



www.region.waterloo.on.ca/ph

or visit our website at

(519) 883-2000

Call Region of Waterloo Public Health at

Community Garden Council of Waterloo Region
 We are a group of gardeners and interested people who promote and support
 Community Gardens in Waterloo Region. We envision a strong, supportive
 infra-structure giving residents access to land to plant and harvest their own food.

Do You Dig Gardening?

Find out more about **Community Gardening**
 in **Waterloo Region**



Community Gardens... "Grow our Own"

Community Gardens enable people to come together to grow their own food. At some Community Gardens, gardeners plant and harvest one large garden together while other gardens have several individual plots. Gardeners may grow their own produce:

- fruits and vegetables
- flowers and herbs

Community Gardens... Benefit Everyone

Community Gardens nourish neighbourhoods. They revitalise vacant land and provide a welcome retreat from hot pavement and hectic lives. Gardens beautify their surroundings and everyone benefits.

Community Gardens:

- provide fresh, affordable food
- grow food for individuals and groups
- build welcoming, safer communities
- promote wellbeing
- preserve the environment
- connect people and nature



Community Gardens... Support Them

Community Gardens need community support. Many garden sponsors and supporters are community centres, non-profit agencies, private citizens and places of worship, businesses, public health departments and municipalities. Gardens are supported through donations of labour, materials, services and supplies. Contact the Community Garden Council of Waterloo Region if you can help:

- provide good land, water and insurance
- offer discounts
- donate services or gardening materials
- provide funding

Community Gardens... How to Start One

Community Gardens require patience, commitment and support from others. Find other garden enthusiasts and begin the adventure. Contact the Community Garden Council of Waterloo Region for help to:

- learn about other gardens
- form a planning group
- find and choose a garden site
- find supports and sponsorship
- get needed materials and equipment
- prepare and develop the site
- advertise and get the gardeners
- plan work days and plant the garden
- celebrate the garden!