

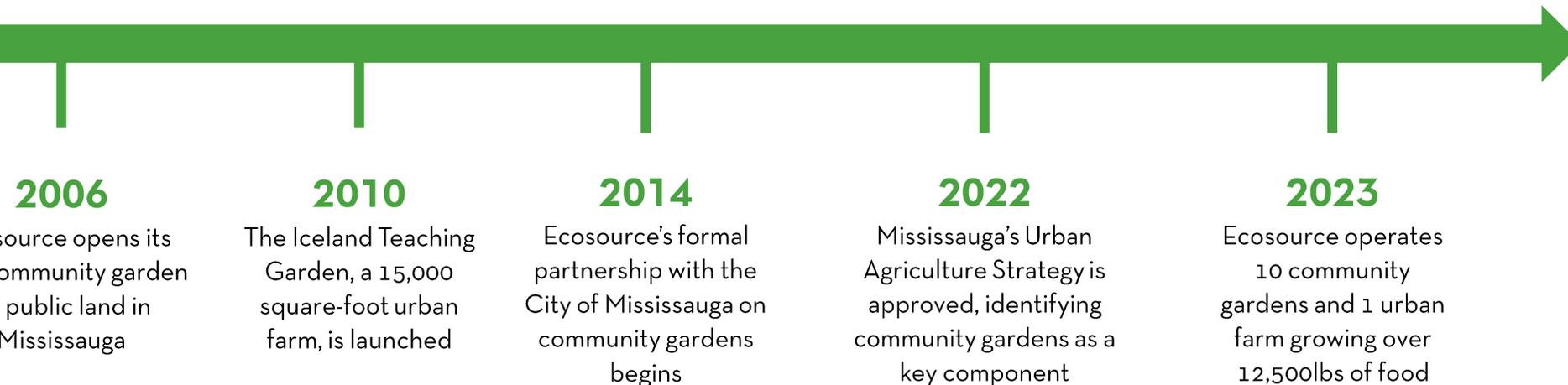


Community Gardens

2023 Program Highlights



Our Story



Ecosource has been leading the development of community gardens in partnership with the City of Mississauga since 2006. From 2014-the present, Ecosource has worked with the city to open 1 new or expand an existing community garden each year.

2023 Highlights

2,008

residents engaged in urban agriculture and food growing activities across Mississauga

70

new garden members, moving residents off our growing waitlist

13,325

volunteer hours contributed to garden stewardship

411

in-person and virtual education sessions promoting awareness of local food systems

12,582 lbs

food grown for donation to local food banks and to feed individuals and families

Ecosource Urban Agriculture Sites in Mississauga

Our Growing Network

Ecosource manages 10 community gardens and 1 large-scale 15,000 square-foot urban farm in public parks. We also have a community garden demonstration at our office located at St. Hilary Elementary School.

With the City's support, we plan to add at least 1 new garden to our network each year.



- 1 Churchill Meadows Community Garden
3715 Thomas St.
- 2 Hillside Community Garden
1311 Kelly Rd.
- 3 The Meadow Green Demonstration Garden
6595 Falconer Dr.
- 4 Ecosource Community Hub
5070 Fairwind Dr.
- 5 Ecosource's Urban Farm - The Iceland Teaching Garden
705 Matheson Blvd. East
- 6 Parkway Green Generation Garden
4215 Central Parkway East
- 7 Garden of the Valley
1275 Mississauga Valley Blvd.
- 8 Cooksville Community Garden
106 King St. East
- 9 Hancock Community Garden
2171 Camilla Rd.
- 10 Malton Community Garden
7320 Darcel Ave.
- 11 Forest Glen Community Garden
3545 Fieldgate Dr.
- 12 Small Arms Community Garden
1352 Lakeshore Rd. East

Ecosource is an innovative environmental organization that inspires the community to become more environmentally responsible through creative public education. Learn more at www.ecosource.ca.

The Ecosource Community Garden Program connects residents in Mississauga neighbourhoods with gardening spaces that encourage active, healthy living and help green the city. This program is generously supported by the City of Mississauga.



Registered
Community Group



411
Volunteer
Sessions



13,325
Volunteer hours
supporting food
security



1,530
Volunteers
growing food for
the community

Growing with the Community, for the Community



5,286 lbs

**of fresh, culturally appropriate
food donated to local food
banks and partner agencies**

New Garden Beds!

7.4

This year we installed **46** new garden beds! This included a unique herb spiral demonstration bed at the Parkway Green Generation Garden, 12 replacement beds at Forest Glen and Hillside Community Gardens and 33 new garden beds at the Forest Glen Community Garden to welcome new partners and gardeners to our network!



Youth Engagement

Many of our programs this year were led by youth for youth! This year the Indigenous Network expanded their Wasa-Nabin youth program to include Forest Glen as well as Parkway Green. Student volunteers engaged at the Forest Glen Community Garden in 2022 led their own stewardship sessions in 2 garden beds this year. Youth were also highly represented amongst our volunteer groups at the Iceland Teaching Garden and Malton Community Garden this year.



“Connect with nature!”



“Rewarding!”



“Builds friendships!”



“Engage with the community!”

Collaborating with the Community to Make an Impact

19

Partnerships directly supporting food growing and distribution



“

Thanks to Ecosource, we have a well-maintained space to grow food for the people in need in Cooksville, also, the community garden makes Cooksville park look beautiful. Gardening as Heart Comonos has also created a family, of elders and newcomers that were "alone" before, and some of them, did not even have a reason to go and enjoy outside.

- Community gardener,
Cooksville Community⁹ Garden



Growing vegetables from seeds and donating it to food banks is very rewarding especially since food prices are sky rocketing.

- Cultivator Volunteer

My favourite part about being involved at the Forest Glen garden is the teamwork and working towards one goal.

- Ecoclub Youth Volunteer
Forest Glen Connection Project

As an aged senior it gets me out of the house, gives me exercise and a 'purpose' as unofficial caretaker. I meet wonderful gardeners, swap produce and chat. I also love the peace and quiet there.

- Community Gardener
Parkway Green Generation Garden



Benefits of Gardening

Ecosource conducts an annual survey with our garden members. A preliminary analysis of the 2023 results shows that our gardens have many co-benefits for participants, including:

Food Security

- 89% report “growing food to eat” as a key benefit
- 76% say the program helps them save on the cost of groceries
- 76% make 3+ meals/week with their garden harvest with 25% making more than 6 meals/week

Other Benefits

- 87% indicate the program improves their gardening skills
- 86% feel they can share their knowledge with others through the program
- 85% say the program helps them stay active outdoors
- 74% feel gardening improves their mood and helps reduce stress



89%
report “growing food to eat” is a key benefit of their participation

Thank You!

Our 2023 local food programs would not have been possible without the support of our funders.

Leading

City of Mississauga
Canada Healthy Communities Initiative
Ontario Trillium Foundation
United Way Greater Toronto

Supporting

Canada Summer Jobs
TD Friends of the Environment Foundation
Community Foundation of Mississauga



Stay Connected!

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