto, ON M6H 1K9
Tel: (416) 363-6441 ext 221
E-mail: info@foodshare.net
Web site: www.foodshare.net

HARVEST KITCHENS

The Harvest Kitchens program trains unemployed people in food preparation and provides the job skills needed for self-sufficiency. There are four Harvest Kitchens located at the YMCA, the Learning Enrichment Foundation, the Centre for Opportunities Respect and Empowerment, and the East Scarborough Boys and Girls Club. Each day, drivers pick up raw food from donors and deliver it to the Harvest Kitchens partners. Trainees are supervised by food service professionals and as they learn skills, they turn the recovered food into nourishing meals which are in turn delivered to agencies lacking adequate resources to prepare food for people in need.

Second Harvest
1450 Lodestar Road, Unit 18
Toronto, ON M3J 3C1
Tel: (416) 408-2594
E-mail: email@secondharvest.ca
Web site: www.secondharvest.ca/other_programs/index.php

LOCAL FLAVOUR PLUS

Local Flavour Plus is a non-governmental organization that brings farmers and consumers together to share in the benefits of environmentally and socially responsible food production. To build local sustainable food systems, Local Flavour Plus certifies farmers and processors and links them with local purchasers.

1965 Queen Street East, Suite 2
Toronto, ON M4L 1H9
Tel: (416) 699-6070
E-mail: info@localflavourplus.ca
Web site: www.localflavourplus.ca

WORKING WOMEN COMMUNITY CENTRE

Working Women Community Centre's Cook and Talk program is a support group for immigrant women. Cooking and talking allow women to discuss a variety of topics, make friends and break down isolation.

Settlement Services and
Women's Support Programs
533A Gladstone Avenue
Toronto, ON M6H 3J1
Tel: (416) 532-2824

or
North York East Centre –
LINC/Childminding/JSW/ISAP
Languages, Employment and
Settlement Services
5 Fairview Mall Drive, Suite 478
Toronto, ON M2J 2Z1
Tel: (416) 494-7978
E-mail: admin@workingwomencc.org
Web site: www.workingwomencc.org

Toronto Public Health has also created a training program and manual called "Cooking Healthy Together," which is used to train people to conduct cooking programs. About 130 leaders have been trained in the program.

To find an existing community kitchen in Toronto, call the Foodlink Hotline at (416) 392-6655 or email foodlink@foodshare.net.



FARMERS' MARKETS

Farmers' markets offer the opportunity for people to access of fresh, affordable and culturally-appropriate healthy food. There are many farmers' markets in operating throughout Toronto.

FARMERS' MARKETS IN TORONTO

The following farmers' market and produce stands are some of the examples of the resources that exist in Toronto.

DUFFERIN GROVE ORGANIC FARMERS' MARKET

Year round market every Thursday from 3 to 7 pm at Dufferin Grove Park, located at 873 Dufferin Street (south of Bloor, east side of Dufferin) outside the rinkhouse in the summer and inside the rinkhouse in the winter.

Tel: (416) 392-0913

E-mail: market@dufferinpark.ca

Web site: www.dufferinpark.ca/market/wiki/wiki.php

EAST YORK FARMERS' MARKET

Market operating from May to October on Tuesdays from 9 am to 2 pm at the East York Civic Centre, located at 850 Coxwell Avenue (North West corner of Mortimer and Coxwell)

Tel: (416) 392-2664

ETOBICOKE FARMERS' MARKET

Market operating from June to October on Saturdays from 8 am to 2 pm at Etobicoke City Hall., located at 399 The West Mall in the west parking lot.

Tel: (416) 394-8837 or (416) 394-8526

FOODSHARE FIELD TO TABLE PRODUCE STANDS

FoodShare works with community organizations to develop new markets in low-income communities. These produce stands improve access to fresh food and create community gathering places. The produce stands are listed below.

AGINCOURT COMMUNITY SERVICES ASSOCIATION

3080 Birchmount Road,
Salvation Army Agincourt
Wednesdays from 3 to 5 pm between
May and October

WEST HILL COMMUNITY SERVICES (four markets)

4100 Lawrence Avenue East
First Tuesday of the Month
from 10 am to 12 pm, year round

4205 Lawrence Avenue East
First Tuesday of the month
from 2 to 4 pm, year round

65 Greencrest Circuit (Markham
and Lawrence Avenue East)
Last Tuesday of the month
from 10 am to 12 pm, year round

50 Tuxedo Court
Last Tuesday of the month
from 2 to 4 pm, year round

ETHIOPIAN ORTHODOX
TEWAHEDO CHURCH
23 Denison Road West (Jane & Denison)
Fridays from 2 to 4 pm between May
and September

LAWRENCE HEIGHTS
COMMUNITY CENTRE
5 Replin Road (Allen Road and
Lawrence Avenue West)
Fridays from 3 to 6 pm between
May and September

SCARBOROUGH /
MCCOWAN – CHU 26
140 Adanac Drive
(Markham & Eglinton)
Wednesdays from 10 am to 12 pm

WARDEN WOODS
COMMUNITY CENTRE
74 Firvalley Court
(Warden & Danforth)
Thursdays from 3 to 6 pm, year round

FoodShare
90 Croatia Street
Toronto, ON M6H 1K9
Tel: (416) 363-6441 ext 221
E-mail: info@foodshare.net
Web site: www.foodshare.net

FRESH PRODUCE VENDORS

There are several vendors selling fresh produce throughout the city. See below for information on specific locations of fresh produce vendors.

SENECA/DON VALLEY – CHU 3
Willowdale Manor
175 Cummer Avenue

Beecroft Manor
35 Park Home Avenue

The Kempford
5430 Yonge Street

Sheppard Place
4455 Bathurst Street

West Don Apartments
6250 Bathurst Street

Seneca Towers
1700 Finch Avenue East

SCARBOROUGH EAST – CHU 4
Mornelle Ellsmere
110 Mornelle Court
(operated by West Hill
Community Services)

ST. JAMESTOWN – CHU 16
Bleecker Wellesley
275 Bleecker Street

SCARBOROUGH/MCCOWAN
– CHU 26
Brimley Acres
2950 Lawrence Avenue East

REGENT PARK/OAK STREET – CHU 27
Regent Park South
19 Belshaw Place

NATHAN PHILLIPS SQUARE FARMERS' MARKET

The Nathan Phillips Square Farmers' Market is located at Toronto City Hall at the corner of Bay Street and Queen Street (100 Queen Street West) and runs on Wednesdays from 8 am to 2:30 pm between June and October.
Tel: (905) 841-9278

NORTH YORK FARMERS' MARKET

Located at Mel Lastman Square at 5100 Yonge Street, the market takes place every Thursday from 8 am to 2 pm between June and October.
Tel: (905) 562-4372

RIVERDALE FARMERS' MARKET

Located at Riverdale Park West in front of Simpson House at 201 Winchester Street on Tuesdays from 3 to 7 pm, May to October.
Tel: (416) 961-8787
Web site: www.friendsofriverdalefarm.com/market.htm

ST LAWRENCE FARMERS' MARKET

The St Lawrence Farmers' Market is Toronto's largest farmers' market. It takes place year round on Saturdays from 5 am in the North Market building, located at 92 Front Street East (at Jarvis).
Tel: (416) 392-7120
Web site: www.stlawrencemarket.com

STONEGATE FARMERS' MARKET

Located in the parking lot of the Parklawn Baptist Church at 276 Parklawn Road, the Stonegate Farmers' Market is held on Tuesdays from 4 to 7 pm from June to October.

Tel: (416) 231.7070 ext 301

E-mail: julia.graham@stonegatechc.org

SUNSHINE GARDEN ORGANIC MARKET

The market is located on the grounds of the Centre for Addiction and Mental Health (CAMH) at 1001 Queen Street West (at Ossington) and runs from late June to mid-October on Mondays and Thursdays from 10 to 11:30 am.

Tel: (416) 363-6441

Web site: www.foodshare.net/garden07.htm

TEESDALE PHARMACY PRODUCE STAND

The produce stand is located at 40 Teesdale Place on Tuesdays at 3 pm and run in partnership with Warden Woods Community Centre.

TORONTO CHRISTIAN RESOURCE CENTRE FARMERS' MARKET

The Toronto Christian Resource Center operates a weekly fresh food market from April to November run by local volunteers where produce is available at inexpensive prices. The Centre also supports the establishment of other markets in the community. In addition, they operate a fresh food delivery service in partnership with Central Neighbourhood House that provides the same fresh inexpensive produce to local agencies with food programs.

Toronto Christian Resource Centre

40 Oak Street

Toronto, ON M5A 2C6

Tel: (416) 363-4234

E-mail: crc@tcrc.ca

Web site: www.tcrc.ca



FUNDING AND PARTNERSHIPS

FUNDING SOURCES FOR COMMUNITY GARDEN PROJECTS

This section describes the funding sources available for community garden projects. These sources include government, foundations, corporations, Toronto Community Housing and sources for in-kind donations. See the contact information below.

FUNDING SOURCES FOR COMMUNITY GARDENS

The following sources of funding are examples of some of the resources available to garden projects. These include government, foundations, corporations, Toronto Community Housing and sources for in-kind donations.

GOVERNMENT

ECOACTION COMMUNITY FUNDING PROGRAM (ENVIRONMENT CANADA)

The EcoAction Community Funding Program provides financial support to community groups that protect or improve the environment, increase environmental awareness and capacity in their community and address Environment Canada's priority issues of climate change, clean air, clean water and/or nature. Projects that will protect, rehabilitate or enhance the natural environment as well as build the capacity of communities to sustain these activities into the future and provide opportunities for Canadians to take positive action at the community level are encouraged to apply. Project applicants can be either action-oriented, capacity-oriented, or both and must produce measurable results. Non-profit groups are eligible to apply.

EcoAction, Environment Canada,
Ontario Region
4905 Dufferin Street
Toronto ON M3H 5T4
Tel: (416) 739-4734
Toll-free: 1 (800) 661-7785
E-mail: ecoaction.on@ec.gc.ca
Web site: [www.ec.gc.ca/ecoaction/
what_is_e.html](http://www.ec.gc.ca/ecoaction/what_is_e.html)

COMMUNITY GRANTS PROGRAM

The Toronto Parks and Trees Foundation, working in partnership with the City of Toronto, makes small grants for a variety of park-based projects and community group activities that are involved in maintaining Toronto's parkland. Grants will be available to community organizations with projects in the following areas: park improvements, recreation, environmental education and preservation, arts and culture and communications and public education.

Toronto Parks and Trees Foundation
157 Adelaide Street West, Suite 123
Toronto, ON M5H 4E7
Tel: (416) 397-5178
E-mail: lcolacc@toronto.ca
Web site: www.torontoparksandtrees.org

FOOD SECURITY INVESTMENT PROGRAMS, CITY OF TORONTO

The objective of the Food Security Investment Program is to enhance the capacity of high-need and under-served communities to take care of local food security issues, to increase access to durable food source programs by residents in high-need and under-served communities and to encourage innovations in the delivery of food security programs that strengthen the sector. Preference is given to community gardens, community markets and community kitchens in high-need communities, community co-ordination and animation to build capacity for addressing needs in new areas and short-term projects that demonstrate innovations in the delivery of programs addressing food security.

Kamaldeep Sangha, Agency Review Officer
Tel: (416) 392-8527
E-mail: ksangha@toronto.ca
Web site: www.toronto.ca/grants/fsip/index.htm

FOUNDATIONS

COTTONWOOD FOUNDATION

Cottonwood Foundation looks to support organizations for which small grants will make a major difference. The Foundation will award grants to organizations that meet all of the four following criteria:

- Protect the environment
- Promote cultural diversity
- Empower people to meet their basic needs
- Rely on volunteer efforts

Box 10803
White Bear Lake, MN 55110 USA
Tel: (651) 426-8797
E-mail: info@cottonwoodfdn.org
Web site: www.cottonwoodfdn.org

THE GEORGE CEDRIC METCALF FOUNDATION

The Metcalf Foundation seeks to enhance the effectiveness of people and organizations working together to help Canadians imagine and build a just, healthy and creative society. The Environment Program at the Metcalf Foundation works in three areas of Ontario to promote creative policies and practices that contribute to sustainable land-use patterns: Boreal Forest, Southern Ontario and Northern Appalachians. In these three regions the Environment Program supports the Foundation's core values – dynamic leadership, integrated thinking and new ideas and practice.

Specifically, the Foundation is interested in proposals that:

- Make connections – efforts that contribute to integrated thinking and action.
- Inform the conversation – efforts that generate discussion about the human use of ecosystems and landscapes.
- Strengthen organizations
- Engage communities

Ruth Richardson, Environment Program
Director, The George Cedric Metcalf
Charitable Foundation
174 Avenue Road
Toronto, ON M5R 2J1
Phone: (416) 926-0366, extension 30
E-mail: ruthr@metcalffoundation.com
Web site: www.metcalffoundation.com

HELEN MCCREA PEACOCK FOUNDATION

The Helen McCrea Peacock Foundation supports environmental organizations whose work and initiatives have a positive impact on the environment: such as solutions, awareness and education of a broad number of people on environmental matters.

Mini Alakkatusery, Senior Program Officer
Helen McCrea Peacock Foundation
c/o Toronto Community Foundation
33 Bloor Street East, Suite 1603
Toronto, ON M4W 3H1
Tel: (416) 921-2035 ext. 205
E-mail: malakkatusery@tcf.ca
Web site: www.tcf.ca/initiatives_grants/helen-mccrea.html

ONTARIO TRILLIUM FOUNDATION

The Ontario Trillium Foundation works to build healthy and vibrant Ontario communities through community-based initiatives that strengthen the capacity of organizations in the arts and culture, environment, human and social services and sports and recreation. The Foundation places particular attention on projects that promote volunteerism and community engagement, innovation and economic development and that promote healthier and more physically active communities.

Ontario Trillium Foundation
45 Charles Street East, 5th Floor
Toronto, ON, M4Y 1S2
Phone: (416) 963-4927
Toll-Free: (800) 263-2887
E-mail: trillium@webnet.net
Web site: www.trilliumfoundation.org

THE SAMUEL AND SAIDYE BRONFMAN FAMILY FOUNDATION

The Urban Issues Program supports community projects that illustrate how local groups can create lasting change by building relationships between various community groups. The projects also demonstrate the value of urban conservation and the importance of investing in and preserving a city's neighborhoods.

The Urban Issues Program funds a diverse range of projects that:

- Help local communities develop new, long-term solutions to community needs.

- Focus on developing support and respect within the community.
- Ensure both significant and ongoing input by local residents as well as a commitment to developing local leadership on the project.
- Encourage cooperation and collaboration among the city's agencies and communities.
- Relate to the Urban Issues Program's vision of the city and its future

1170 Peel Street, Suite 800
Montreal, QC H3B 4P2
Tel: (514) 878-5270
E-mail: info@bronfmanfoundation.org
Web site: www.bronfmanfoundation.org

CORPORATIONS

HOME DEPOT – EVERGREEN REBUILDING NATURE GRANT

The Home Depot/Evergreen Rebuilding Nature Grant will provide grants of up to \$6,000 for urban environmental stewardship projects, including habitat restoration and community garden projects that provide community members with opportunities to restore and care for urban landscapes. In addition, volunteers from Home Depot will be available to work on funded projects. The grant seeks to protect natural and cultural landscapes, restore degraded environments, and protect spaces for open recreation, education and enjoyment.

Mandy Pereira,
Common Grounds Grant Coordinator
Evergreen
Tel: (416) 596-1495 x249
Toll free: 1 (888) 426-3138 x249
E-mail: mandy@evergreen.ca
Web Site: www.evergreen.ca

TD FRIENDS OF THE ENVIRONMENT FOUNDATION

TD Friends of the Environment Foundation supports Canadians who are devoted to the well-being of Canada's environment. Funding is focused on projects that work to: protect and preserve the Canadian environment, assist young Canadians to understand and participate in environmental activities in local communities and enhance cooperation among environmental organizations.

TD Friends of the Environment Foundation
Kate Young, Regional Manager
220 Dundas Street, 4th Floor
London, ON N6A 1H3
Tel: (519) 663-1750
E-mail: kate.young@td.comre@td.com
Web site: www.td.com/fef/

SHELL ENVIRONMENTAL FUND

The Shell Environmental Fund provides financial support for grass-roots, action-oriented projects that improve and protect the Canadian environment including clean-ups, naturalization, recycling projects and environmental education projects.

Administrator, Shell Environmental Fund
PO Box 100, Station M,
Calgary, AB, T2P 2H5
Phone: (403) 691-2071
E-mail: admin-sef@shell.com
Web site: www.shell.ca/sef

WAL-MART – EVERGREEN GREEN GRANTS PROGRAM

Green Grants is a national program to fund community-based restoration and stewardship initiatives in urban and urbanizing areas. The Green Grant Program is designed to assist community groups that are striving to transform degraded public space into healthy and vibrant natural areas. The grant supports community gardening initiatives involving native plants and food gardening.

Mandy Pereira,
Common Grounds Grant Coordinator
Evergreen
Tel: (416) 596-1495 x249
Toll free: 1 (888) 426-3138 x249
E-mail: mandy@evergreen.ca
Web Site: www.evergreen.ca

Although most of the grants listed above focus on gardening, community and the environment, sources of funding can come from government, foundation or corporate funds that focus on:

- Nutrition
- Urban development
- Micro-enterprise
- Emergency food
- Recycling and composting
- Women and self-employment

TORONTO COMMUNITY HOUSING FUNDING SOURCES

Community gardens within Toronto Community Housing are currently funded by several internal funding sources. Toronto Community Housing staff can often be a source of support and help for these types of fund-raising initiatives. The funds are described below.

COMMUNITY FUND

The Community Fund supports community building activities including community gardening, barbecues, seasonal events or trips. The Fund comes from the rental of common space in the CHU.

Contact your tenant representative or Health Promotion Officer to begin the application process.

OPERATING FUNDS

Operating Funds deal with ensuite repairs, move-outs and contingencies.

Contact your CHU Manager for more information on this fund.

SOCIAL INVESTMENT FUND

The Social Investment Fund assists community initiatives that build strong and healthy communities within Toronto Community Housing. The program supports projects that cultivate collaboration between tenants and community organizations and that develop community capacity to create solutions to community problems.

Tenant and Community Services Unit
Toronto Community Housing
931 Yonge Street, 2nd Floor
Tel: (416) 981-4089
Toronto, ON M4W 2H2
Web site: www.torontohousing.ca/
our_communities/default.asp?load=social

TENANT ALLOCATED CAPITAL

Tenant Allocated Capital includes capital projects identified by tenants as priority areas including playgrounds, common areas or landscaping. To allocate these funds, priorities are first identified at Local Planning meetings that are held in each community during the fall. The Tenant Council establishes the final priorities in the late fall when all of the local priorities have been identified.

Attend a Local Planning meeting held each fall to identify priorities for the CHU.

TENANT COUNCIL FUND

The Tenant Council Fund is geared largely for capacity building for tenant representatives, tenant councils and tenants. Each Tenant Council receives \$12,000 per year.

Contact your tenant representative or Health Promotion Officer to begin the application process.

Finally, some Community Housing Units have established specific funds such a flower fund to help pay for ornamental plants in community gardens as well as other public landscaping spaces.

IN-KIND CONTRIBUTIONS

Though money is the most obvious form of support for community gardens, you should also consider in-kind support for your project. This may include donations of material, time and expertise. In-kind support may also be easier to secure than actual cash. Donors will find it easier to give if they know exactly what you are asking for. Examples of such support include tools, seeds, land, information and perhaps even a community meeting place.

The following is a list of potential sources for in-kind support:

Businesses

In addition to traditional grant programs, both large corporations and small local businesses can be a good source of in-kind support.

Governments

Municipalities may be able to offer in-kind support, including staff time and plant materials.

Associations

Professional, gardening or business associations may be able to provide support. A few examples include:

CANADIAN NURSERY LANDSCAPE ASSOCIATION

A national body linking provincial associations in the landscape, horticulture and nursery industries.
Web site: www.canadanursery.com

CANADIAN ORGANIC GROWERS

Canada's national membership-based education and networking organization representing farmers, gardeners and consumers.
Web site: www.cog.ca

COMPOSTING COUNCIL OF CANADA

A national non-profit, member-driven organization with a charter to advocate and advance composting and compost usage.

Web site: www.compost.ca

GREEN COMMUNITIES CANADA

A national association of non-profit organizations that provide innovative programs to Canadian households and communities.

Web site: www.gca.ca

LANDSCAPE ONTARIO HORTICULTURAL TRADES ASSOCIATION

Ontario's horticultural trade association. Landscape Ontario provides funding to support community gardens.

Web site: www.landscapeontario.com

ONTARIO HORTICULTURAL ASSOCIATION

An association of local societies and individual members.

Web site: www.gardenontario.org

LOCAL HORTICULTURAL SOCIETIES

Many communities throughout Toronto have local horticultural societies.

See www.gardenontario.org/soc/index.php for more information on the closest society to your community.

Private donations

Includes individuals who donate time, materials or funds.

Local credit unions

Credit unions offer an alternative to a traditional bank from an organization that is community-oriented. A few examples of credit unions include Desjardins Credit Union, Meridian Credit Union Limited and Alterna Savings and Credit Union Limited.

See http://cucentral.infonow.net/bin/findNow?CLIENT_ID=CU_CENTRAL_BRAN CH_CAN to search for specific credit union locations.

Community centres

Community centres sometimes partner on projects related to community gardening.

See: www.toronto.ca/parks/recreation_facilities/comcen/comcen_index.htm for more information.

Community health centres

Community health centres often support community gardens. See: www.aohc.org/aohc/index_e.aspx?DetailID=15 to search for a Toronto community health centre in your community.

Universities and colleges

Students enrolled in related programs may be willing to donate their time and expertise in exchange for gaining practical experience.

In addition to the above sources, the following resources may be of use in obtaining contributions for community gardens:

SEEDS

ECOGENESIS

Ecogenesis offers certified organic seeds to gardeners and do not sell hybrid or genetically modified seeds. They also offer work to people and donate seeds to charities.

Box 111
Homestead Drive
Mount Hope, ON L0R 1W0
Toll free: 1 (877) 836-3693
E-mail: ecogenesis@hotmail.com
Web site: www.ecogenesis.ca

MCKENZIE SEEDS

A Canadian company selling seeds and related gardening products.

30 9th Street
Brandon, MA R7A 6E1
Toll Free: 1 (800) 665-6340 (English);
1 (800) 361-7041 (French)
E-mail: customerservice@mckenzieseeds.com
Web site: www.mckenzieseeds.com

ONTARIO SEED COMPANY

Seed company offering flower, vegetable and herb seed varieties.

P.O. Box 7
Waterloo, ON N2J 3Z6
Tel: (519) 886-0557
E-mail: seeds@oscseeds.com
Web site: www.oscseeds.com

SEEDS OF CHANGE SEED DONATION PROGRAM

The Seed Donation Program contributes seeds to organizations that promote education and sustainable living through organic gardening projects.

Seeds of Change
PO Box 15700
Santa Fe, NM 87592
Tel: (505) 438-8080
Toll free: 1 (888) 762-7333
Web site: www.seedsofchange.com/donations/default.asp?UID=

SEEDS OF DIVERSITY CANADA SEED EXCHANGE

The Seed Exchange Program allows members of Seeds of Diversity to obtain samples of over 1500 varieties of plants and seeds in exchange for return postage. The Seed Exchange Directory is available through their web site.

Seeds of Diversity
P.O. Box 36, Station Q
Toronto ON M4T 2L7
1 (866) 509-SEED
E-mail: mail@seeds.ca
Web site: www.seeds.ca

SEEDY SATURDAYS

Seeds of Diversity also sponsors a series of independent local events across Canada for the local gardening community to swap seeds and gardening information. The events bring together home gardeners, seed savers, native plant collectors, agriculture conservation groups, community gardeners and local seed companies.

See www.seeds.ca or www.seedysaturday.ca for more information

STOKES SEEDS (CANADA)

High quality seeds and gardening products for home and commercial gardeners.

PO Box 10
Thorold, ON L2V 5E9
Tel: (905) 688-4300
E-mail: stokes@stokeseeds.com
Web site: www.stokeseeds.com

URBAN HARVEST GARDEN ALTERNATIVES

Urban Harvest provides seedlings and garden supplies that promote ecological diversity. Plant seeds and garden supplies are specially chosen for their unique qualities and seedlings are grown in or near the greater Toronto area to support the local economy.

P.O. Box 176, Station 'C'
Toronto, ON M6J 3M9
Tel: (416) 504-1653
E-mail: grow@uharvest.ca
Web site: www.uharvest.ca

TOOLS, EQUIPMENT AND ENVIRONMENTAL PRODUCTS

GRASSROOTS

Grassroots offers environmentally-friendly products and even holds in-store workshops that focus on issues of environmental sustainability.

Grassroots
372 Danforth Avenue
Toronto, ON M4K 1N8
Tel: (416) 466-2841

or

408 Bloor Street West
Toronto, ON M5S 1X5
Tel: (416) 944-1993
Toll-free: 1 (888) 633-5833
Web site: www.grassrootsstore.com

LEE VALLEY TOOLS

A good source for gardening tools and products for seed starting.

P.O. Box 6295, Station J
Ottawa, ON K2A 1T4
Tel: 1 (800) 267-8767 (to place an order); 1 (800) 267-8761 (customer service)
E-mail: customerservice@leevalley.com
Web site: www.leevalley.com

HOME HARDWARE

Canadian based hardware stores with useful products for gardeners.

For more information and to find your closest store, contact:
Web site: www.homehardware.ca

RONA

Rona is a Canadian distributor and retailer of hardware, home renovation and gardening products. See the online section on Horticulture at www.rona.ca/webapp/wcs/stores/servlet/ContentServlet?assetId=4&langId=-1.

For more information and to find your closest store, contact: Web site: www.rona.ca



COMMUNITY AGENCIES

Local community agencies and organizations often provide opportunities for partnership with community garden projects within Toronto Community Housing, and may even be important for the success of community gardens, community kitchens and farmers' markets. See the contact information below.

COMMUNITY AGENCIES IN TORONTO WITH RELATED PROGRAMS FOR PARTNERSHIP AND SUPPORT

The list below provides an idea of the types of agencies and organizations working with projects related to community gardens, community kitchens and farmers' markets in Toronto.

ACCESS ALLIANCE MULTICULTURAL HEALTH CENTRE

Access Alliance works to promote health and well-being as well as to improve access to services for immigrants and refugees in Toronto by addressing medical, social, economic and environmental issues.

340 College Street, Suite 500
Toronto, ON M5T 3A9
Tel: (416) 324-8677
E-mail: mail@accessalliance.ca
Web site: www.accessalliance.ca

AFRI-CAN FOOD BASKET

The Afri-Can Food Basket is a cooperative, community-based economic development project that distributes African and Caribbean produce to people of colour in Toronto. The program seeks to promote healthy eating through culturally appropriate food as well as African self-reliance through urban organic farming.

Anan Lololi, Afri-Can Food Basket
5 Replin Road
Toronto, ON M6A 2M8

Tel: (416) 248-5639
E-mail: info@africanfoodbasket.com
Web site: www.africanfoodbasket.com

AGINCOURT COMMUNITY SERVICES ASSOCIATION

Agincourt Community Services Association is a non-profit, multi-service agency that deals with needs and empowers children, youth, newcomers, homeless and underserved communities to work for a better future. The food security program includes cooking clubs and workshops, community gardens, the Good Food Box and trips to local farms.

4155 Sheppard Avenue East, Suite #100
Scarborough, ON M1S 1T4
Tel: (416) 321-6912
Web site: www.agincourtacsa.info

CAREFIRST SENIORS AND COMMUNITY SERVICES ASSOCIATION

Carefirst Seniors and Community Services Association provides social, health care, home care and community supportive services for seniors, with a focus on the Chinese community.

3601 Victoria Park Avenue, Suite 501
Scarborough, Ontario Canada M1W 3Y3
Tel: (416) 502-2323
E-mail: infor@carefirstseniors.com
Web site: www.carefirstseniors.com

CHILDREN'S GARDEN AND EXPLORING TORONTO PROGRAMS

The City of Toronto provides fun, hands-on programs for children and youth to discover the meaning of Toronto's parks and gardens by providing opportunities to learn about,

experience and enjoy urban ecology and organic gardening in Toronto's parks and ravines.

Keely Forth
Children's Garden and
Exploring Toronto Programs
Parks, Forestry and Recreation Division,
City of Toronto
Tel: (416) 392-1329
E-mail: kforth@toronto.ca
Web site: www.toronto.ca/parks/programs/children.htm

THE DAILY BREAD FOOD BANK

The Daily Bread Food Bank, a lead organization in the fight against hunger, serves 83 000 people in Toronto through a large network of agencies and food relief programs. Daily Bread's programs include: collecting food, saving and packaging food, food distribution, a kitchen training program, advocacy services and research and public education.

191 New Toronto Street
Toronto, ON M8V 2E7
Tel: (416) 203-0050
E-mail: info@dailybread.ca
Web site: www.dailybread.ca

EASTVIEW NEIGHBOURHOOD COMMUNITY CENTRE

Eastview Neighbourhood Community Centre is a multi-service community-based agency providing programs and services to children, youth, seniors, newcomers and families in east Toronto with a focus on the Chinese community. Their food access and nutrition programs include community gardens, a community kitchen and a food sharing group.

86 Blake Street
Toronto, ON M4J 3C9
Tel: (416) 392-1750
E-mail: info@eastviewcentre.com
Web site: www.eastviewcentre.com

ENERACT

Eneract delivers innovative solutions to environmental problems and builds capacity in communities to work towards a sustainable future. Concentrating on energy efficiency and renewable energy, Eneract's approach focuses on the links between a healthy environment, a vibrant community and a strong economy.

401 Richmond Street West, Suite 401
Toronto, ON M5V 3A8
Tel: (416) 488-3966
E-mail: info@eneract.org
Web site: www.eneract.org

EVERGREEN

Evergreen brings nature to cities through naturalization projects by motivating people to create and sustain healthy, natural outdoor spaces and by giving them the practical tools to be successful. Its core programs include: Learning Grounds (transforming school grounds), Common Grounds (conserving publicly accessible land) and Home Grounds (home landscape).

355 Adelaide Street West, Fifth Floor
Toronto, ON M5V 1S2
Tel: (416) 596-1495
E-mail: info@evergreen.ca
Web site: www.evergreen.ca

FOODSHARE

FoodShare focuses on "field to table issues" including growing, processing and distribution of food to its purchasing, cooking and consumption. The organization runs a variety of grassroots projects that support healthy eating, teach methods of food preparation and cultivation, build community capacity and generate non-market-based forms of food distribution.

90 Croatia Street
Toronto, ON M6H 1K9
Tel: (416) 363-6441 ext 221
E-mail: info@foodshare.net
Web site: www.foodshare.net

THE FOUR VILLAGES COMMUNITY HEALTH CENTRE

The Four Villages Community Health Centre helps to promote health and wellness through a wide range of primary care services and programs. The programs promote the basic things that benefit health including dignified work, a clean environment, affordable housing and good education. The Four Villages has a hands-on cooking program for parents as well as community kitchens.

1700 Bloor Street West
Toronto, ON M6P 4C3
Tel: (416) 604-3361
Web site: www.4villageschc.ca

FUTUREWATCH ENVIRONMENT AND DEVELOPMENT EDUCATION PARTNERS

FutureWatch aims to bring communities together to find solutions to social, environmental and economic problems. It promotes environmentally and socially sustainable communities in Canada and globally by providing valuable work opportunities and community resources to fund social capacity building and environmentally sound initiatives.

3101 Dundas Street West
Toronto, ON M6P 1Z9
Tel: (416) 926-1985
E-mail: info@futurewatch.net
Web site: www.futurewatch.net

GREENEST CITY

Greenest City is a community-based environmental organization dedicated to reducing pollution, regenerating urban life and promoting social equity by engaging people to find local solutions to global environmental problems. Greenest City has helped to establish a range of community gardens in Toronto as part of the Multicultural Greening Project.

215 Spadina Avenue, Suite 120
Toronto, ON M5T 2C7
Tel: (416) 922-7626
E-mail: info@greenestcity.net
Web site: www.greenestcity.net

HUMBER ARBORETUM

The Humber Arboretum is a non-profit centre for urban ecology located on the West Humber River in northwest Toronto. In addition to its gardens, forests, meadows and wetland, the Arboretum offers a variety of nature-oriented educational activities for children as well as its new Centre for Urban Ecology.

205 Humber College Boulevard
Toronto, ON M9W 5L7
Tel (Nature Studies Programs):
(416) 675-5009
Tel (Gardens): (416) 675-6622 ext 4467
Tel (New EcoCentre):
(416) 675-6622 ext 5127
E-mail: naturecentre@humber.ca
Web site: www.humberarboretum.on.ca

LAWRENCE HEIGHTS COMMUNITY CENTRE

Lawrence Heights Community Centre provides many programs and services to the community of Lawrence Heights.

5 Replin Road
Toronto, ON M6A 2M8
Tel: (416) 395-6120

LAWRENCE HEIGHTS COMMUNITY HEALTH CENTER

The Lawrence Heights Community Health Centre provides accessible, high quality health care and community programs to empower people – both individually and collectively – to live healthier lives.

12 Flemington Road
Toronto, ON M6A 2N4
Tel: (416) 787-1661
E-mail: agarcia@lhchc.com
Web site: www.lhchc.com

NORTH TORONTO GREEN COMMUNITY

The Toronto Green Community is a non-profit organization that aims to engage residents, community groups and local businesses to improve the environment, economic and quality of life. The organization helps to foster locally based community action on pressing environmental issues.

40 Orchard View Boulevard, Suite 252
Toronto, ON M4R 1B9
Tel: (416) 781-7663
E-mail: info@ntgc.ca
Web site: www.ntgc.ca

PARKDALE COMMUNITY HEALTH CENTRE

Parkdale Community Health Centre helps to ensure responsive, accessible and innovative primary health care services to its communities through an integrated approach to the delivery of quality health care services.

1229 Queen Street West
Toronto, ON M6K 1L2
Tel: (416) 537-2455
E-mail: parkdale.info@pchc.on.ca
Web site: www.parkdalehealth.ca

PEER NUTRITION PROGRAM

The Peer Nutrition Program is a free Toronto Public Health program offered to parents and caregivers from ethnically and culturally diverse communities in Toronto. The program's goal is to improve access to nutrition programs and enhance children's nutritional status between the ages of 6 months to 6 years. The program offers nutrition programs and education material in a variety of languages. At present, there are 40 nutrition workshops and support groups/drop-in sessions throughout the city in a variety of communities. See the web site for an up-to-date listing of program locations.

Tel: (416) 338-7600
E-mail: publichealth@toronto.ca
Web site: www.toronto.ca/health/pn

PLANT A ROW – GROW A ROW

Plant a Row - Grow a Row is a program operating in many Canadian communities that promotes sharing the harvest with others in the community to assist in feeding people who are hungry.

16 Northumberland Street
Toronto, ON M6H 1P7
Toll free: 1 (877) 571-GROW
Tel: (416) 535-0240
E-mail: info@growarow.org
Web site: www.growarow.org

REGENT PARK COMMUNITY HEALTH CENTRE

Regent Park Community Health Centre serves a diverse population in Canada's and largest public housing community. The Health Centre provides integrated health and social services to address the complex needs and challenges of the residents of the area. People living in Regent Park participate in a range of activities that address the factors in their lives that influence health including economics, employment, education, housing, and family and community support. The Regent Park Community Health Centre has a community garden program and a nutrition program.

465 Dundas Street East
Toronto, ON M5A 2B2
Tel: (416) 364-2261
E-mail: rpchc@regentparkchc.org
Web site: www.regentparkchc.org

SECOND HARVEST

Second Harvest is a community-based organization that picks up excess fresh food and delivers it to social service agencies in Toronto. Donors include grocery stores, food manufacturers and distributors, hotels and caterers. Each day, Second Harvest drivers collect fresh food and distribute it to community centres, shelters, breakfast programs and drop-in centres throughout Toronto.

1450 Lodestar Road, Unit 18
Toronto, ON M3J 3C1
Tel: (416) 408-2594
E-mail: email@secondharvest.ca
Web site: www.secondharvest.ca

ST CHRISTOPHER HOUSE

St Christopher House is a neighbourhood centre providing support to people of all ages including immigrants and low-income individuals.

248 Ossington Avenue
Toronto, ON M6J 3A2
Tel: (416) 532-4828
E-mail: info@stchrishouse.org
Web site: www.stchrishouse.org

ST CLAIR WEST SERVICES FOR SENIORS

St Clair West Services for Seniors provides support services for seniors, adults with physical or cognitive impairments and adults who are convalescing who want to maintain life quality while living in their own homes. Services include adult day programs, older adult centre and home support.

2562 Eglinton Avenue West, Suite 202
Toronto, ON M6M 1T4
Tel: (416) 787-2114
E-mail: info@servicesforseniors.ca
Web site: www.servicesforseniors.ca

STONEGATE COMMUNITY HEALTH CENTRE

Stonegate Community Health Centre is a community based organization that provides comprehensive health and social services to residents living in southeast Etobicoke. The Centre's community food project includes support to several community gardens as well as a farmers' market.

150 Berry Road,
Toronto, ON M8Y 1W3
Tel: (416) 231-7070
E-mail: info@stonegatechc.org
Web site: www.stonegatechc.org

THE STOP COMMUNITY FOOD CENTRE

The Stop Community Food Centre offers a variety of programs that focus on increasing access to healthy food in a way that maintains dignity, builds community and challenges inequality. The programs include community dining, kitchens and gardens, drop-in programs, nutrition, support for pregnant women and a food bank.

1884 Davenport Road
P.O. Box 69, Station E
Toronto, ON M6H 4E1
Tel: (416) 652-7867
E-mail: general@thestop.org
Web site: www.thestop.org

TORONTO BOTANICAL GARDEN

The Toronto Botanical Garden is a volunteer-based, charitable organization whose purpose is to inspire passion, respect and understanding of gardening, horticulture, the natural landscape and a healthy environment.

777 Lawrence Avenue East
Toronto, ON M3C 1P2
Tel: (416) 397-1340
E-mail: info@torontobotanicalgarden.ca
Web site: www.torontobotanicalgarden.ca

TORONTO CHRISTIAN RESOURCE CENTRE

The Toronto Christian Resource Centre in Regent Park, a partner of the United Church of Canada, is a community agency concerned with housing, food access and security, community initiatives and advocacy. The centre oversees the operation of three community gardens in Regent Park.

40 Oak Street
Toronto, ON M5A 2C6
Tel: (416) 363-4234
E-mail: crc@tcrc.ca
Web site: www.tcrc.ca

TORONTO COMMUNITY GARDENING NETWORK

The Toronto Community Garden Network help works to promote the community gardening movement in Toronto by supporting and linking community gardeners. The network holds events throughout the year to bring gardeners from the city together. To get more information on the network's events, sign up for the TTCGN e-bulletin at www.foodshare.net/newsletter_main.htm.

Jennifer Volk
Tel: (416) 392-1668
E-mail: tcgn@foodshare.net

TORONTO FOOD POLICY COUNCIL

The Toronto Food Policy Council strives for a food system that fosters equitable food access, nutrition, community development and environmental health. The Council partners with business and community groups to develop policies and programs promoting food security.

Wayne Roberts, Project Coordinator
277 Victoria Street, Suite 203
Toronto, ON M5B 1W1
Tel: (416) 338-7937
E-mail: tfpc@toronto.ca
Web site: www.toronto.ca/health/tfpc_index.htm

WARDEN WOODS COMMUNITY CENTRE

Warden Woods Community Centre is a multi-service neighbourhood agency working in southwest Scarborough. The Community Centre includes some food access support and involvement in community gardens.

74 Fir Valley Court
Scarborough, ON M1L 1N9
Tel: (416) 694-1138
E-mail: warden@wardenwoods.com
Web site: www.wardenwoods.com

YORK COMMUNITY SERVICES

York Community Services is a community-based organization offering integrated primary health care, legal services, counseling, case management, housing assistance and community support to residents in of the former City of York in Toronto. The Centre also provides group programs focusing on skills development, peer support, community integration and enhanced personal capacity. Programs include community kitchens, an organic community garden and the gardens and environment program.

1651 Keele Street
Toronto, ON M6M 3W2
Tel: (416) 653-5400
Web site: www.ycservices.com

EDUCATIONAL OPPORTUNITIES

FARM PROGRAMS FOR FIELD TRIPS AND TRAINING

Farm programs can work as an educational tool to demonstrate sustainable farming, good environmental practices, organic farming methods, model gardens and good examples for children. See the contact information below.

FARM PROGRAMS IN TORONTO

The following list presents several available farm programs in Toronto and the surrounding areas.

Everdale Organic Farm

Everdale is an organic farm and environmental learning centre with the purpose to teach sustainable living practices as well as to operate a model organic farm. Everdale offers farm apprenticeships, weekend courses and workshops, school programs and educational tours for the public. The fifty-acre property includes a working organic farm, a model home, a classroom, forests and meadows. Everdale Organic Farm is open every Saturday from 10 am to 4 pm (June to September). Guided tours can also be arranged.

5812 6th Line
Erin, ON
www.everdale.org/index.php?module=Everdale&func=displayMenu&menuId=10 for driving directions.
Tel: (519) 855-4859
Fax: (519) 855-6531
E-mail: info@everdale.org
Web site: www.everdale.org

FAR ENOUGH FARM

Far Enough Farm is located in the Toronto Island Park near Centreville on Centre Island. Pigs, cows, horses, chickens, sheep and other animals typically found on a rural Ontario farm. Open daily from 9 am to 3 pm.

For more information, contact the Island Information Line at (416) 397-BOAT (2628).

HART HOUSE FARM

Hart House Farm is located in the Caledon Hills on the ridge of the Niagara Escarpment. The Farm sits on 150 acres and is just 1 hour from Toronto.

Tel: (416) 978-4732
Web site: www.harthouse.utoronto.ca/hh/page.php?id=FAR02

RIVERDALE FARM

Riverdale farm's 7.5 acres are host to Ontario farm animals as well as butterfly-herb flower-vegetable gardens. Animal feedings, egg collection, cow milking, goat milking and horse grooming provide a chance to meet the farmer. There is also a wood burning brick oven (Tuesday mornings), a farmers' market (Tuesdays from 3 – 7 pm, May to October), a farm kitchen and a preschoolers' program. There are also many other programs and seasonal events at Riverdale Farm. Open daily from 9 am to 5 pm.



201 Winchester Street
Toronto, ON
Tel: (416) 392-6794
E-mail: arm@toronto.ca
Web site: www.toronto.ca/parks/
riverdalefarm.htm or
www.friendsofriverdalefarm.com

TORONTO URBAN FARM

The Toronto Urban Farm is a six-acre site located at Jane and Finch in Black Creek Pioneer Village. The Farm provides local youth with meaningful employment and training in areas such as leadership, life skills, cross-cultural sensitivity, food security, nutrition and urban agriculture.

Solomon Boyé
Tel: (416) 392-7800

WHOLE VILLAGE

Whole Village is an ecovillage and biodynamic farm (a type of self-sufficient organic farming) formed by a group of people from a variety of backgrounds, singles and families. Set on 190 acres near Caledon, northwest of Toronto, Whole Village holds regular information/orientation meetings, occasional workbees, workshops, other events and volunteer opportunities.

20725 Shaws Creek Road
Caledon, ON L7K 1L7
Tel: (519) 941-1099
E-mail: info@wholevillage.org
Web site: www.wholevillage.org

WORKSHOPS AND TRAINING PROGRAMS

There are a variety of workshops and training programs in Toronto that are relevant for those involved in community gardens and community kitchen programs. See the contact information below for gardening and horticultural programs, and community kitchens and cooking programs.

GARDENING AND HORTICULTURAL PROGRAMS

Listed below are some examples of the workshops and training programs for gardening and horticultural skill development.

EVERDALE ORGANIC FARM AND ENVIRONMENTAL LEARNING CENTRE

FUTURE FARMERS PROGRAM

A full-session internship program designed to provide hand-on training in organic farming.

Tel: (519) 855-4859
E-mail: gavin@everdale.org.
Web site: www.everdale.org/index.
php?module=Everdale&func=display
Menu&menuId=4

STARTING YOUR ORGANIC VEGETABLE GARDEN

Learn about starting your own organic vegetable garden, including soil preparation, seed starting, transplants, compost, mulching and more.
Tel: (519) 855-4859 x 101
E-mail: lynn@everdale.org

EVERGREEN

Evergreen offers various gardening workshops that vary year-by-year. Contact Evergreen for current dates, times and the workshops that are offered.
E-mail: erika@evergreen.ca

For current dates and times, check the web site at www.everdale.org.

FOODSHARE

COMMUNITY GARDENING 101

A web-based archive of a workshop on starting a community gardening. The five-week course includes readings, questions and links for each week's topic.
Web site: www.foodshare.net/workshop_archive_01.htm

HOW TO START A COMMUNITY GARDEN: A COURSE IN 5 PARTS

This course covers the basics of starting and sustaining a community garden and includes everything from group dynamics to horticultural basics, budgeting and fundraising to site design and implementation.
Web site: www.foodshare.net/upcomingcgcourse05.htm

GREENEST CITY

BIKE ROOTS

Bike Roots is a training and leadership project to engage youth in their community's food security, urban agriculture and local ecology by including them in a youth-driven bike delivery business and community food production. Youth at Bike Roots deliver products and services that promote access to affordable and healthy food by cargo bike. The Bike Roots program educates youth about the environmental health impacts of food systems and helps them to acquire important entrepreneurial skills and leadership

experiences. The program aims to meet community's needs by expanding the delivery of FoodShare's Wellness Box to the housebound and elderly, delivering meals for Meals on Wheels programs, organizing traveling farmers markets, delivering fresh produce from community gardens to food banks, running compost delivery and community organic waste pick-up and even tending a market garden to grow organic produce for sale.

Tel: (416) 922-7626
E-mail: bikeroots@greencity.net

GREEN GARDENERS COMMUNITY COLLABORATIVE

Green Gardeners Community Collaborative provides ecological Garden and related services to communities in Toronto. In addition to providing ecological gardening maintenance, design and installation, Green Gardeners holds some ecological events and workshops.

Tel: (416) 214-4512
E-mail: info@greengardeners.ca
Web site: www.greengardeners.ca

HUMBER COLLEGE

HORTICULTURAL TECHNICIAN APPRENTICESHIP – CERTIFICATE

This intensive program stresses practical skills through applied study in the Humber greenhouse, the construction laboratory and the Humber Arboretum and a classroom component.

Where: Humber North Campus, 205 Humber College Boulevard
When: Begins in January for either 8 weeks (basic) or 12 weeks (advanced)
Tel: (416) 675-6622 ext 4392
E-mail: apprenticeship@humber.ca
Web site: <http://postsecondary.humber.ca/horticulture.htm>
or <http://appliedtechnology.humber.ca>

LANDSCAPE MAINTENANCE AND DEVELOPMENT

This course focuses on landscape, grounds maintenance and construction skills including in basic construction and repair, basic plant identification and handling. The training is mainly hands-on with some in-class studies theoretical studies.

Where: Humber North Campus,
205 Humber College Boulevard
When: Begins in September for two semesters
Tel: (416) 675-6622
E-mail: harry.chang@humber.ca
Web site: <http://postsecondary.humber.ca/10711.htm> or
<http://appliedtechnology.humber.ca>

LANDSCAPE TECHNICIAN – CO-OP DIPLOMA

This course covers a wide range of landscape and horticultural skills through both in-class studies and approved industry experience. Courses focus on landscape design and development, site construction, general horticulture, grounds maintenance and related technologies. Students take part in a paid co-op position in a landscape or horticulture business during the summer between first and second year.

Where: Humber North Campus,
205 Humber College Boulevard
When: Begins in September for four semesters plus a co-op work term
Tel: (416) 675-6622 ext 4880
E-mail harry.chang@humber.ca.
Web site: <http://postsecondary.humber.ca/01521.htm> or
<http://appliedtechnology.humber.ca>

URBAN ARBORICULTURE – TREE CARE CERTIFICATE

This course focuses on all aspects of urban tree care including tree climbing, pruning, rigging, aerial rescue, teamwork and safety.

Where: Humber North Campus,
205 Humber College Boulevard
When: Begins in January for two semesters
Tel: (416) 675-6622 ext 4731
E-mail: ruurd.vandeven@humber.ca.
Web site: <http://postsecondary.humber.ca/01991.htm> or
<http://appliedtechnology.humber.ca>

HORTICULTURE SCIENCE CERTIFICATE

This program provides a foundation to pursue a career in the horticulture industry. Studies include botany, plant identification, tree and shrub care, general culture of plants and turf management.

When: Begins in September or January and consists of four courses during the fall and winter terms
Tel: (416) 675-6622 ext 4265
Web site: <http://appliedtechnology.humber.ca> or
<http://calendarb.humber.ca/LIS/WebCalendar/CE/ProgramOffering.do?name=01821>

LANDSCAPE DESIGN CERTIFICATE

This certificate develops a proficiency in landscape design and small scale projects.

Tel: (416) 675-6622 ext 4265
Web site: <http://appliedtechnology.humber.ca> or
<http://calendarb.humber.ca/LIS/WebCalendar/CE/ProgramOffering.do?name=01831>

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TUMIVUT EARTHKEEPERS

Tumivut Earthkeepers is a program designed to address the social and economic issues faced by homeless youth. It is a skill enhancement initiative designed to meet the occupational skill needs of street involved youth with significant barriers to employment. Job readiness skills and on the job experience are provided within a greenhouse, horticultural and landscaping environment. Youth participate in greenhouse nursery production and cultivation as well as participation in landscape park and maintenance skills enhancement activities by shadowing industry experts.

Paul Richard
Tel: (416) 651-6750
Web site: www.nameres.org/earthkeepers.html

RYERSON UNIVERSITY

LANDSCAPE DESIGN – CONTINUING EDUCATION CERTIFICATE

This certificate covers the basics of landscape design. Through course offerings, you will learn how to analyze, plan, design, manage, and sustain the built and natural environment.

Tel: (416) 979-5185
Web site: <http://ce-online.ryerson.ca/ce/calendar/default.asp?section=program&sub=cert&cert=LANDES00&mode=program>

SCADDING COURT COMMUNITY CENTRE

Scadding Court Community Centre provides workshops for individual groups on how to compost as well as workshops on canning, pruning and preserving.

Krista Fry
Tel: (416) 392-0335
E-mail: kristaf@scaddingcourt.org
Web site: www.scaddingcourt.org

SEEDS OF DIVERSITY

Seeds of Diversity offers seed-saving workshops and demonstrations at several events across the country and throughout the year. The yearly event “Seedy Saturdays” is also host to several workshops.

Tel: 1 (866) 509-SEED
E-mail mail@seeds.ca
Web site: www.seeds.ca

SENECA COLLEGE

ENVIRONMENTAL LANDSCAPE MANAGEMENT

This program focuses on the entire ecosystem with special emphasis given to practical training and technical knowledge to prepare graduates with a diverse range of skills. Students will acquire skills in ecology, ecological restoration, landscape maintenance/construction and design, arboriculture/horticulture and greenhouse/nursery operations, machinery operation and maintenance, integrated pest management, and turfgrass maintenance.

Where: Seneca’s King campus,
located at 13990 Dufferin Street
When: Begins in September for four semesters and includes one work term
Tel: (905) 833-3333 ext 5056
E-mail: Stuart.Koch@senecac.on.ca
Web site: www.senecac.on.ca/recreation/evlc.htm

SHERIDAN COLLEGE

RECREATIONAL GARDENER – CONTINUING EDUCATION

Sheridan offers a series of online courses to expand interest and knowledge in recreational gardening.

Tel: (905) 845-9430

Web site: www.sheridaninstitute.ca

TORONTO BOTANICAL GARDEN

The Toronto Botanical Garden offers lectures and workshops on gardening and horticulture. Check the web site for more information on current dates and times.

Tel: (416) 397-1362

E-mail: courses@infogarden.ca

Web site:

www.civicgardencentre.org/lecture.htm

TORONTO GREEN COMMUNITY

The Toronto Green Community holds a series of workshops on ecological gardening starting in April and continuing to October at the Eglinton Park Heritage Community Garden. They also hold some off-site workshops with community groups across Toronto.

Where: Eglinton Park Heritage Community Garden at the North Toronto Memorial Community Centre,
200 Eglinton Avenue West

Tel: (416) 781-7663

E-mail info@ntgc.ca

Web site: www.ntgc.ca/EPGevents.html#ge

COMMUNITY KITCHENS AND COOKING PROGRAMS

The workshops and training programs listed below are examples of community kitchen and cooking-related skill development.

DAILY BREAD FOOD BANK

KITCHEN TRAINING PROGRAM

The Daily Bread Food Bank operates a large institutional kitchen. In addition to processing foods for delivery to meal and school nutrition programs, the kitchen is also used to train at-risk adults for work in an industrial food processing facility, the food industry or the catering and hotel industries.

Where: The Daily Bread Food Bank,
191 New Toronto Street

Tel: (416) 203-0050

E-mail info@dailybread.ca

Web site: www.dailybread.ca

FOODSHARE

“COOKING OUT OF THE BOX”

A four-workshop series geared towards agency staff, plus a few volunteers, who are interested in starting a community kitchen. Other workshops focus on cooking with fresh fruits and vegetables and developing community through food.

Web site: [www.foodshare.net/
kitchen04.htm](http://www.foodshare.net/kitchen04.htm)

FOCUS ON FOOD

Focus on Food is designed to offer youth an opportunity for personal development, while gaining practical job experience. The youth work on FoodShare projects – in the warehouse, packing the Good Food Box, helping

with catering orders and participating in urban agriculture microenterprises. This experience can function as a way for those without work experience to learn about some basic workplace expectations and dynamics, while offering some specific job skills training in cooking and gardening. Nutrition, cooking classes and horticultural training are also a great way for the youth to develop new life skills.

Tel: (416) 363-6441 ext 233

E-mail: zahra@foodshare.net

Web site: [www.foodshare.net/
train04.htm](http://www.foodshare.net/train04.htm)

HOW TO START A FOOD BUSINESS WORKSHOP

A workshop designed for those interested in starting food company.

Michael Wolfson

Tel: (416) 395-7573

E-mail: mwolfso@toronto.ca

or call (416) 395-7573

Web site: [www.foodshare.net/
upcomingFoodBiz.htm](http://www.foodshare.net/upcomingFoodBiz.htm)

FoodShare also provides hands-on cooking training to program participants, community gardeners and women with breast cancer. For more information, call (416) 363-6441 ext 221 or e-mail info@foodshare.net.

GEORGE BROWN COLLEGE

ASSISTANT COOK EXTENDED TRAINING

The Assistant Cook Extended Training Program at George Brown trains students for entry-level food preparation jobs. The certificate program is designed to help prepare people recovering from addiction and/or mental health problems for jobs in the food service industry. This program is free for participants and costs are covered by the Ontario government.

Where: George Brown College
When: Begins in January to September for one year

Tel: (416) 415-5000 ext 6790

E-mail: ACET@georgebrown.ca

Web site: [www.georgebrown.ca/
Marketing/FTCal/access/A744.aspx](http://www.georgebrown.ca/Marketing/FTCal/access/A744.aspx)

HUMBER COLLEGE

COOK (CUISINE) APPRENTICESHIP – CERTIFICATE

This course teaches how to become a well-trained, creative chef as well as teaching nutrition, product management, menu planning, purchasing and costing.

Where: Humber North Campus, 205 Humber College Boulevard
When: Begins in September and January for thirty weeks.

Tel: (416) 675-6622 ext 4474

E-mail: micheal.mcfadden@humber.ca

Web site: [http://postsecondary.humber.ca/
cuisine.htm](http://postsecondary.humber.ca/cuisine.htm) or
<http://hospitality.humber.ca>

CULINARY MANAGEMENT – DIPLOMA

This course develops up-to-date skills in food preparation and presentation through classroom learning, hands-on work in the on-campus culinary labs and the opportunity to train in a real restaurant environment. Students develop the skills needed to work in the culinary arts field.

Where: Humber North Campus,
205 Humber College Boulevard
When: Begins in September and January for four semesters

Tel: (416) 675-6622 ext 5530

E-mail: rudi.fischbacher@humber.ca

Web site: [http://postsecondary.humber.ca/
01911.htm](http://postsecondary.humber.ca/01911.htm) or
<http://hospitality.humber.ca>



CULINARY SKILLS – CERTIFICATE

This course teaches basic theoretical and practical culinary skills through classroom learning and hands-on work.

Where: Humber North Campus,
205 Humber College Boulevard
When: Begins in September and
January for two semesters
Tel: (416) 675-6622 ext 5530 or
E-mail rudi.fischbacher@humber.ca
Web site: <http://postsecondary.humber.ca/14071.htm> or
<http://hospitality.humber.ca>

FOOD AND BEVERAGE SERVICE – CERTIFICATE

This course offers a hands-on learning approach to prepare students for front-line and supervisory positions in restaurants, hotels, special event and catering companies, bars, clubs, and contract food service companies.

Where: Humber North Campus,
205 Humber College Boulevard
When: Begins in September for two semesters
Tel: (416) 675-6622 ext 4488
E-mail judy.hebner@humber.ca
Web site: <http://postsecondary.humber.ca/01771.htm> or
<http://hospitality.humber.ca>

LEARNING ENRICHMENT FOUNDATION

The Learning Enrichment Foundation offers several training courses related to cooking.

- Food Services – Operate food service enterprise and a training program for youth.
- Cooks' Training – A 12-week course that teaches participants essential aspects of food handling and food preparation. Graduates receive certification as Cook's Assistants and job search assistance after graduation. For more information, call (416) 760.2558.

- Safe Food Handling Certification

Tel: (416) 769-0830
E-mail info@lefca.org
Web site: www.lefca.org

SECOND HARVEST

HARVEST KITCHENS

The Harvest Kitchens program trains unemployed people in food preparation and provides the job skills needed for self-sufficiency. There are four Harvest Kitchens located at the YMCA, the Learning Enrichment Foundation, the Centre for Opportunities Respect and Empowerment, and the East Scarborough Boys and Girls Club. Each day, drivers pick up raw food from donors and deliver it to the Harvest Kitchens partners. Trainees are supervised by food service professionals and as they learn skills, they turn the recovered food into nourishing means which are in turn delivered to agencies lacking adequate resources to prepare food for people in need.

Tel: (416) 408-2594
E-mail: email@secondharvest.ca
Web site: www.secondharvest.ca/other_programs/index.php

TORONTO PUBLIC HEALTH

FOOD HANDLER CERTIFICATION PROGRAM

Toronto Public Health offers Food Handler Certification Courses to provide food handlers with the knowledge of safe food handling practices to prevent food-borne illness. Certification in the Food Handler can be obtained in three ways:

- Attend the Toronto Public Health Food Handler Certification Program and pass the exam at the end of the

class. For more information, see <http://app.toronto.ca/foodhandler/pub/listPubSession.do?actype=1>.

- Study on your own and write the exam during a regularly scheduled exam. See <http://app.toronto.ca/foodhandler/pub/homeStudy.jsp>. For information on the study at home option.

- Attend a Food Handler certification course offered by a private company accredited by Toronto Public Health and obtain a valid certificate issued by Toronto's Medical Officer of Health.

Tel: (416) 338-3663
Web site: <http://app.toronto.ca/foodhandler/pub/pubIndex.jsp>

YOUTH STRATEGY OPPORTUNITIES

A number of organizations offer training, job readiness and other programs for at-risk urban youth related to gardening, the environment, cooking and restaurants. See the contact information below.

YOUTH STRATEGY OPPORTUNITIES IN TORONTO

The following resources illustrate the types of youth strategy opportunities that exist within Toronto.

ALL-A-BOARD YOUTH – RIVER RESTAURANT

All-A-Board Youth creates small businesses to employ youth in a year-on-the-job training experience. One of their success stories is a restaurant called River Restaurant, a youth employment training centre for homeless and at-risk youth.

413 Roncesvalles Avenue
Tel: (416) 535-3422
E-mail: info@River413.ca
Web site: www.river413.ca or
www.allaboard.ca

BETTER URBAN LANDSCAPES WITH BULBS

The Better Urban Landscapes with Bulbs program (BULB) beautifies public parks and green spaces through permanent plantings of spring flowering bulbs with an emphasis on youth engagement. The BULB program also engages the community and thereby increases the awareness of the need to protect Toronto's green spaces.

Arthur Beauregard
Tel: (416) 392-0724
E-mail: abeaureg@toronto.ca
Web site: www.toronto.ca/cleanandbeautiful/bulbs.htm

BIKE ROOTS

Bike Roots is a training and leadership project to engage youth in their community's food security, urban agriculture and local ecology by including them in a youth-driven bike delivery business and community food production. Youth at Bike Roots deliver

products and services that promote access to affordable and healthy food by cargo bike. The Bike Roots program educates youth about the environmental health impacts of food systems and helps them to acquire important entrepreneurial skills and leadership experiences. The program aims to meet community's needs by expanding the delivery of FoodShare's Wellness Box to the housebound and elderly, delivering meals for Meals on Wheels programs, organizing traveling farmers markets, delivering fresh produce from community gardens to food banks, running compost delivery and community organic waste pick-up and even tending a market garden to grow organic produce for sale.

Greenest City
215 Spadina Avenue, Suite 120
Toronto, Ontario M5T 2C7
(416) 922-7626
E-mail: bikeroots@greenestcity.net
Web site: www.greenestcity.net

EVERGREEN YOUTH STEWARDSHIP INITIATIVE

The Youth Stewardship Initiative empowers youth to take positive, solution-oriented action on environmental and civic issues facing communities. Through hands-on action oriented projects, secondary students learn about local ecology and urban naturalization, develop solid leadership and communication skills, mobilize and educate peers and stakeholders and plant a native garden at school. The program works through a partnership between Evergreen and an individual high school to recruit a core group of "youth stewards" who gain valuable leadership skills, increased understanding of environmental issues and urban biodiversity and strategies to transform public lands into healthier places for our urban communities.

Evergreen
355 Adelaide Street West, Fifth Floor
Toronto, ON M5V 1S2
Tel: (416) 596-1495
E-mail: info@evergreen.ca
Web site: www.evergreen.ca

FOCUS ON FOOD YOUTH COMMUNITY SERVICE PROGRAM

Focus on Food is a youth program that provides youth an opportunity for personal development and at the same times allows them to gain job experience. Youth work on FoodShare projects including in the warehouse, packing the Good Food Box, helping with catering orders and participating in urban agriculture micro-enterprises. Youth gain practical job skills in cooking, nutrition, gardening and horticulture.

FoodShare
Tel: (416) 363-6441 ext 221
E-mail: zahra@foodshare.net
Web site: www.foodshare.net/train04.htm

LEARNING ENRICHMENT FOUNDATION

The Learning Enrichment Foundation provides community responsive programs and services which enable individuals to become valued contributors to their community's social and economic development. The Foundation has a variety of training programs which serve youth including training in the food services industry. The program is a partnership with Second Harvest and involves meal preparation for care centres and homeless shelters.

116 Industry Street
Toronto, Ontario, M6M 4L8
Tel: (416) 769-0830
E-mail: info@lefca.org
Web site: www.lefca.org

NORTH TORONTO GREEN COMMUNITY – ANNUAL YOUTH SPEAKERS SERIES

The North Toronto Green Community holds an annual youth speakers series on environmental topics.

North Toronto Green Community
Tel: (416) 781-7663
E-mail: info@ntgc.ca
Web site: www.ntgc.ca

THE STOP COMMUNITY FOOD CENTRE

The Stop runs cooking programs for youth in partnership with community centres. Participants cook together, eat, and talk about nutrition and food security ideas. Another program focuses more on different countries, cultures and customs. The Stop also runs programs through the urban agriculture department that include youth. From time to time, the Stop offers a one-week food education program to a class of at-risk grade nine students as well as classroom visits to classes at other grade levels. In the future, the Green Barn project located at Christie and St Clair will host food-based environmental education programs for youth.

1884 Davenport Road
Toronto, ON M6H 4E1
Tel: (416) 652-7867 ext 224
E-mail: general@thestop.org
Web site: www.thestop.org

TORONTO URBAN FARM

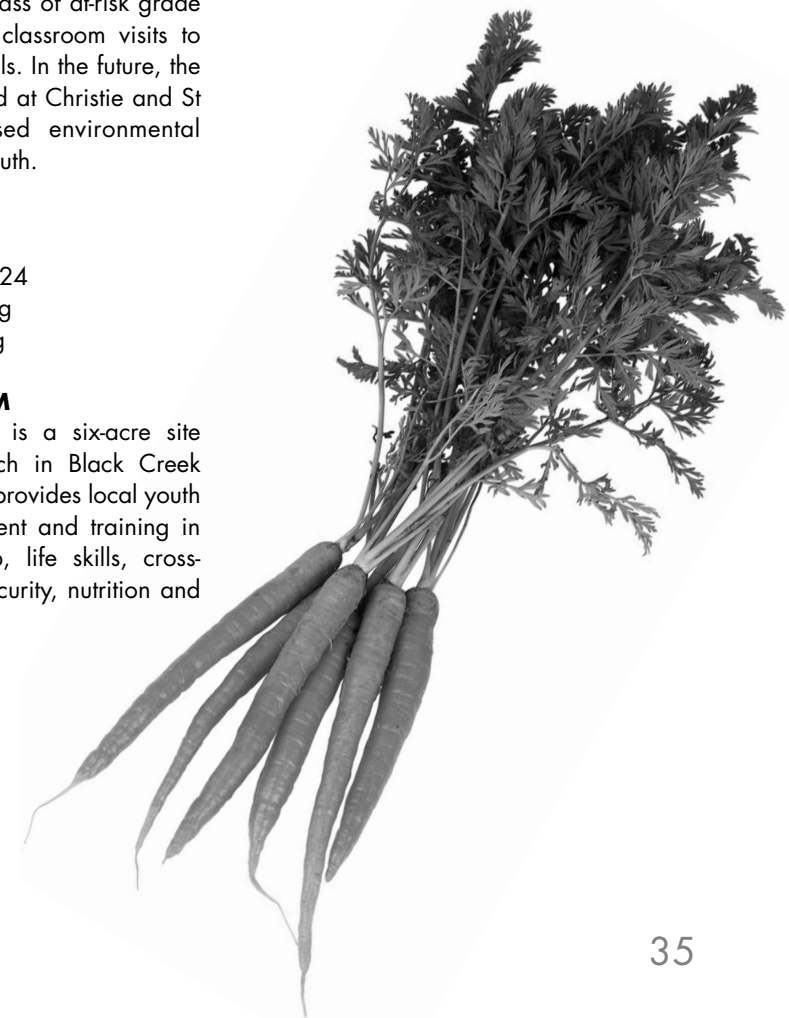
The Toronto Urban Farm is a six-acre site located at Jane and Finch in Black Creek Pioneer Village. The Farm provides local youth with meaningful employment and training in areas such as leadership, life skills, cross-cultural sensitivity, food security, nutrition and urban agriculture.

Solomon Boyé
Tel: (416) 392-7800

TUMIVUT EARTHKEEPERS

Tumivut Earthkeepers is a program designed to address the social and economic issues faced by homeless youth. It is a skill enhancement initiative designed to meet the occupational skill needs of street involved youth with significant barriers to employment. Job readiness skills and on the job experience are provided within a greenhouse, horticultural and landscaping environment. Youth participate in greenhouse nursery production and cultivation as well as participation in landscape park and maintenance skills enhancement activities by shadowing industry experts.

Paul Richard, Earthkeeper Coordinator
26 Vaughan Road, Toronto, ON M6G 2C4
Tel: (416) 651-6750
Web site: www.nameres.org/earthkeepers.html



SCHOOL PROGRAMS AND CHILDREN'S PROGRAMS

School and children's programs related to gardening help to involve children in community gardening as well as environmental activities. See the contact information below.

SCHOOL PROGRAMS IN TORONTO

The following list indicates the types of school programs available for school-aged children in Toronto.

ALLAN GARDENS CHILDREN'S CONSERVATORY

At Allan Gardens Teaching Conservatory, grades three and four students participate in a unique hands-on program to learn about horticulture. Programs take place in a refurbished greenhouse and are free of charge. Priority is given to classes from high-needs schools in Toronto.

For more information, contact:
Tel: (416) 392-7290

E-mail teachinggarden@torontobotanicalgarden.ca

Web site: www.torontobotanicalgarden.ca/pdf/2006/allangardensbrochure06.pdf

CHILDREN'S GARDEN AND EXPLORING TORONTO PROGRAMS

The Children's Garden Program provides children, youth and families with the opportunity to participate in hands-on organic gardening activities like planting, maintenance, composting and more. Programs operate at two locations – High Park and the Waterfront – and are available from mid-May to the end of June and from mid-September to early October.

To increase the use, enjoyment and public stewardship of Toronto's parks and ravines system, the Children's Garden and Exploring Toronto Programs has also established

environmental programs at community centers and surrounding parkland throughout Toronto. For more information on specific locations, see the list below.

Children's Garden and Exploring Toronto Programs also hosts a variety of programs, drop-ins and community events.

NORTH DISTRICT

Lawrence Heights Community Centre

Integrated environmental programming children's organic gardening; shared children and youth organic garden
Location: 5 Replin Road
Tel: (416) 395-6120

Northwood Community Centre

Nature Nuts weekend program; integrated summer camp environmental programming; children's organic garden
Location: 15 Clubhouse Court
Tel: (416) 395-6182

Oakdale Community Centre

Integrated summer camp environmental programming; spring/summer weekend children's garden program; children's gardening program
Location: 350 Grandravine Drive
(416) 395-0488

Oriole Community Centre

Integrated gardening and nature programming in summer camps; nature fun after-school program; children's plot in new community garden near centre
Location: 2975 Don Mills Road
Tel: (416) 395-7969

SOUTH DISTRICT

Allan Gardens

Summer Eco Camp; after-school program in fall/winter/spring; new outside children's organic garden and indoor greenhouse
Location: 19 Horticultural Lane
Tel: (416) 392-6779

Harbourfront Community Centre

Integrated after-school and summer camp environmental programming; waterfront children's garden
Location: 627 Queen's Quay West
Tel: (416) 392-1509

John Innes CRC

Summer eco camp; integrated after-school environmental programming; children's organic wildflower garden
Location: 150 Sherbourne Street
Tel: (416) 392-6779

Maurice Cody Community Centre

Integrated environmental programming
Location: 181 Cleveland Street
Tel: (416) 392-0747

St. Lawrence Community Recreation Centre

Integrated spring after-school and summer camp environmental programming; new children's organic garden
Location: 230 The Esplanade
Tel: (416) 392-1347

Trinity Community Recreation Centre

Spring and fall nature camp
Location: 155 Crawford Avenue
Tel: (416) 392-0743

Toronto Islands

Spring nature camps; summer eco camps; drop-in family garden programming; island public and Natural Science School children's garden and Franklin children's garden
Location: Centre Island
(416) 392-8192

EAST DISTRICT

Ellesmere Community Centre

Little Green Thumbs weekend gardening program year-round; integrated camp programming; new children's organic garden
Location: 20 Canadian Road
Tel: (416) 396-5536

West Rouge

Spring Outdoor Adventure Camp
Location: 270 Rouge Hill Drive
Tel: (416) 396-4147

Milliken Park Community Recreation Centre

Nature Nuts summer camp; children's organic garden
Location: 4325 McCowan Avenue
Tel: (416) 396-7757

Scarborough Village Recreation Centre

Integrated environmental programming
Location: 3600 Kingston Road
Tel: (416) 396-4048

Stephen Leacock Recreation Centre

Nature Nuts after-school program; children's organic garden
Location: 2520 Birchmount Road
Tel: (416) 396-4040

WEST DISTRICT

Edgehill House/James Gardens Park

Drawn to Nature summer camp; children's organic ornamental Garden
Location: Edenbridge Drive, between Royal York and Scarlett Roads, south of Eglinton Avenue
Tel: (416) 392-2724

Hilltop Community School

Summer eco camps; children's organic garden shared with school
Location: 35 Trehorne Drive
Tel: (416) 394-8701

Humberwood Community Centre

Integrated environmental programming
Location: 850 Humberwood Boulevard
Tel: (416) 394-5700

James S. Bell Community School

Integrated environmental and nutrition programming
Location: 90 Thirty-First Street
Tel: (416) 394-8707

Power House

Integrated garden and nature programming; children's butterfly garden
Location: 65 Col. Samuel Smith Park Drive
Tel: (416) 338-1081

See the calendar at www.toronto.ca/parks/programs/calendar.htm for information on programs, drop-ins and community events.

For more information, contact:

Keely Forth

Tel: (416) 392-1329

E-mail: kidsgrow@toronto.ca or kforth@toronto.ca

Web site: www.toronto.ca/parks/programs/children.htm

DOWNSVIEW PARK

Downsview Park provides curriculum-based programs to help elementary and middle school students appreciate the natural and cultural heritage of Downsview Park and to understand the value of sustainable living. Programs are offered year-round and free of charge in Downsview Park's Discovery Centre. Downsview Park Program Coordinator

Tel: (416) 952-9270

E-mail: learn@pdp.ca

Web site: www.pdp.ca/School_Programs.430.0.html

EARTH ANGELS

Earth Angels provides a venue for hands-on environmental education for children in Ontario. It teaches children about cleaner air and water, revitalized streams, electricity conservation, revitalized ecosystems and

species at risk, greener schoolyards and urban communities.

206 – 122 Laird Drive

Toronto ON M4G 3V3

Tel: (416) 421-5551

Web site: www.earthangels.ca

ECOSCHOOLS

EcoSchools is the Toronto District School Board's program to support greening activities including energy conservation and waste minimization. In a partnership with Evergreen, the program also offers support for school ground greening projects as well as workshops on school greening.

Evergreen/TDSB School Ground

Greening Consultant

Toronto District School Board

1 Civic Centre Court, Ground Floor

Toronto, ON M9C 2B3

E-mail: samara.tdsb@evergreen.ca

Tel: (647) 227-8987

Web site: www.evergreen.ca/en/lg/tdsb.html or <http://ecoschools.tdsb.on.ca>

EVERDALE ORGANIC FARM AND ENVIRONMENTAL LEARNING CENTRE

Everdale's Bring Your Youth Program to Everdale program will adapt their curriculum to accommodate different needs for day camps and urban youth groups. Everdale offers young people an opportunity to learn about food, farming, eco-energy and the region in which they live.

Everdale also offers Farming Alive! – a hands-on farm education workshop for children in kindergarten to grade 12.

Karen Campbell

Tel: (519) 855-4859 ext 105

E-mail: karen@everdale.org

Web site: www.everdale.org

EVERGREEN ASSOCIATES

Evergreen provides hands-on help to schools undertaking greening projects in eight cities across Canada. Local Evergreen Associates

will visit your school to assess your site and guide you through a participatory process of planning, design, fundraising, plant selection, implementation and maintenance. They also offer workshops and provide phone and e-mail support.

Samara Newman, Evergreen/TDSB School Ground Greening Consultant

Toronto District School Board

1 Civic Centre Court, Ground Floor

Toronto, ON M9C 2B3

samara.tdsb@evergreen.ca

Tel: (647) 227-8987

FAR ENOUGH FARM

Far Enough Farm is located in the Toronto Island Park near Centreville on Centre Island. Pigs, cows, horses, chickens, sheep and other animals typically found on a rural Ontario farm. Open daily from 9 am to 3 pm.

Contact: Island Information Line at (416) 397-BOAT (2628)

FRANKLIN CHILDREN'S GARDEN

The Franklin Children's Garden, based on the popular children's books about Franklin the Turtle, is located on Centre Island. Children can take part in gardening, listen to stories, discover nature and participate in the many events taking place during the year.

Contact: Access Toronto at (416) 338-0338
Web site: www.toronto.ca/parks/franklin.htm

GREEN TEACHER

Green Teacher is a magazine by and for educators to enhance environmental and global education across the curriculum at all grade levels. Fifty pages of ideas and activities, four times a year.

95 Robert Street

Toronto, ON M5S 2K5

Tel: (416) 960-1244

E-mail: info@greenteacher.com

Web site: www.greenteacher.com

GREEN THUMBS/GROWING KIDS CHILDREN'S GARDEN & NATURE PROGRAM

Green Thumbs/Growing Kids is an environmental education program at Riverdale Farm that allows children who have little or no access to green space to learn about nutrition. The school program and greenhouse program run in the spring and fall.

Co/ Toronto Kiwanis Boys and Girls Clubs
101 Spruce Street,

Toronto, ON M5A 2J3

Tel: (416) 876-1480

E-mail: sunday_h@sympatico.ca

Web site: www.kidsgrowing.ca

HUMBER ARBORETUM

Humber Arboretum offers interactive study programs for groups of all ages to encourage a better understanding of the environment.

Tel: (416) 675-5009

E-mail: naturecentre@humber.ca

Web site: www.humberarboretum.on.ca

KORTRIGHT CENTRE FOR CONSERVATION

The Kortright Centre for Conservation helps children learn about local plant and wildlife populations and their interactions within these ecosystems. School programs focus on learning through direct observation and participation in outdoor activities. In addition, various public programs teach people how to make green choices.

Tel: (905) 832-2289 or Toronto and Region Conservation Authority at (416) 661-6600

E-mail: awaters@trca.on.ca or

info@trca.on.ca

Web site: www.trca.on.ca/parks_and_culture/locations/kortright_centre

RIVERDALE FARM

Riverdale farm's 7.5 acres are host to Ontario farm animals as well as butterfly-herb flower-vegetable gardens. Animal feedings, egg collection, cow milking, goat milking and horse grooming provide a chance to meet

the farmer. There is also a wood burning brick oven (Tuesday mornings), a farmers market (Tuesdays from 3 - 7 pm, May to October), a farm kitchen and a preschoolers' program. There are also many other programs and seasonal events at Riverdale Farm. Open daily from 9 am to 5 pm.

201 Winchester Street, Toronto, ON
Tel: (416) 392-6794
E-mail: arm@toronto.ca
Web site: www.toronto.ca/parks/riverdalefarm.htm or
www.friendsofriverdalefarm.com

THE STOP COMMUNITY FOOD CENTRE

The Stop runs several programs through its urban agriculture department that include children. One program works with schoolchildren at surrounding schools doing classroom visits in the winter to teach about food issues and plant seeds. In the spring, the same classes return in the spring and fall to plant and harvest the vegetables. The Stop also runs a program for City of Toronto camp groups on food and gardening. From time to time, the Stop offers a one-week food education program to a class of at-risk grade nine students as well as classroom visits to classes at other grade levels. In the future, the Green Barn project located at Christie and St Clair will host food-based environmental education programs to children.

1884 Davenport Road
Toronto, ON M6H 4E1
Tel: (416) 652-7867 ext 224
E-mail: general@thestop.org
Web site: www.thestop.org

TEACHER'S CORNER

Evergreen offers a variety of on-line resources for teachers on school ground greening activities including lesson plans, tips and techniques and training opportunities.

Web site: www.evergreen.ca/en/lg/lg-teach.html

TORONTO AND REGION CONSERVATION EDUCATION FIELD CENTRES

At three locations in the Greater Toronto Area, the Toronto and Region Conservation Authority operates three education field centres – Albion Hills, Claremont and Lake St George – offering two- to five-day programs that include accommodation, food and programming for school and community groups. These centres specialize in outdoor and environmental education and offer a variety of curriculum-related instruction, field activities, team building and co-operative community living.

Toronto and Region Conservation Authority
Tel: (416) 667-6295 and select #4
E-mail: info@trca.on.ca
Web site: www.trca.on.ca/learning_education/residential_facilities

WITHROW AVENUE PUBLIC SCHOOL VEGETABLE GARDEN

Withrow Avenue Public School houses a vegetable garden to teach about plant growth, sustainability, history, math, science, nutrition and health through direct, hands-on experiential learning. The garden includes 31 varieties of vegetables and is divided into different plots corresponding to different social periods including early Canada (potatoes, beets and cabbage), Native North and South America (corn, Jerusalem artichokes, squash) and early civilization (roots, grain and vegetables from South America, Asia, Africa and the Middle East).

Marilotte Bloemen, Evergreen
Tel: (416) 596-1495 ext 286
mbloemen@evergreen.ca
or
Lori Abbott, Communications Officer
Toronto District School Board
Tel: (416) 397-3225
Lori.Abbott@tdsb.on.ca

PARKS, FORESTRY AND RECREATION PROGRAMS

Parks, Forestry and Recreation, a division of the City of Toronto, operates a variety programs including community gardens as well as recreation activities from learn-to-swim and fitness programs, to crafts and public skating. See the contact information below.

To contact Parks, Forestry and Recreation: Tel: (416) 392-1111 (Parks general enquiry),
E-mail: parks@toronto.ca

PARK, FORESTRY AND RECREATION PROGRAMS IN TORONTO

The list below describes the types of Parks, Forestry and Recreation programs available in Toronto.

ALLOTMENT GARDENS

Toronto Parks, Forestry and Recreation offers garden plots for community members to plant vegetables or flowers. Plots are available at various locations across the city. Rental for each garden plot is \$53.50 per year (tax included). For more information or to request a garden plot call (416) 392-8188.

BETTER URBAN LANDSCAPES WITH BULBS

The Better Urban Landscapes with Bulbs program (BULB) beautifies public parks and green spaces through permanent plantings of spring flowering bulbs with an emphasis on youth engagement. The BULB program also engages the community and thereby increases the awareness of the need to protect Toronto's green spaces.

Arthur Beauregard
Tel: (416) 392-0724
E-mail: abeaureg@toronto.ca
Web site: www.toronto.ca/cleanandbeautiful/bulbs.htm

CHILDREN'S GARDEN AND EXPLORING TORONTO PROGRAMS

Parks, Forestry and Recreation offers a variety of children's environmental programs including a wide range of children's garden programs.

Contact: Keely Forth
Tel: (416) 392-1329
E-mail: kidsgrow@toronto.ca or
kforth@toronto.ca
Web site: www.toronto.ca/parks/programs/children.htm

CITY OF TORONTO'S NATURAL ENVIRONMENT HOTLINE

An information line dealing with parkland naturalization, community stewardship and other Parks, Forestry and Recreation programs.

Tel: (416) 392-LEAF
E-mail: greentoronto@toronto.ca

COMMUNITY CENTRES

Parks and Recreation community centres offer space for a variety of community activities, including community kitchens and gardens.

For more information on City of Toronto community centres, see www.toronto.ca/parks/recreation_facilities/comcen/comcen_index.htm.

COMMUNITY GARDENS

The Community Gardens Program works with a wide variety of community groups to cultivate community gardens across the City of Toronto. These community gardens are listed below.

ALEX WILSON COMMUNITY GARDEN
Location: 552 Richmond Street West

ASHBRIDGE ECO GARDEN
Location: 101 Coxwell Avenue

BERNARD AVENUE PARKETTE
COMMUNITY GARDEN
Location: Bernard Avenue and Avenue Road (fronting on 2 Bernard Ave, west of public park area)

BIG BACK YARD COMMUNITY GARDEN
Location: Dufferin Grove Park (South of Bloor on east side of Dufferin)

BLOOR BEDFORD
COMMUNITY GARDEN
Location: Bedford Road Parkette (Bloor St & Bedford Rd)

CECIL COMMUNITY CENTRE
COMMUNITY GARDEN
Location: Cecil Community Centre (behind community centre at Cecil St between Spadina & Huron St)

DON MOUNT COURT
COMMUNITY GARDEN
Location: Don Mount Court housing complex (1 block east of DVP between Dundas & Queen)

DUNDAS AND MANNING
COMMUNITY GARDEN
Location: Dundas Street and Manning Street (South of Dundas, east side of Manning)

EGLINTON PARK HERITAGE AND
COMMUNITY GARDEN
Location: North Toronto Memorial Community Centre, 1200 Eglinton Ave (West of Yonge St, East of Avenue Rd)

GARDEN ON THE RAVINE
COMMUNITY GARDEN
Location: Villaways Park (Leslie St and Sheppard Ave)

HEATHERCREST PARK
COMMUNITY GARDEN
Location: Heathercrest Park (Storey Cresc & Anitoch Dr)

HIGH PARK CHILDREN'S GARDEN
Location: High Park (High Park St & Parkside Dr)

HILLCREST PARK COMMUNITY GARDEN
Location: Hillcrest Park (North of Davenport St, west side of Christie Ave)

HURON STREET COMMUNITY GARDEN
Location: Huron Street and College Street (behind Lillian H. Smith Library at Huron & College – south on College St, west side of Huron St)

JOHN GIBSON HOUSE
COMMUNITY GARDEN
Location: Trinity Bellwoods Park, 1053 Dundas Street West (South on Dundas, east side of Crawford)

LAWRENCE HEIGHTS
COMMUNITY GARDEN
Location: Lawrence Heights Community Centre, 5 Replin Road (Leila Lane & Flemington)

MOSS PARK COMMUNITY GARDEN
Location: Queen Street and Sherbourne Street (North of Queen, east of Sherbourne)

OAKDALE COMMUNITY CENTRE
COMMUNITY GARDEN
Location: Oakdale Community Centre, 350 Grandravine Dr (Jane St & Grandravine Dr)

OAKVALE GREEN COMMUNITY GARDEN
Location: Oakvale Park, Greenwood Street and Danforth Avenue (adjacent to 73 Oakvale Ave)

PRESERVING OUR HEALTH
COMMUNITY GARDEN
Location: Scadding Court Community Centre (south of Bathurst, east side of Dundas)

PROSPECT STREET
COMMUNITY GARDEN
Location: South on Wellesely, west side of Parliament Street opposite 35 Prospect Street

RIVERDALE FARM COMMUNITY GARDEN
Location: 201 Winchester Street (Winchester east of Parliament)

ROCKCLIFFE YARD GREENHOUSE
AND COMMUNITY GARDEN
DEMONSTRATION SITE
Location: 301 Rockcliffe Blvd (Rockcliffe Blvd & Alliance Rd)

SACKVILLE PARK COMMUNITY GARDEN
Location: Sackville Street and King Street East (North of King St E at Sackville St)

STOP 103 COMMUNITY GARDEN
Location: Earls Court Park, 1200 Lansdowne Avenue (West of Lansdowne, South of St Clair)

THORNCLIFFE GARDEN CLUB
COMMUNITY GARDEN
Location: Thorncliffe Blvd and Beth Neilson Drive

VILLAGE GREEN COMMUNITY GARDEN
Location: Village Green Park, 925 Albion Road (Albion Rd & Islington Ave)

WARDEN WOODS
COMMUNITY GARDEN
Location: Warden Woods Community Centre: 76 Fir Valley Crescent (St Clair Ave & Warden Ave)

See www.toronto.ca/parks/programs/community.htm for more information on City of Toronto community gardens.

COMMUNITY STEWARDSHIP PROGRAM

The Community Stewardship Program involves volunteers in on-going maintenance and monitoring activities at a restoration site of their choice. Participants work in a team that is guided by an experienced volunteer. An experienced staff person trains each team to do a number of specific duties related to their site.

Jenny Kowalski, Stewardship Coordinator
Tel: (416) 392-1948
E-mail: greentoronto@toronto.ca

FAR ENOUGH FARM

Far Enough Farm is located in the Toronto Island Park near Centreville on Centre Island. Pigs, cows, horses, chickens, sheep and other animals typically found on a rural Ontario farm. Open daily from 9 am to 3 pm.

For more information, contact the Island Information Line at (416) 397-BOAT (2628).

GARDENS AND CONSERVATORIES

Parks and Recreation offers a range of gardens and conservatories throughout the city. These are listed below.

OUTDOOR LOCATIONS

Alexander Muir Park

Alexander Muir Park features significant horticultural displays and formal gardens. Open year round from dawn to dusk.

Location: East side of Yonge Street, just south of Lawrence Avenue
Tel: (416) 392-8188

Cedar Ridge Creative Centre and Gardens

Cedar Ridge Creative Centre and Gardens features a series of traditional gardens with arbors and vistas. Open year round from dawn to dusk.

Location: 225 Confederation Drive
Tel: (416) 396-4026

Edwards Gardens

Edwards Gardens is a former estate garden featuring perennials and roses, wildflowers, rhododendrons and an extensive rockery. Open year round from dawn to dusk.

Location: 777 Lawrence Avenue East
Tel: (416) 392-8188

Guildwood Park

Guildwood Park features a unique collection of architectural constructs in a waterfront garden setting on Lake Ontario. Open year round from dawn to dusk.

Location: South side of Guildwood Parkway between Morningside Ave and Kingston Rd
Tel: (416) 392-8188

High Park

High Park boasts a formal garden in the south part of Toronto's largest park. Open year round from dawn to dusk. See section on High Park for more information.

Location: Colborne Lodge Drive, south side of Bloor Street West, west of Keele Street.
Tel: (416) 392-8188

Humber Bay Promenade Park

Humber Bay Promenade Park features a spectacular view of Toronto's skyline, a marina, boardwalk and gazebo enhances the lakeside gardens. Open year round from dawn to dusk.

Location: Lakeshore Boulevard West, opposite Fleeceline Road
Tel: (416) 392-8188

James Gardens

James Gardens consists of former estate gardens featuring spring-fed pools, seasonal displays and rare trees. Open year round from dawn to dusk.

Location: Edenbridge Drive east off Royal York Road
Tel: (416) 392-8188

Rosetta McClain Gardens

Rosetta McClain Gardens features formal gardens and a central water fountain. Open year round from dawn to dusk.

Location: South side of Kingston Road, east of Birchmount Road
Tel: (416) 392-8188

Sculpture Garden

The Toronto Sculpture Garden features a unique collection of original contemporary designs and horticultural displays. Open year round from 8 am to dusk.

Location: 115 King St E at Jarvis Street
Tel: (416) 515-9658
Web site: www.torontosculpturegarden.com

St. James Gardens

St James Gardens features a formal garden in the centre of Toronto's downtown. Open year round from dawn to dusk.

Location: King Street East & Church Street
Tel: (416) 392-8188

Toronto Botanical Garden in Edwards Gardens

Toronto Botanical Garden, located in Edwards Gardens features a collection of contemporary gardens over nearly four acres. It offers a range of innovative indoor and outdoor learning experiences for all ages including programs, garden tours, nature day camps, field trips and an extensive horticultural library. The George and Kathy Dembroski Centre for Horticulture includes an energy-efficient sloping green roof and award winning ecologically conscious design. Open year round.

Location: 777 Lawrence Avenue East
Tel: (416) 397-1340
Web site: www.torontobotanicalgardne.ca

Toronto Island Gardens

The Toronto Islands features a series of formal gardens. Open year round from dawn to dusk.

Location: Toronto Island, accessible by Toronto Island ferry. See www.toronto.ca/parks/island for ferry schedules.
Tel: (416) 392-8188

Toronto Music Garden

The Toronto Music Garden is a two-acre waterfront park inspired by the music of J.S. Bach. Open year round from dawn to dusk.

Location: South side of Queen's Quay Blvd W, between Spadina Ave and Bathurst St
Tel: (416) 392-8188
Web site: www.toronto.ca/parks/music_index.htm

Toronto Zoo

The Toronto Zoo features botanical and horticultural treasures from around the world. Exhibits are geographically themed on tropical and temperate ecosystems, complete with butterflies, signing birds and primates.

Location: 361A Old Finch Ave
Tel: (416) 392-5900
Web site: www.torontozoo.com

INDOOR LOCATIONS

Allan Gardens Conservatory

Allan Gardens Conservatory features six greenhouses comprising over 16,000 square feet of colourful seasonal plants which supplement the permanent plant collection. The Conservatory has been of botanical importance since 1858. The Palm House is modeled after similar structures in the United States and England. Open from 10 am to 5 pm.

Location: 19 Horticultural Ave
Tel: (416) 392-7288

Cloud Forest Conservatory

Tucked away in the heart of downtown Toronto, the Cloud Forest Conservatory features a small greenhouse inspired by South American cloud forests. Open weekdays from 10 am to 3 pm.

Location: Richmond St West, between Richmond and Temperance St, just west of Yonge St
Tel: (416) 392-7288

Centennial Park Conservatory

Centennial Park Conservatory features 12,000 square feet of interesting plant collections in three glass houses. Open

Monday to Sunday, 10 am to 5 pm.

Location: 151 Elmcrest Road
Tel: (416) 392-8188

For more information, see: www.toronto.ca/parks/parks_gardens/garden_index.htm.

HIGH PARK

High Park spans 399 acres in Toronto's downtown and is easily accessible by public transport. The park is home to many species of wildlife as well as rare plant species. High Park offers year-round attractions and amenities, including historic Colborne Lodge and the Coach House, a volunteer built playground, animal paddocks, sports fields, an outdoor ice rink, the beautifully landscaped Hillside Gardens and the High Park Children's garden.

For more information, see
www.toronto.ca/parks/highpark.htm

HUMBER BAY BUTTERFLY HABITAT

The Humber Bay Butterfly Habitat is an ecological restoration project located in Toronto's west end along Lake Ontario that provides a habitat for a variety of native butterfly species. The butterfly habitat includes a variety of native wildflowers, shrubs, trees and grasses as well as other physical features known to support butterflies during their life cycles.

Location: Humber Bay Park East
Contact: Garth Armour
Tel: (416) 392-0360.
Web site: www.toronto.ca/parks/hbbh.htm

RIVERDALE FARM

Riverdale farm's 7.5 acres are host to Ontario farm animals as well as butterfly-herb flower-vegetable gardens. Animal feedings, egg collection, cow milking, goat milking and horse grooming provide a chance to meet the farmer. There is also a wood burning brick oven (Tuesday mornings), a farmers market (Tuesdays from 3 - 7 pm, May to October), farm kitchen and a preschoolers' program. There are also many other programs and seasonal events at Riverdale Farm. Open daily from 9 am to 5 pm.

201 Winchester Street, Toronto, ON
Tel: (416) 392-6794
E-mail: arm@toronto.ca
Web site: www.toronto.ca/parks/riverdalefarm.htm or
www.friendsofriverdalefarm.com

TORONTO FUN GUIDE

The Toronto Fun Guide is a handbook of Parks and Recreation's programs for people of all ages in the city of Toronto. Published twice a year, the guides are organized into four regions. The Toronto Fun Guide can be downloaded from the following web sites.

- NORTH YORK:
www.toronto.ca/parks/ntorontofun.htm
- TORONTO & EAST YORK:
www.toronto.ca/parks/storontofun.htm
- SCARBOROUGH:
www.toronto.ca/parks/etorontofun.htm
- ETOBICOKE/YORK:
www.toronto.ca/parks/wtorontofun.htm



COMMUNITY ECONOMIC DEVELOPMENT

Community economic development helps to generate economic opportunities and improves social conditions within communities in a way that is both sustainable and inclusive. See the contact information below for community economic development activities related to gardening.

COMMUNITY ECONOMIC DEVELOPMENT INITIATIVES IN TORONTO

The following projects indicate the types of community economic development activities related to community gardening taking place in Toronto.

COMMON GROUND CO-OPERATIVE

Common Ground Co-operative promotes the establishment of self-employment initiatives for people with developmental disabilities. The Co-operative seeks to support and develop small businesses through fundraising, consulting, networking, and service agreements in to provide meaningful employment to people who would otherwise be unable to participate in the workforce.

4 Overlea Boulevard
Toronto, ON M4H 1A4
Tel: (416) 421-7117
E-mail: commongroundco-op@bellnet.ca
Web site: www.commongroundco-op.ca/common.html

CARROT COMMON

Carrot Common is a unique partnership between the Big Carrot (a worker co-operative with expertise in organic food), Carrot Cache (a fund to support worker co-ops and organic farmers), Cooperative Resource Pool of Ontario (a cooperative venture capital group), David Walsh (a private developer interested in community goals), a merchant banker and local

community advocacy groups. The partnership owns Carrot Common mall on Danforth Avenue. The ownership of the development is held so that more than 50% of its profits go to organizations that will benefit the community. The share of profits to Carrot Cache funds new worker owned cooperatives. Other profits finance a venture capital fund operated by the Co-operative Resource Pool of Ontario and a charitable fund that supports social justice and community economic development initiatives.

348 Danforth Avenue
Toronto, ON M4K 1N8
Tel: (416) 466-2644
Web site: www.carrotcommon.com

THE GOOD FOOD BOX

The Good Food Box is a non-profit fresh food distribution system operated by Field to Table, a project of FoodShare Toronto. The project distributes 4,000 boxes to 200 neighbourhood drop-offs each month. The Good Food Box buys high quality produce directly from farmers and from the Ontario Food Terminal. Volunteers help to pack produce into boxes, which are then delivered to neighbourhood distribution sites. The Good Food Box supports local production and local farm economies, reduces transport distances and fosters a closer relationship between food producers and consumers. The partnership among local farms allows them to grow previously imported produce locally and gain more economic stability.

Zahra Parvanian
Tel: (416) 392-1670
E-mail: gfbbox@foodshare.net
Web site: www.foodshare.net/
goodfoodbox01.htm

FOCUS ON FOOD YOUTH COMMUNITY SERVICE PROGRAM

Focus on Food is a youth program that provides youth an opportunity for personal development and at the same times allows them to gain job experience. Youth work on FoodShare projects including in the warehouse, packing the Good Food Box, helping with catering orders and participating in urban agriculture micro-enterprises. Youth gain practical job skills in cooking, nutrition, gardening and horticulture.

FoodShare
Tel: (416) 363-6441 ext 221
E-mail: zahra@foodshare.net
Web site: www.foodshare.net/train04.htm

GROWING SPROUTS AND SEEDLINGS

FoodShare's Sprouting and Seedlings Manual outlines low-tech ways to grow seedlings and sprouts for home, personal and microenterprise projects.

Zola Dyer
FoodShare
90 Croatia Street
Toronto, ON M6H 1K9
Tel: (416) 363-6441 ext 221
E-mail: zola@foodshare.net
Web site: www.foodshare.net/
publications_05.htm

LEARNING ENRICHMENT FOUNDATION

The Learning Enrichment Foundation is a leader in community economic development as it relates to human capital focusing on developing innovation solutions to local needs. The Foundation provides community responsive programs and services which

enable individuals to become valued contributors to their community's social and economic development.

Eunice Grayson, Peter Frampton
116 Industry Street
Toronto, ON M6M 4L8
Tel: (416) 769-0830
E-mail: info@lefca.org
Web site: www.lefca.org

LEMON & ALLSPICE COOKERY

Lemon & Allspice Cookery, a project of Common Ground Co-operative, is a Toronto food catering service operated by a business partnership of people with intellectual disabilities. The Cookery is based in a commercial kitchen, employs 15 individuals and provides catering to businesses and community groups and several retail outlets in Toronto.

Tel: (416) 686-1906
E-mail: lemonallspice@bellnet.ca

MIZIWE BIIK ABORIGINAL GARDEN

The Miziwe Biik Aboriginal Garden is a partnership project between Evergreen and the Miziwe Biik Aboriginal Employment and Training centre. The garden addresses a number of issues including food security, skills training for Toronto's Aboriginal people and community building.

Erika Nikolai, Coordinator,
Community Gardens
Tel: (416) 596-1495
E-mail: erika@evergreen.ca

Miziwe Biik Aboriginal Garden contact information:
167-169 Gerrard Street East
Toronto, ON M5A 2S4
Tel: (416)596-1495

PARKDALE GREEN THUMB ENTERPRISE

Parkdale Green Thumb Enterprise is a horticultural maintenance business composed of former and current psychiatric survivors who are at risk of homelessness. The group offers top quality residential and commercial landscaping in the Parkdale area.

Maggie Griffin
1499 Queen Street West
Toronto, ON M6R 1A3
Tel: (416) 537-9551
E-mail: mgriffin@on.aibn.com

SPROUTING ENTERPRISE

In a partnership with the Canadian Mental Health Association (CAMH), the Sprouting Enterprise is the basis for an occupational therapy project for people living with mental health issues. Working out of an underused greenhouse at the Centre for Addiction and Mental Health, participants collect a salary helping to produce sprouts and seedlings for sale. The project helps them to gain valuable job skills as well as confidence, exposing them to the practice of running a small business and offering the positive experience of working with plants from seed to harvest.

Ravenna Barker,
Urban Agriculture Facilitator
FoodShare Toronto
90 Croatia Street
Toronto, ON M6H 1K9
Tel: (416) 363-6441 ext 221
E-mail: ravenna@foodshare.net
Web site: www.foodshare.net/train05.htm

THE SUNSHINE GARDEN

The Sunshine Garden is a market garden on the grounds of the Centre for Addiction and Mental Health (CAMH) run by people with severe mental health issues and youth in FoodShare's Focus on Food program. The produce from the garden is sold at Parkdale Liberty Farmers Market, the Good Food Box Program and directly from the garden. This garden program provides CAMH participants

with six months of paid employment through the United Way. Support from CAMH job coaches allow participants to learn about urban market gardening from FoodShare's staff. The program offers new opportunities for employment and training, addressing issues of client employment, community integration, neighborhood needs, food security and the environment.

Ravenna Barker
FoodShare
90 Croatia Street
Toronto, ON M6H 1K9
Tel: (416) 363-6441 ext 221
E-mail: ravenna@foodshare.net
Web site: www.foodshare.net/garden07.htm

TORONTO KITCHEN INCUBATOR

The Toronto Kitchen Incubator, a project of FoodShare, allows start-up entrepreneurs to work in a commercial shared kitchen. The incubator supports small entrepreneurs and community groups interested in starting new food companies. The Toronto Kitchen Incubator is a fully licensed industrial kitchen for use by small entrepreneurs and community groups. The following are Toronto Kitchen Incubator businesses:

- Hearth to Home
- Purnima Foods
- Surkl Frozen Empanadas
- Food For Thought
- Wellness Foods: The Simply Bar

Janet Armstrong,
Cooking Education Coordinator
FoodShare
90 Croatia Street
Toronto, ON M6H 1K9
Tel: (416) 363-6441 ext 221
E-mail: janet@foodshare.net
Web site: www.foodshare.net/
kitchen05.htm

For individual Toronto Kitchen Incubator businesses, see:

- **Hearth to Home**
Web site: www.hearthtohome.ca
- **Purnima Foods**
Tel: (647) 224-5888
- **Surkl Frozen Empanadas**
Tel: (416) 932-1013
E-mail: surkl@rogers.com
- **Food For Thought**
Tel: (416) 878-7719
E-mail: dave@davidgodfrey.com
Web site: www.davidgodfrey.com
- **Wellness Foods: The Simply Bar**
Tel: (416) 836-9926
E-mail: info@wellnessfoods.ca
Web site: www.wellnessfoods.ca

TUMIVUT EARTHKEEPERS

Tumivut Earthkeepers is a program designed to address the social and economic issues faced by homeless youth. It is a skill enhancement initiative designed to meet the occupational skill needs of street involved youth with significant barriers to employment. Job readiness skills and on the job experience are provided within a greenhouse, horticultural and landscaping environment. Youth participate in greenhouse nursery production and cultivation as well as participation in landscaping and maintenance skills enhancement activities by shadowing industry experts.

Paul Richard, Earthkeeper Coordinator
26 Vaughan Road
Toronto, ON M6G 2C4
Tel: (416) 651-6750
Web site: www.nameres.org/earthkeepers.html



APPENDIX

GENERAL GARDENING AND HORTICULTURAL INFORMATION

Aggie Horticulture

Gardening and horticultural crop production information
<http://aggie-horticulture.tamu.edu>

Composting Basics

Factsheets from the City of Toronto
www.toronto.ca/compost/pubs.htm

Fernlea Flowers

Gardening tips and resources
www.fernlea.com/misc/gardmenu.htm

Garden Guides

An online resource for gardening enthusiasts
www.gardenguides.com

Gardening Guides

Information, tips and ideas for year-round gardening
www.gardening-guides.com

The Gardening Launch Pad

A good place to start for gardening advice
<http://gardeninglaunchpad.com>

Gardening Tips and Advice

Useful gardening tips and advice
www.gardening-advice.org

GardenWeb

A 2,100 word glossary of botanical terms and a garden events calendar
www.gardenweb.com

The Helpful Gardener

Includes articles, gardening tips, features and a garden forum
www.helpfulgardener.com

How to Make Compost, a Composting Guide

Instructions on how to compost, which materials to use, and how to deal with common composting problems
www.compostguide.com

Organic Agricultural Information

Accurate information about organic agriculture
www.organicaginfo.org

Organic Gardening

Deals with the basics of organic gardening
www.organicgardening.com

Vegetable Expert

A unique reference point on growing and eating vegetables
www.vegetableexpert.co.uk

Watch Your Garden Grow

A guide to growing, storing and preparing vegetables
www.urbanext.uiuc.edu/veggies

RESOURCES FOR COMMUNITY GARDENING

American Community Garden Association

An organization supporting community gardening in the United States and Canada
www.communitygarden.org

Boston Natural Areas Network

An organization dedicated to preserving urban open space
www.bostonnatural.org

City Farmer

The most comprehensive site on the internet about urban agriculture, community gardening and sustainable agriculture
www.cityfarmer.org/communitygarden7.html#community

Community Gardens in the City of Toronto

Parks and Recreation's site for community gardens in the City of Toronto
www.toronto.ca/parks/programs/community.htm

The Food Project

A launching pad for new ideas about youth and adults partnering to create social change through sustainable agriculture
www.thefoodproject.org

Food Security Learning Center (Community Gardens section)

An excellent collection of resources on community gardening
www.worldhungeryear.org/fslc/faqs/ria_057.asp?section=3&click=1

FoodShare

An organization based in Toronto focusing on food issues "from field to table" – including growing, processing, distribution, purchasing, cooking and consumption
www.foodshare.net

Gateway Greening

Based in St. Louis, Missouri, this organization provides resources to community gardens in the area
<http://stlouis.missouri.org/gatewaygreening>

Green Guerillas

An organization using a mix of education, organizing and advocacy to help people cultivate community gardens
www.greenguerillas.org

Green Thumb

An urban gardening program in New York City
www.greenthumbnyc.org

Growing Power

An organization based in Milwaukee providing hands-on training, on-the-ground demonstration, outreach and technical assistance through the development of Community Food Systems
www.growingpower.org

National Gardening Association

Promotes home, school, and community gardening as a means to renew and sustain the essential connections between people, plants, and the environment
www.garden.org

Neighborhood Gardens Association

Located in Philadelphia, this organization has the mission of supporting the long term preservation of community-managed green spaces
www.ngalandtrust.org

"No Plot is Too Small: A Community's Guide to Restoring Public Landscapes"

An excellent planning resource for community gardens
www.evergreen.ca/en/cg/resources/noplot/index.html

Philadelphia Green (Pennsylvania Horticultural Society)

A comprehensive urban greening program based in Philadelphia
www.pennsylvaniahorticulturalsociety.org/phlgreen/index.html

Rooted in Community

A grassroots network that empowers youth to take leadership in their own communities through urban and rural agriculture, environmental justice, community gardening, and food security work
www.earthisland.org/ric

Seattle Tilth

An organization dedicated to cultivating sustainable community gardens
www.seattletilth.org

Urban Community Gardens

An electronic directory of community garden-related information
www.mindspring.com/~communitygardens

Urban Harvest

An organization promoting sustainable urban land and horticultural practices to grow food and reduce hunger through gardening education
www.urbanharvest.org

RESOURCES FOR FARMERS' MARKETS

Canadian Organic Growers

An organization promoting organic growing to build healthy local communities and ecosystems
www.cog.ca

Farmers' Markets Ontario

An organization promoting farmers' markets in Ontario, including a market finder for and additional services for farmers' markets
www.farmersmarketsontario.com

Food Security Learning Center (Farmers' Market section)

An excellent collection of resources on farmers' markets
www.worldhungeryear.org/fslc/faqs/ria_047a.asp?section=4&click=1

Growing for Market

News and ideas for market gardeners
www.growingformarket.com

North American Farmers' Direct Marketing Association

Includes an extensive and well-organized and list of resources for farmers' markets
www.nafdma.com

Openair-Market Net

A world wide guide to farmers' markets, street Markets, flea markets and street vendors
www.openair.org

Project for Public Spaces (Markets section)

An organization dedicated to creating and sustaining public places that build communities
www.pps.org/markets

Resources for Farmers' Markets

Excellent information on farmers' markets
www.farmersmarketsusa.org

USDA Farmers' Markets

US Department of Agriculture information page on farmers' markets
www.ams.usda.gov/farmersmarkets

COMMUNITY KITCHENS AND OTHER FOOD-RELATED RESOURCES

Afri-Can Food Basket

A cooperative, community-based economic development project that distributes African and Caribbean produce to people of colour in Toronto to promote healthy eating and self-reliance through urban organic farming
www.africanfoodbasket.com

Community Food Security Coalition

A coalition dedicated to building strong, sustainable, local and regional food systems
www.foodsecurity.org

Foodnet – Ontario Food Security & Nutrition Network

An internet-based resource centre focusing on food security in Ontario
www.opha.on.ca/foodnet

FoodShare

An organization based in Toronto focusing on food issues "from field to table" – including growing, processing, distribution, purchasing, cooking and consumption
www.foodshare.net

Just Food

An organization that works to develop a just and sustainable food system in the New York City region
www.justfood.org

Kitchens in National Cooperation

A resource center for community-based kitchens
www.kitchensinc.org

Second Harvest

A community-based organization that picks up excess fresh food and delivers it to social service agencies in Toronto
www.secondharvest.ca

Sustainable Food Center

Located in Texas, promotes a food secure community by improving access to local, healthy and affordable food
www.sustainablefoodcenter.org

Regroupement des Cuisines Collectives du Québec (Québec Collective Kitchens Association)

An organization focusing on the promotion and consolidation of emerging collective kitchens in Québec
www.rccq.org

Sustain: The Alliance for Better Food & Farming (UK)

An organization advocating for food and agriculture policies and practices
www.sustainweb.org

The Stop Community Food Centre

An organization that works to increase people's access to healthy food in a manner that maintains dignity, builds community and challenges inequality
www.thestop.org

Toronto Food Policy Council

A Council that partners with business and community groups to develop policies and programs promoting food security
www.toronto.ca/health/TFPC_index.htm

Vancouver Community Kitchen Project

An educational resource centre focusing on community kitchens
www.communitykitchens.ca

SUSTAINABLE COMMUNITIES

Everdale Environmental Learning Centre

An organic farm and environmental learning centre with the purpose to teach sustainable living practices as well as to operate a model organic farm
www.everdale.org

Evergreen Foundation (Toronto)

An innovative charity that explores the relationship between nature, culture and community in urban space
www.evergreen.ca

Farm Folk, City Folk (Vancouver)

An organization that works with food communities toward a local, sustainable food system
www.ffcf.bc.ca

North Toronto Green Community

An organization working to engage and connect residents, community groups and local businesses to improve the environment, economy and quality of life
www.ntgc.ca

Ontario Healthy Communities Coalition

A coalition that works with Ontario communities to strengthen their social, environmental and economic well-being
www.healthycommunities.on.ca

Toronto Botanical Garden

A volunteer-based, charitable organization whose purpose is to inspire passion, respect and understanding of gardening, horticulture, the natural landscape and a healthy environment
www.torontobotanicalgarden.ca

NETWORKING RESOURCES

American Community Garden Association Community Garden Email List

www.communitygarden.org/emaillist.php

City Farmer Discussion Group on Urban Agriculture

www.xaia.ca/cityfarmer

Comfood Listserv – US Community Food Security

www.foodsecurity.org/list.html

Foodnet Listserv

<http://list.web.net/lists/listinfo/foodnet-l>

Garden

<http://lists.hampshire.edu/mailman/listinfo/garden>

Gardening Q & A Forum – Toronto Botanical Garden

www.questions.torontomastergardeners.ca

GardenWeb – Community Gardens Listserv

<http://forums.gardenweb.com/forums/commgard/>

ICanGarden Gardeners Forum

www.icangarden.com/user.cfm?task=register

Toronto Community Gardening Network

www.foodshare.net/newsletter_garden_01.htm

Toronto Food Policy Council Listserv

E-mail your name and address to tfpc@toronto.ca

HOTLINES

Toronto Master Gardeners Info Line

Trained volunteers dedicated to providing horticultural information to the public
Call (416) 397-1345
www.torontomastergardeners.ca

Foodlink Hotline

A volunteer-staffed telephone referral service that connects people with the food programs in their neighbourhoods
Call (416) 392-6655

USEFUL BOOKS

A Handbook of Community Gardening.

By Boston Urban Gardeners, published by Charles Scribner's Sons, 1982

A Patch of Eden – America's Inner City Gardeners

By H. Patricia Hynes, published by Chelsea Green Publishing Co., 1996

City Bountiful: A Century of Community Gardening in America

By Laura Lawson, published by University of California Press, 2005

The Community Garden Book: New Directions for Creating and Managing Neighbourhood Food Gardens in Your Town

By Larry Sommers, published by Gardens for All/The National Association of Gardening, Burlington, VT, 1984

Farmers' Markets – An American Success Story

By Harriet Festing, published by Ecologic Books, Bristol, UK, 1998

**How Does Our Garden Grow?
A Guide to Community
Gardening Success**

By Laura Berman, published by FoodShare, 1997
To order, call (416) 392-1629 or e-mail
zola@foodshare.net
www.foodshare.net/publications_03.htm

How to Save Your Own Seeds

By Seeds of Diversity Canada.
To order, call 1 (866) 509-7333 or e-mail
office@seeds.ca
www.seeds.ca/vend/forsale.php

**Sharing the Harvest: How to Build
Farmers' Markets and How Farmers'
Markets Build Community**

By Mary Ann Colihan & Robert T. Chorney,
published by Farmers' Markets Ontario, 2004
To order, contact
(613) 475-4769 or
www.farmersmarketsontario.com

