

Harvesting the Edible Landscape: A Community Garden Approach

Includes:
Final Report

By
Candice MacDonald
Nadine Leitch

Completed for: YWCA of Peterborough, Victoria and Haliburton
Supervising Professor: Paula Anderson
Trent Centre for Community-Based Education

Department: Environmental Resource & Canadian Studies
Course Code: ERST-CAST 3340H
Course Name: The Canadian Food System: A community development approach
Term: Fall 2010
Date of Project Submission: December 2010

Project ID: 4159

Call Number:

HARVESTING THE EDIBLE LANDSCAPE



(Agatha Whitt-Wellington. 2010. Available Online. Accessed at:
<http://everyoneneedsanalgonquin.files.wordpress.com/2010/07/vegetable-gardening.jpg>)

ERST-CAST:
3340H

Community Garden Approach

Completed for: YWCA of Peterborough, Victoria and Haliburton
Supervising Professor: Paula Anderson, Trent University
Trent Centre for Community-Based Education

Canadian Food System: A Community Development Approach
Project Submission date: December, 2010

Candice MacDonald and Nadine Leitch

Acknowledgments

This project was made successful with the effective communication and coordination of many community groups, organizers and individuals as well as moral support by all involved.

Special thanks to:

- Joëlle Favreau.....YWCA Peterborough, Victoria & Haliburton Host
- Marjorie Mcdonald.....Trent Centre for Community based Education
- Paula Anderson.....Trent University Professor
- Jill Bishop.....Peterborough Community Garden Network
- Lindsay Archer.....Food Service Manager, Brock Mission
- Robin Adamson.....YWCA Community Garden Organizer

Abstract

The purpose of this project is to assess the various forms that community gardening can have towards programming for food security initiatives, and determine what is currently happening in the City of Peterborough. The main question to be answered within this project is defining what the current food security projects need regularly and match these with attempts that are being made in community gardens to grow extra food for food security initiatives. This project will provide direction in how community gardens are able to provide local food to current community food security programs. These connections will be used by the YWCA to help support food security within the City of Peterborough and support families with healthy food alternatives on minimal budgeting.

TABLE OF CONTENTS

Acknowledgements & Abstract.....Page 1

Introduction.....Page 4

Organization and Community Context.....Page 4

Scope of this Project.....Page 6

Community Gardening in North AmericaPage 7

City of Peterborough and Food SecurityPage 15

Community Gardening in Peterborough, Ontario.....Page 17

Recommendations.....Page 21

Conclusion.....Page 29

Appendix.....Page 31

Directory of Additional Resources.....Page 33

References.....Page 38

Harvesting the Edible Landscape

COMMUNITY GARDEN APPROACH

| INTRODUCTION |

Many community gardens throughout North America grow some food for donating or dedicate their full harvest to emergency food programs. Programs such as Grow-A-Row in Canada and Plant-A-Row in the United States promote this approach of harvesting community garden produce for food security programs within their respective reach. The purpose of this project is to assess the various forms that such an approach can take and see what is currently being done in the City of Peterborough. The research will provide the YWCA, Community Food Network and the Peterborough Community Garden Network, including existing and upcoming community gardens, and food security programs with an opportunity to promote new avenues to grow more food. Understand what food security means will ensure a unison understanding of the term and what community gardens are able to do in creating a food secure community. Food security is the amount of food that is available to any individual or household at any given time. Food security is not only measured by the amount of food that is available, but also the quality, nutritional and cultural values as well. Fundamentally, the three dynamics regarding food security are availability, accessibility and usability and are closely bound with the health of a population or community (World Health Organization, 2010).

The purpose of this project is three-fold: a) to learn about innovative ways community gardening projects in North America grow food for food security programs; b) to see what is currently being done locally to grow food in community gardens for food security programs in Peterborough and c) to identify opportunities for enhancing that process and draft recommendations for increasing the amount of food grown by community gardens for food security initiatives.

| ORGANIZATION AND COMMUNITY CONTEXT |

The YWCA exists to support the rights of all women and their families to live free from violence, oppression and poverty. The YWCA runs a shelter for women and children fleeing from abuse, a 40-unit housing community, an outreach program in the City and County and a Safe Space in Minden. They also offer anti-poverty activities, primarily in the area of food security as well as workshops to support organizations in building healthy and dynamic work environments.

The Harvesting the Edible Landscape- Community Gardens project will target the Peterborough Community as a whole to determine the extent of how community gardens can grow food to help support food security programs and assist in creating a bond between community gardens and food initiatives in the City and County of Peterborough. Currently there are 13 recognized community gardens in the City of Peterborough, and an additional 5 new and developing community gardens. The majority of the work surrounding and involving community gardens in Peterborough is done through Peterborough Community Garden Network (PCGN). Peterborough Green-Up (PGU) and the YWCA are partner organizations that are involved with PCGN in developing community gardens. The YWCA is looking to work with the initiatives set forth by the PCGN and connects the effectiveness of the community garden programs to support food security through donations and other innovative methods of collection and distribution. The base of the YWCA's mission is much different than Peterborough Green-Up, but where their missions connect are the importance of sustainability within our food system.

The YWCA has been involved in food-related activities for years. Since 1992 the YWCA has been involved in developing 4 different allotment style gardens including Armour Road, St. Stephen's, Centennial Garden and the North Minister United Church garden. Each of these gardens are geared towards a specific community to support food security. Currently the Peterborough City/County Health Unit helps the YWCA by providing support for these gardens through organization of waitlists, rototilling and compost collection. The YWCA agency is a member of several community food initiatives which would greatly benefit from the knowledge gathered by the research project. Some of the community food initiatives through the YWCA include the JustFood Program which helps to provide access to healthy food for families and the program called Putting Local Food on the Table aims to increase the sharing of locally produced goods through community cooking classes and food box programs. Other community partners that are valuable to the community gardening and food security initiatives are the Peterborough City/County Health Unit, as listed above, the Community Food Network, Peterborough Green-Up, Our Space, Transition Town Peterborough, as well as the local colleges and universities and the Trent Centre for Community Based Education, many of which are members of the PCGN. The findings of the research will be shared with the YWCA as well as other community partners and the recommendations for actions will be presented and acted upon to enhance community food security in Peterborough and to create strong connections between the community gardens and food security initiatives.

Food security is an issue in the Peterborough City and County as stated by the Peterborough County-City Health Unit (PCCHU) that "the cost of a nutritious diet is proving very expensive and unaffordable for low-income families and individuals in our community. These high costs put many

people at risk when they are forced to choose between food and other basic necessities like rent,” stated by Medical Officer of Health, Dr. Rosana Pellizzari as noted in the Peterborough Examiner. In order to curb the issues of food insecurity in a city like Peterborough, a collaborative effort is required by organizations such as the PCCHU, Ontario food producers, local community gardeners, the YWCA as well as various other community partners. This project aims to find a link between these programs and support how these community gardens can be used as a food security initiative to support social, economic and environmental sustainability within the City of Peterborough.

| SCOPE OF THIS PROJECT |

Understanding more about community gardens and how they are able to benefit the communities they are in can help to reconnect people with food and raise awareness for many growing issues, including hunger and sustainable growth.

Better understanding the interests that people in the community of Peterborough have in regards to community gardens and the need for food will help to direct the research in terms of the extent to which positive growth of food produced in community gardens for food security in which Peterborough can achieve. The connection between the food grown within community gardens and donations to community food security programs is important so as to limit the waste of food left behind on community garden plots and to support community members. Although connecting community gardens with food security projects to reduce waste is important to this paper, it is also essential to understand further benefits of programming such as this through community building, and increased access to local food. Not only understanding the City of Peterborough, but understanding how other cities of similar size have been able to create successful food initiatives linked with community gardens, will help to accomplish our goal of understanding Peterborough’s food system and food security. Determining the extent to which community gardens can supply Peterborough food security initiatives with the necessary amount of food required will establish the direction of growth for community gardens in Peterborough. Social sustainability is also important in that the gardens grow food that is socially and culturally accepted and to ensure that there is a sufficient supply of a variety of fruits and vegetables throughout the growing season so that individuals and community members can have a steady supply of nutritious foods. It is important that each of these gardens understand the need that food security programs have in order to grow and produce appropriate foods that can be used for donations. Creating a win-win connection between food programs and community gardens that is both economic and sustainable is important in order to create a program bond that will be viable for the community. The community gardens in the City and County of Peterborough are able to provide the community with a viable and economically plausible solution to obtain healthy produce at an affordable price. It is also important to create

connections between local gardens and food security programs that are close in proximity to ultimately limit the costs needed for transportation of the produce. Creating these gardens that use environmentally sustainable practices through the use of organic gardening without the use of pesticides and herbicides is important and effective natural methods to preventing garden pests.

The Peterborough YWCA works to help women understand the values of life and to encourage them to make informed decisions and positive changes to their lives. Empowering people in Peterborough with the knowledge of their food sources may help to spark new interests in learning new ways to provide for their families. Food security initiatives are used to help provide nutritious food to people of low-income households. Successful food initiatives require sufficient funding, community support, and the growth of community gardens as a method of obtaining a local food source. The YWCA has been involved in food-related activities for years, and has become involved with four community gardens since 2009-2010. With the help of volunteers and community members utilizing and maintaining these gardens, approximately 100 people can be fed each harvest with the produce grown.

| COMMUNITY GARDENING IN NORTH AMERICA |

Prior to developing recommendations, it is imperative to understand how community gardens are being used for food security initiatives throughout North America, and then relate those benefits to Peterborough City and County. Community gardening is said to be an effective tool for building the community relationships through skill sharing as well as developing food security (Moss, 2). Community gardens are places where people within a community aim to cultivate health, well-being, knowledge and food security while connecting to the natural environment and learning through other gardener's stories and experiences (Moss, 8). With this, it is an important opportunity for individuals to come together and grow their own food to become "soil citizens" rather than simply consumers of food and help to regenerate local food systems (Baker, 305). As a whole, community gardens are effective tools for directing and reconnecting residents with their food system (Gottlieb, et al., 26). Paula Anderson summarized this effectively by stating that the Peterborough Community Garden Network works towards being an informal network of gardeners and community organizations who work to support new and existing community gardens. "[A]s a network we seek to connect people with land and to create conditions for gardens and communities to flourish. We envision that community gardens (in all their diversity) have the potential to be a key tool for food security, environmental protection, healthy living and community building" (Paula Anderson, PCGN). This will be supported throughout this segment through various examples on success and challenges that other cities have overcome to have a successful community gardening program that support food security within their community. It is

important to understand that community gardens support food security in a number of ways, however the two major ways include providing individuals and families with access to space in order to grow food, and by garden members collectively growing food that is either distributed among the growers or pooled together and given to families or organizations that need it in support of food security initiatives.

Solidifying that community gardens are essential components to creating food security programming is important in order to create connections to these gardens and support community members. There are times when community gardens are formed due to responses from the community to fulfill needs of space and quality of land to produce healthy foods. With this idea, some gardens are considered informal and some formal. On the other hand, others are land split into different parcels for individual use, and some focus on production or community connections such as community gardening (Moss, 8). Challenging conventional ideas in regards to urban planning and design is a significant component to community gardening and by creating these alternative food systems, communities are engaging with place-based social movements and developing strong bonds (Baker, 306). Building these social networks and strengthening local communities is important as a foundation to examining community based initiatives that are current within communities to determine future food and nutrition problems and methods of alleviating such issues (Tarasuk, 71-74). A study by Mattson concluded that, “community gardens provide significant economic benefits to unemployed people and impoverished families,” and also that “food produced in community gardens supplements limited incomes... investment in community gardens and their expansion will return significant economic, physical, and psychological benefits” (Malakoff, 23).

An example of effective community gardening is first, understanding the benefits and barriers to implementing and managing such programs in relation to food security initiatives. Benefits that are associated with community gardens include regional, community, individual, environmental, food security, faith and health and therefore encompass more effective techniques for revitalizing a community than just improving food security issues (Dow, i). In regards to regional, beautification is evident within communities who have community garden green spaces and also helps to support communities through their health in connecting natural processes, physical exercise and relaxation and stress relief to the actual gardening actions of those involved (Dow, i). Benefits from the community level are friendships, strong bonds and sense of community and feelings of safety and sharing through a stable volunteer base (Dow, i). Other benefits that are positive for communities who have community gardens are education on local food systems, independence, skill development, economic savings, reductions in energy costs, biodiversity, improving air and water quality, promoting community sustainability and having an overall sense of pride within the community (Dow, i). This article also

specifically outlines the perceived tasks in which community garden leaders as well as regional community garden coordinators will be involved in as a method of creating a relatively flawless and smooth running community garden. The following chart is displayed below:

Table 2: Community Garden Tasks and Duties

Community Garden Leaders Perceived Tasks a Regional Community Garden Coordinator Should Be Involved In	Description of the tasks which fall under the key duties of a Region Garden Coordinator
Education	– Provide educational materials to gardeners including a start-up kit.
Outreach	– Engage in outreach to each garden. Go and visit the gardens, get to know the people and the issues at gardens that request an interest in support from the coordinator.
Reward Gardens	– Reward community gardens for their efforts. Rewards can be financial or publicity.
Secure Resources	– Secure resources (human, financial and land) for community gardens in the Region. Keep leaders informed as to how to access the resources.
Advertising	– Make material that advertises the benefits of community gardens to the public and that connects interested gardeners with nearby garden plots.
Maintaining Community Garden Network	– Help to maintain the community garden network by keeping gardeners informed, providing education and workshops.

(Dow, iv).

Finally, this paper also includes a table that describes the tools that planners can use in order to support community gardens to become great successes within communities.

These charts are a great example of how community gardens can help to promote government cooperation, while focusing on food security issues within communities and to develop a supportive community garden policy within the community at the grassroots level through design and planning (Dow, iii). Community gardens can run into many challenges that might threaten the ability of these gardens to not only survive, but thrive within a community and thus it is essential that barriers are determined ahead of time with a plan that will help to eliminate and resolve such issues (Dow, 1).

Table 3: Planning Tools to Support Community Gardens

TOOLS PLANNERS CAN USE TO SUPPORT COMMUNITY GARDENS	DESCRIPTION OF THE PLANNING TOOLS
Policy	– Create supportive community garden policies that are implemented in the Regional and City’s official plan.

Focus on Food Security	<ul style="list-style-type: none"> - Address the issue of food security in the Region. - Conduct a food security inventory, start a food security council and show how community gardens are related to food security.
Land Use Planning	<ul style="list-style-type: none"> - Incorporate community gardens into land use plans. - Look for suitable areas and designate them as areas for community gardens.
Incentives	<ul style="list-style-type: none"> - Offer incentives to developers who put community gardens into their development plans. - Incentives can include being lenient on zoning, awarding developers for “green building” and showing the financial benefits to the developer of incorporating community gardens into their plans.
Education	<ul style="list-style-type: none"> - Planners can play a unique role in educating the public about the value of community gardens.

(Dow, iv).

These barriers need to be resolved so that the benefits of community gardens can be sought after and help cities and communities to thrive. Community gardens sites also support cultural networks as “what also tends to happen is that ethno-racially diverse communities of modern cities, while each family tends to grow their own foods with which it is familiar, before long they begin to ask about and learn about the vegetables that other cultures grow and use” (Hancock, 279). This sort of process of community building and asking questions about your neighbors garden will likely progress to include the sharing of food, recipes, building social networks and possibly establishing community dinners. It is important that community gardens are used within development plans so that they are not placed in inappropriate or inconvenient areas that are possibly inaccessible, built on unsafe soil, or far from important infrastructure such as water that is needed to support the community garden (Dow, 108).

Community gardens are sites within communities that help to bring community members together and are a method to support food-security initiatives. The details supporting this will be elaborated upon throughout the paper, and in more detail through the final segments and in the recommendations portion. People who become involved in community gardening are not only producing delicious and healthy foods, but also are reducing poverty within their community when connections are created between these gardens and current food security programming. Community gardening also provides social and recreational opportunities and members receive the opportunity to educate themselves around issues of food production and preparation while offsetting the harsh lines of an urban environment with green spaces (Baker, 310). These gardens within cities are used to generate local food systems while providing healthy, affordable food for community members. The complex networks of organizations who utilize this food security tool help to shape the landscape and provide

nutritious food for low-income individuals. The involvement of community members in urban gardening is a way to challenge conventional ideas of urban design, and engage people in place-based social movements and creating alternative, local food systems. In order to create hunger proof cities, it is important to begin with a sustainable urban food system. The United Nations Food and Agriculture Organizations definition of food security states that “food security means that food is available at all times; that all persons have means of access to it; that it is nutritionally adequate in terms of quantity, quality and variety; and that it is acceptable within the given culture. Only when all these conditions are in place can a population be considered “food secure” (Koc, 10). The definitions of availability, accessibility, acceptability and adequacy all include aspects of sustainable practices within the supply portion of food, equality of access to food and having food practices reflect social and cultural diversity of humanity, as well as having sustainable production, distribution, consumption and waste management (Koc, 10-11).

Food citizenship is an important tool for creating effective community gardening and food security programming. An example of food grown for food security programs is in Toronto, Ontario. Currently, the City of Toronto has more than 110 community gardens (Baker, 305). People who are involved within these community gardens include the gardeners themselves, food movement activists, community organizers, property managers and public housing staff (Baker, 306). Toronto community garden movements are effective as they work to organize gardening events, publicize their gardens and advocate on behalf of the gardeners to address issues of social, ecological and political issues. Some of these issues include food access, garden sitting, gardener support, advocacy, soil fertility and community development. An important feature of Toronto’s community gardens is that they are mainly hidden away within public park corners, on apartment building properties, in backyards, on rooftops or behind churches (Baker, 307). As similar to Peterborough community gardens, the Toronto gardens were initiated and coordinated by neighbourhood community groups, women’s shelters, public-housing staff and nonprofit organizations. These gardens are used for recreation, cultivating food for personal consumption as well as food for community kitchens and selling food from the gardens as part of micro-enterprise projects (Baker, 308). In order to have a successful garden that provides for food security initiatives, the City of Toronto has worked towards answering all of the following questions: how much food is being grown in community gardens? What kinds of crops are being grown? How is cultural diversity linked to biodiversity? Who participates in community gardening? How are gardens started and maintained? Are community gardeners participating in the wider CFS movement? (Baker, 310). It is important that the City of Peterborough work towards solutions to each of these questions as a base for finding effective methods of food security and connecting food security programming to local organizations and community groups. Toronto also has food assistance programs which are centralized

clearinghouses that work to coordinate the collection, storage and distribution of donated foods from producers, retailers and private donors (Tarasuk et al., 73). In this example, community gardens would be considered private donors, and individuals as well as community groups, would have a location in which they could drop off excess produce, or produce which has been specifically grown to donate, that has effective means of storing and distributing the produce to those in need. Such program is an important aspect that will help to create an effective and successful flow between community gardens and food security programs to ensure the right foods are being produced at the right time and being distributed to the right people.

In South Central Los Angeles, community gardens are being used as a key to food security as it was noted that food retail had abandoned the inner city and residents were left with limited access to nearby grocery stores. By having grocery stores at such a physical distance from residents, 30 percent of those living in this area were having difficulties in bringing home large amounts of groceries due to the lack of car or public transportation. A case study was conducted, and 68 percent of those surveyed had reported an interest in participation in a community gardening program within their neighbourhood (Malakoff, 23). This statistic demonstrates that when people are faced with difficulties, the idea of becoming involved in a community garden to create food security is very high and many community members feel this to be an effective solution. Also, by creating community gardens within neighborhoods and allowing individuals to produce their own fresh produce, it is noted that "...a 64-square foot plot can save a family up to \$600 in food purchases each year" (Malakoff, 23). When community members are living on low incomes, savings such as these are substantial to help improve the quality of life within communities by implementing this sustainable practice of community gardening. Brenda Funches, who was a former director of Los Angeles' s Common Ground Community Garden program stated that "community gardens, particularly in an inner city context, provide one of the best examples of how to combine environmental (urban greening) and justice (food and diet benefits, community empowerment) goals" (Gottlieb et al., 26).

Community gardening as a social dimension of sustainable development and food security is important in the San Francisco Bay area as they utilize a variety of community gardens to improve local food supplies as well as leisure and recreational activity among community members (Ferris et al., 560). Leisure gardens use organized within neighborhoods with high proportions of apartment dwellers who have limited to no garden space available to them. These gardens utilize vacant lots and are squatted by local community activists to create additional green space, flower and vegetable gardens as well as creating picnic and barbeque space and communal tool sheds to store necessary tools (Ferris et al., 562). Child and school gardens are an effective method in California as the State Education

Department slogan is “a garden in every school” where the curriculum is tied into creating and maintaining the gardens. Some gardens in addition to having flowers, vegetables and fruit, also support livestock such as goats, sheep and chickens such as the Le Conte Elementary School in Berkeley (Ferris et al., 562). Correlations to the science curriculum are integrating garden activities such as propagation, transplanting, harvesting, composting and soil preparation and by reaching into the community through parental involvement in these gardens and by using the organic food for kitchen classes and cooking fresh vegetables (Ferris et al., 563). The Berkeley Youth Alternatives Gardens were developed to create leisure opportunities for children with special needs who sell harvested produce at local retailer and farmer markets. These children are becoming involved in job training and generating income for their own financial needs (Ferris et al., 563). The Strong Roots Gardens in Oakland and Berkeley is used to develop alternatives for young people exposed to the drugs and crime economy and are offered job training and earning opportunities as a distraction and to support positive communities (Ferris et al., 564). The San Francisco hospital has developed a comfort garden as a health and therapy space with quiet gardens. Initially this garden was used to pay tribute to staff at the hospital who passed away, but also used by patients and staff as a retreat away from their hospital surroundings. This garden was beginning to make a contribution to the healing role of an important city hospital and rehabilitation programs were developed through horticultural services for those with mental illnesses or with learning disabilities (Ferris et al., 565). Other types of gardens that were effective include neighbourhood pocket parks where residents reclaim parking spaces and raise money to create small parks and community gardens, ecological restoration gardens where social objectives are combined to restore places to their natural state and finally demonstration gardens where city residents are taught about composting, organic gardening, water conservation and methods that relate to sustainable agriculture and organic farming (Ferris et al., 566).

It is important to note that the issue of how community gardens can be linked creatively to food security initiatives such as food banks, free meals, food boxes, collective kitchens, etc. is widespread, however the solutions to resolving this issue are limited to non-existent. A few more models of community gardening across North America include the City of Montreal as it is known for its community gardening program since it maintains over 100 community gardens and provides approximately 14,000 people with access to this local food (Fairholm, 13). To allow the community gardens to run smoothly there is a \$10 registration fee which residents of Montreal would pay for a plot in any of the gardens and in return the City would provide the land, equipment, and materials necessary while also providing water, collecting refuse and horticultural services for technical advice and volunteering within the community gardens. The standards for these gardens are that on each plot the gardener must grow a minimum of five types of vegetables and the use of organic techniques is the only accepted method. Most of the community

garden plots are protected due to the zoning regulations and Montreal's programming to eliminate the risk of development on a long term basis. If the area in which a community garden exists is needed for developmental purposes, the city will attempt to find and relocate the garden to a new plot (Fairholm, 13). The Montreal Urban Community has one of the most extensive and supported gardening programs throughout North America and is considered a model for other municipalities based on the success of the coordination of management, city regulations and policies (Fairholm, 14). Also in Montreal is an Eco-Initiatives program which works to improve the accessibility of healthy foods to the elderly and those of low income. The program works to provide people with the knowledge to garden and coordinate backyard sharing programs as well as organic CSA projects (Fairholm, 16). FoodShare in Toronto was mandated in order to create and coordinate effective methods of services for emergency food programming. This program has a broad scope in that it focuses on production, distribution and consumption of food to address issues of hunger, nutrition, poverty, social justice and the environment (Fairholm, 30).

To move forward in a community with food security and connections between organizations, community groups and individuals within neighborhoods it is important to understand that community gardening is an effective avenue as it refers to "food production occurring within the confines of cities. This production takes place in backyards, rooftops, community vegetable and fruit gardens and unused or public spaces. It may include commercial operations producing food in greenhouses and other space, but is more often small-scaled and scattered around the city" (Nugent, 2). It is evident by the example of the City of Vancouver, that urban environments have the potential to produce large quantities of food and one study has revealed that over 6,500 acres of land within this city is cultivable land and is enough to feed its entire population (Levenston, 1995). Urban food production is a popular phenomenon across Canada and many Canadian municipalities have active community gardens (Levenston, 1995). Community gardening in Toronto at the Francis Beaver Community garden within the urban core is an effective space where low-income seniors are able to supply themselves with fresh produce from June until October and as calculated by The Multicultural Green Project of Greenest City had a combined savings of \$7,200 a year (Patel and Robum, 16).

Community responses to food insecurities have included food assistance programs as well as community development models such as community gardening, and the correlation between these two resources is essential to the success of decreasing hunger in Canada, and in particular in Peterborough. By working towards this connection it "...necessitates going beyond issues of social security reform and requires developing comprehensive policies, focused on rethinking full employment, supporting the renewal of green economies, developing food self-reliance and understanding food

policy as health promotion” (Riches, 72). Food banks are currently working towards partnerships with community development organizations such as alternative food access programing, for example community gardening, as a method of offering fresh and local produce to individuals in need rather than non-perishable food items to subdue the hunger but overlook nutritional values and benefits to assist in overall health. Action initiatives such as community gardens cover a full spectrum of issues surrounding local food through production (community gardening), processing (local systems), distribution (buying clubs, farmers’ markets, food banks) waste reduction (composting) and policy (working with governments) to create an effective and smooth flowing food security program within a city (Fairholm, 52). Connections between food security programing and community gardens throughout North American is still in infancy stages and thus a scarcity of resources is evident and a deterrent to the information available to assist Peterborough as a city. There is the increasing need for a multifaceted approach to food security and the capacity of a community to share information and work together with various organizations is a prime starting point to address issues of access, production, distribution and sustainability within community gardening (Fairholm, 60).

| CITY OF PETERBOROUGH AND FOOD SECURITY |

It is essential to demonstrate the need that the Peterborough community has to securing food initiatives and providing access to low income families. Accessed online at the Peterborough County-City Health Unit are the negative impacts that poverty is having on the community in relation to food and food security issues. Approximately one in ten people in the entire City-County are currently living in poverty. In a report conducted in March of 2010, it was noted that 7,900 visits were made to food banks affiliated with Kawartha Food Share (Peterborough County-City Health Unit, Report, 2010). Unfortunately these families can only access the banks to a maximum of three days’ worth of food in one month. Due to this lack of cohesion between family income and the costs of everyday living, many families have to cut into their food budget and as a result will be forced to skip meals or fill up on foods that lack nutrition and omitting things such as fresh fruits, vegetables and milk products into their diets. On average a family of four with an average income will spend 13 percent of their income on food; whereas a family of four living on minimum wage will be spending 30 percent of their income on food (Peterborough

Table 1: What's left after Shelter, Utility and Food Costs?

Monthly Income (after tax)/Costs	Single Person (Ontario Works)	Single Person (Ontario Disability Support Program)	Single Person (Old Age Security/ Guaranteed Income Security)	Single Parent Family of 3 (Ontario Works)	Family of 4 (Minimum Wage)	Family of 4 (Median Income)
Monthly Income, including Benefits & Credits	\$606	\$1071	\$1201	\$1757	\$2514	\$5775
Estimated Shelter & Utilities Cost	\$589	\$589	\$853	\$1057	\$1314	\$1706
Cost of a Nutritious Diet	\$248	\$248	\$184	\$561	\$742	\$742
What's Left?!	-\$231	\$234	\$164	\$139	\$458	\$3327
% Income required for shelter/utilities	97%	55%	71%	60%	52%	30%
% Income required for nutritious food	41%	23%	15%	32%	30%	13%
REMEMBER: People still need to pay for phone, transportation, cleaning supplies, personal care items, clothing, gifts, entertainment, internet, school essentials, medical and dental costs, and other purchases.						

(Peterborough County-City Health Unit. 2010. "Limited Incomes: A Recipe for Hunger" 3.)

County-City Health Unit, Report, 2010). As Table 1 demonstrates, if nutritious food were purchased on a regular basis to live a healthy lifestyle, on the most part families would have a deficit by the end of the month. It is important to understand that the Ontario minimum wage is inadequate as a sole financial supporter to rent any apartment type in Peterborough.

Another source has noted that a study revealed that 57.4 percent of households living on low incomes in the City and County of Peterborough were found to be “food insecure” (Hubay and Jacqueline Powell, 125). Overall, food security exists when all people at all times have access to a sufficient amount of safe, nutritious and culturally acceptable foods which are also produced in an environmental sound way that promotes self-reliance in the community (Hubay et al., 125). This paper will focus on some of the known strategies as a method of increasing food availability through community development, research, media relations and advocacy (Hubay et al., 125). These strategies are essential as foundations to this paper and also support the idea that there are three main dimensions that create healthy communities including social, environmental and economic well-being. With this, it is essential that local food programs such as community gardens, collective kitchens, gleaning, community meal programs, student nutrition programs and food box initiatives, are supported in order to create innovative communities reliant on becoming self-sustaining with the focus on food security programming. The scope of this project is essential to the YWCA to coordinate innovative and effective community garden techniques to improve food security programming. This is supported as it was stated that Peterborough has yet to achieve total food security and will continue to work towards innovative partnerships through multisectoral input, citizen involvement and partnerships between health and social service agencies. Also by addressing local farmers, these partnerships are meant to help address food security and to reduce food security issues (Hubay et al., 219).

| COMMUNITY GARDENING IN PETERBOROUGH, ONTARIO |

The City of Peterborough has many new and developing gardens as well as the gardens that already exist. There is an indisputably large interest for gardening in Peterborough as there is a waiting list of people who want to rent their own plot (Isaacson, F. 2010). The County and City of Peterborough currently have 15 community gardens. As the number of community gardens increase, the opportunities to address the food security issues in the City and County of Peterborough will increase. Community gardens are a therapeutic and fairly simple way to connect with the land and the food; gardens are able to create a sense of success for the gardener once they have grown their own food and also provide the opportunity for people to meet new people (Nourish: Food Security in Peterborough City & County, 2010). In addition to the ability of gardens to help foster new friendships, they are also able to help decrease the amount people spend on groceries (Nourish: Food Security in Peterborough City & County, 2010). Naturally, community gardens generate all the components needed to build the relationship between community gardens and food security initiatives.

The population of Peterborough County and City is approximately 133,000 people (Peterborough County-City Health Unit. 2007). Of this population 7.4 percent are considered to be food insecure and 2.4 percent are considered to be in a state of severe food insecurity (Peterborough County-City Health Unit. 2007). Low-income families are at a higher risk of being food insecure as it is more difficult to pay the fixed monthly expenses with the limited money that they earn. Approximately 11,750 people in Peterborough County and City are considered to be living under the poverty line (Mayor’ s Action Committee. 2008). Table 4 illustrates the low-income cut off rates after tax from data collected in 2006. The information provided in the table demonstrates low-income information gathered in both rural and urban areas with populations spanning from 30,000 to 99,999, which is similar to the population of Peterborough.

Table 4: Low-Income Cut-Off Rates after Tax (2006)

Size of Family Unit	Rural Areas	Urban Area Size of Peterborough
1 person	\$11949	\$14674
2 persons	\$13989	\$17860
3 persons	\$17420	\$22239
4 persons	\$21731	\$27745
5 persons	\$24746	\$31594
6 persons	\$27444	\$35039

(Statistics Canada, 2007).

Food security issues are not only affecting the younger generations, but elderly generations as well. As the baby boomers begin to retire, there is the chance of an influx of people who are food insecure. Approximately 18.6 percent of the Peterborough population is 65 years or older; this is a large population of seniors in comparison to the national senior population (Mayor’ s Action Committee. 2008). It is estimated that 2 percent of senior men and 4 percent of senior women are considered low income individuals (Mayor’ s Action Committee. 2008). Peterborough has a great opportunity to create food security with local produce not only from farmers but non-professional gardeners as well.

There are many food banks and free meal programs in Peterborough that help out a number of people within the community every day. Brock Mission dinners, Food not Bombs, Our Space, and St.John’ s Anglican are some of the free meal programs that are currently operating in the city. Many free meal programs and food banks are heavily reliant upon donations made by people within the community. Brock Mission for example is a food security program that has no grocery budget and relies completely upon donations. The Robinson Place community garden at the Ministry of Natural Resources

(MNR) supplies Brock Mission with fresh produce during the summer months. The Robinson Place community garden is still developing, as it began its first season of growth in the spring of 2010. There is a group of people from the MNR who work in the garden before work, during their lunch, or after work. The food is brought to Brock Mission by someone who works at the MNR, or the food coordinator (Lindsay Archer) from Brock Mission will go to the MNR to pick up the fresh produce.

The Peterborough County-City Health Unit has a community garden that is located on their property (Moss, 12). The garden is maintained similar to The Robinson Place community garden, in that the employees of the Peterborough County-City Health Unit maintain the garden. The produce harvested from the garden is donated to a variety of food security programs in Peterborough, such as Food Not Bombs and Babies First (Moss, 12). It is admirable that the Health Unit of Peterborough is demonstrating affordable food options through community gardening on their property. Not only does this show that they are committed to the communities health, but increasing food security through a local and sustainable source.

The Millbrook Community Garden is located in the County of Peterborough and was established in 2009 (Moss, 16). The community garden has two different plot types; the first being plots available for rent by individuals in the Millbrook community, and the second being plots allotted as a communal area to grow food for the food bank which is located right by the garden (YwcaVideoAdvocacy. 2010). Providing space for people to grow their own produce as well as grow produce for other people creates a greater sense of community. Although Millbrook is a rural area it has been proven that even a community of that size is able to benefit from a community garden. Residents here have the interest in coming together to grow food, create food security, and make new relationships.

The Fleming Frost Campus located in Lindsay, Ontario has a community garden at the back of the school. Students of the school have an opportunity to work in the garden in specific classes to create garden beds that will be used by people of the community to grow food. The students in the class earn a credit for doing this work, and as a result the garden is able to invite more people to rent plots. This garden provides plots specifically for growing produce for local food security programs and plots that are available to be rented by people in the community (Community Garden. 2009). Half of the garden has plots that are available to be rented on an annual basis, and the other half of the garden is specifically for the purpose of growing produce to be donated to food security programs. People from the community volunteer their time to maintain the plots designated for the food security programs. The garden has a system where people with rented plots can place wooden garden stakes close to their

produce, which indicates that they want other people in the garden to harvest the produce and enjoy as well. People are only allowed to take from plots that have stakes in the garden, and are only allowed to harvest the specific produce that is labelled on the wooden garden stake. This method of sharing creates an even greater opportunity of food security and relationship building in the community.

Garden 579 was located on George Street in downtown Peterborough. Although Garden 579 has recently closed, it is important to note the change the garden was able to bring to a piece of land and the food security initiative, Food not Bombs. Previous to Garden 579 taking root, the property was depreciated and ignored. This garden began developing in 2008 and was created exclusively from donations from the community; everything from seeds, manure, and planting pots were donated to help develop the garden (Garden 579. 2010). The food grown in the garden provided for Food Not Bombs, which is a local food security program that provides free dinner to anyone, every Monday evening, all year round (Garden 579. 2010). The garden also hosted potlucks every Wednesday evening which allowed people to eat foods which were grown in the garden and provided an opportunity for people to share the food which they had grown (Garden 579. 2010). For the short time that Garden 579 was in operation it was able to provide for people with the opportunity to harvest produce for personal consumption and provided food to Food Not Bombs.

Trent University's Symons campus has a rooftop garden above the Environmental and Resource Science Building. This garden provides an area of study for students at Trent University, and is accessible to the public. Students at Trent University are able use this as a space to learn about the environment and food together. The garden includes heritage seeds and organic produce such as beans, turnips, broccoli, kale, and pumkin (The greenroof projects database, 2010). The food that is produced in this garden is donated and dispersed throughout the community. The Seasoned Spoon is a vegetarian restaurant at Trent University that is run by students of Trent University, and is located in Champlian College. The rooftop garden at Trent University supplies the restaurant with produce from the garden (The greenroof projects database, 2010). Food Not Bombs, which is an organization mentioned earlier in relation to Garden 579 also receives food from Trent University's rooftop garden.

The YWCA has been supporting the development of community gardens in Peterborough since 1992 (YWCA Victoria and Haliburton, 2009). In 2009 and 2010, the YWCA supported gardens were able to supply to over 100 people with the 40 garden plots (YWCA Victoria and Haliburton. 2009). As the YWCA continues to support community gardens and the interest from the people within the community begins to grow, the potential to expand and involve more people will grow as well. Many of the

community gardens in the City and County of Peterborough currently donate partial amounts or all of the food grown in the garden to local security initiatives. The number of community gardens supplying food to food security programs can only increase and develop as more people become informed and interested in local produce, supporting sustainability, and eliminating hunger.

| RECOMMENDATIONS |

In order to push forward with community gardens and the involvement of the public it is important to restructure the connections within the City and County of Peterborough. Reconnecting people to food and the land around them is essential to fully understanding food security within the community and is the main focus for investing time, energy and resources to improve the access of food and food security in Peterborough (Fairholm, 5). It is fundamental that community groups work together in partnerships, networks, coalitions, and policy organizations to create better access to a broader base of resources and perspectives; information sharing by these groups would create a common ground and effective network to assist all community members (Fairholm, 6). Creating the opportunity for people within Peterborough to recommit their understanding and appreciation for food is required for change to happen within the community. Once people become involved with the food they eat, the true transformation of the food system between community gardens and food security initiatives will take place. To build strong relationships between food security programs and community gardens, involvement from the community as a whole, not just a small number of people, will be needed to generate the best result possible. It is also important to address how to increase the number of community gardens and participation; this will be discussed below. An effective change is cannot happen without great community involvement and awareness of problems with food security in the community. Below are recommendations for how the County and City of Peterborough can begin to address the food security issues within the community, as well as recommendations to improve the preexisting movements that are helping to connect the current gardens with food security programs. The entire mind set around food needs to change before a real connection between community gardens and food security initiatives can effectively grow; this must be remembered in order to fully understand the following recommendations.

Priority Recommendations

1. Raise Community Awareness
2. Create Food Conscious Neighbourhoods
3. Create opportunities for people to share
4. Create the opportunity for more people to participate
5. Gardens and community inclusiveness
6. Establish communication between gardeners and food security programs

1. Raise Community Awareness

Creating community based solutions that feed the local community in a creative manner are essential to this project. Informing the County and City of Peterborough of the growing number of community gardens and the existing food security programs will raise both public and political awareness and spark an interest in people who want to do something for their community. Informing the public will create a better relationship between community members, community gardens, and food security programs, and bridge the gap between society and hunger. With more people involved, more solutions can be found for the problems. Figure 1 is an example of a poster that would be effective used in gardens and local stores to visually inform people of where the community gardens are located in relation to their home, as well as where the local food security programs are in the City. Providing a map and ways to become involved can make the experience of becoming involved with a community garden and food security program seem a lot less daunting; many of the existing gardens are close to current food security programs. The posters should also communicate options for donating extra produce, which would otherwise go unused (e.g. Surplus crops from plots). The posters should help encourage people to travel the short distance to a local food security program and donate their extra fresh produce.

2. Create Food Conscious Neighbourhoods

Reestablishing smaller communities and creating a togetherness around food will help to generate awareness. A well functioning and safe community is built around libraries, schools, and playgrounds; all of which are places that stimulate growth and relationships. The addition of greenspace and gardens will refocus the community and bring people together. Creating a place where people in a neighbourhood are able to grow affordable food, and connect with other people will help to develop relationships within communities that can better address food security issues. Creating a safe space for people to connect over the most common aspect in their lives - food - will build relationships within communities and help to address the issues of food security within those neighbourhoods. Festivals or community

events that are focused around food and people, for example Garden 579, provide a safe space for people to learn more about the food that is grown within their own neighbourhood. Garden 579 was a space that invited people within the community to socialize, learn about food, share experiences around food, participate in musical jams and potlucks, and other community building activities. People were able to become more informed about food insecurity in Peterborough, and understand how food grown locally and sustainably can help a program such as Food Not Bombs. As more people are made aware of food security issues within their community the participation within food initiatives will increase, because people naturally feel more comfortable connecting with their own neighbourhood and are more invested in the change that occurs there. As more people participate in gardens, these people will feel more comfortable to get into a community kitchen and volunteer with initiatives such as Food Not Bombs, Brock Mission, and other free meal programs in Peterborough. Create the opportunity and people will come.

Currently Existing:

- The community gardens that exist currently have the ability to generate change within the community. Gardens that are located directly within a neighbourhood increase interest throughout the neighbourhood around food, and the increasing need for affordable food.

Recommendations for the Future:

- Establish more community gardens within neighbourhoods. Reclaiming land, and adding gardens to parks and greenspace with permission of the land owner, will increase the number of people who have access to a community garden.
- Continue picnics and social events within the existing gardens. Invite employees and volunteers of food security programs to participate in these events, creating an opportunity to directly interact with one another will help to increase the conversation and understanding of need between gardeners and food security programs.

3. Create opportunities for people to share

Maximizing every opportunity to generate more food sharing within communities will not only build relationships, but begin to address food insecurity issues. Getting people to talk about their food options will raise awareness and understanding of what is available in their community gardens and what their community gardens are capable of doing to support local food security programs. Informing people that their garden can supply more people than they may initially believe will prompt more people to see the capabilities of their plot. Sharing between one another within the garden is important, but expanding this sharing to larger institutions is the desired goal.

Currently Existing:

- Community gardens that allow anyone to participate and harvest the communal plot.
- Plots within community gardens that are grown specifically to be donated to food security initiatives.
- People as individuals are encouraged to take their produce to food security programs.

Recommendations for the Future:

•Implement a system in each garden that promotes sharing food with not only other members of the garden but also with the greater community as well. Providing wooden garden stakes and a writing utensil, such as a permanent marker, in the garden can allow everyone who rents plots to participate in this method of sharing. Once a gardener has decided that they have too much produce and are not able to use it all before it goes to waste, they can put the name of the produce on the stake, for example “Carrots” and place this stake next to the carrots in their plot. This will inform the other gardeners that the carrots for this specific plot can be harvested and used by anyone. Recommendation number 4 further addresses the opportunity for people to participate and for the potential to harvest the extra produce in rented plots in community gardens.

4. Create the opportunity for more people to participate

If other community gardeners do not need their extra produce it would be effective if local organizations had volunteers to harvest the extra produce and distribute the food within local food security programs. There is a long waiting list for people who want to take part in community gardens and offering a volunteer position to these people and others can build the community gardens, and also help to connect the community gardens with the local food security programs. Volunteering can create a positive opportunity for people waiting to rent a plot to establish connections with other gardeners prior to having a plot within a garden. It is effective not only for supporting food security programs, but also to the new gardeners as they are able to meet current gardeners within the allotment, as well as the possibility to learn new techniques for gardening.

It should not be assumed that only people waiting to rent a plot would be interested in harvesting communal plots and the extra produce in rented plots in the community gardens. Allowing everyone in the City and County of Peterborough to volunteer will help engage and educate the public about community gardens and food security programs available in Peterborough.

Currently Existing:

- Plenty of gardens currently exist. The existing community gardens in Peterborough show that there is an interest from community members. The current gardens are successful in feeding the people who volunteer, and in some gardens, provide food for the food security programs.

Recommendations for the Future:

- Provide information posters about the community gardens in the City and County of Peterborough that are looking for people to help harvest, such as Figure 1.
- Provide sign-up sheets for people to volunteer to harvest and take the collected produce to a local security initiative. Supplying churches, the Royal Canadian Legion, local coffee shops, and food initiatives with paper copy versions of volunteer sign up sheets will extend volunteer opportunities throughout the community. Creating a sign-up sheet on-line will increase participation as well. Providing a sign-up sheet on the Peterborough Green-Up, the Peterborough Community Garden Network blog, and other on-line sources will target people who are interested in food security and community gardens. Once more people begin to volunteer, alterations can be made to the sign-up sheets to inform volunteers if one garden in particular needs extra help harvesting that week or if one garden does not need as much help as the previous week. Simple instructions and notifications will allow volunteers to know where the help is needed. This system can help avoid confusion and frustration in a situation where the volunteer goes to a garden and there is nothing to be harvested and to be taken to a food security program. Table 5 provides an example of a sign-up sheet that could be posted for people to volunteer their time to participate. Allowing people to select which garden they want to volunteer at gives them the opportunity to volunteer to choose a garden that is close to their home or a garden which a friend or family member is volunteering at. Providing flexibility and options to volunteers will encourage more people to join, as they have some level of control over where and when they participate. Notes provided at the garden each week can inform volunteers if anything needs to be done in the garden that week or not. If overcrowding of volunteers becomes an issue these notes can be made on sign-up sheets as well to encourage volunteers to volunteer in a different garden.
- Along with the sign-up sheet to volunteer, it would be appropriate to provide a carpooling option. This will allow everyone the opportunity to volunteer.
- Providing a map or information to where each garden is located with information about the public transportation route that will take the individual closest to the garden will allow flexibility for individuals to go to the garden whenever they like. If the individual does not have a car or cannot find someone to carpool with, public transportation provides another safe mode of transportation to each garden.
- Providing a sheet for people who drop off their donations to a food security program to mark the amount of food they brought will help to calculate the amount of produce being donated annually. Calculating the amount of food that is donated will help food security programs anticipate the amount that may be donated in the next year, as well as to understand if more gardens are needed. Recording the food that is donated will help to suggest for future years what else is needed to be donated, and can suggest ideas for what can be grown in the gardens for the next year. Simple record keeping of the

names of the volunteers can create a better understanding to who may be interested in volunteering the next year. Through keeping records it is possible to track patterns of volunteer participation, such as how many people return and how many new gardeners join. Refer to Table 6 for an example of a record keeping sheet that people would be encouraged to either drop off with the food they donate, or fill out at the food security program which they donate the food to.

Table 5: Peterborough Community Garden Volunteer Sign-Up Example

Peterborough Community Garden Volunteer Sign Up

Week: Aug 7–14 2011

Interested in Harvesting community gardens in Peterborough?

Refer to the poster of Peterborough with community garden and food security program list to decide which garden you wish to volunteer with
Please Harvest produce and deliver to one of the food security programs listed

Please record your name and contact information so that we can contact you with more information, if needed

Community Garden		Notes		
1	Ashburnham Community Garden	-Extra help needed, lots of carrots		
2				
3				
Food Security Program		Notes		
1	Brock Mission	-Still has a lot of cucumbers -Potatoes needed		
2	Food Not Bombs	-Herbs needed (ex. mint)		
Community Garden I will volunteer at...		DAY	PRINT NAME	PHONE #
1	Pingo Pongo Community Garden	Aug 9 2011	Jane Doe	705-555-555
2	Ashburnham Community Garden	Aug 13 2011	John Smith	555-555-555
3				
4				

Table 6: Donation record keeping sheet

	Program	Name of Donator	Contact information of donator	What was donated	Date of Donation
1	Our Space	Sally Joe	11 Name St. Peterborough, ON (705)555-5555	3 cucumbers 1 head of lettuce 6 tomatoes	August 21 2011
2					

5. Gardens and community inclusiveness

Creating gardens for community members to rent is important in addressing food security within the community. Providing space for everyone to be involved will create more opportunities for people to have access to affordable food. It would be productive to include plots in each community garden with the soul purpose of growing food for local food security programs. Expanding and maximizing every space possible will help food security programs to secure the amount of food recieved each year.

Currently Existing:

- Some community gardens in the City and County of Peterborough already have plots within the garden for the specific purpose of growing food for the food security programs in the community.
- The Ministry of Natural Resources, located downtown Peterborough, has a community garden. All of the produce harvested from the garden is donated to Brock Mission.

Recommendations for the Future:

- Encourage all community gardens in the City and County of Peterborough to designate a portion of the garden for growing produce for food security programs. Many of the community gardens within the community do have an annual membership fee. If someone is unable to afford the membership fee they can volunteer an appropraite amount of time in the communal garden plot that is designated for food security programs. The volunteer hours are dependent on the price of the membership for the garden. Allowing people to volunteer in the communal plot will create affordability in renting plots for individuals, and increase participation within the communal plot. The volunteers from the community that do not have a plot, but are volunteering their time to harvest and take the produce to the food security programs (as discussed in the fourth recommendation) would be encouraged to volunteer in the communal plots in order to maintain the gardens throughout the year.
- Encourage people who are renting a plot in a community garden to plant something in their garden that will be donated to a local food security program. If the garden the individual rents from does not have a communal plot to grow produce for food scurity programs encouraging them to plant a row in

their plot will ensure more food being donated to food security programs from each garden.

- Create a garden specifically to have produce for food security programs. To provide a garden that has no participation fee and is based upon donations of seeds and plants would create a stable source of locally grown food for the programs in the Peterborough County and City. An example of this is The Robinson Place Community Garden at the Ministry of Natural Resources. This garden is specifically for Brock Mission. Creating a garden that is specifically for the local food security programs will increase yields and provide an opportunity to have people from the food security programs volunteer in the garden as well. Although this step may come further along in the process, it is something that should be considered to help increase the amount of food being grown for the food security programs.
- Encourage businesses to have a community garden on their property. Employees do not have to participate if they do not want, but this creates an opportunity to optimize space, including space in the downtown core, where many food security programs are located. Inviting employees of the business to participate is encouraged as well.

6. Establish communication between gardeners and food security programs

As more people begin to understand the need for locally grown produce to support food security programs and address the issue of unaffordable food within the community, more people will begin participating in community gardens. As more people participate in community gardens and as the number of gardens grow in the City and County of Peterborough, more food will be produce. Creating an easy to read chart that food security programs can fill out as frequently as necessary, this could be on a bi-weekly basis, monthly basis, or annual basis. The chart would be displayed for the public to see along with the sign-up sheets to volunteer and in the gardens. Below in Table 8 is an example of what type of information can be provided by local food security programs to the community regarding the types of produce they are wanting. It is important to note that the information in Table 8 is to be used as an example and should not be used for anything other than an illustration and demonstration of what can be posted once accurate data is collected from each food security program in the City and County of Peterborough. This chart can be used to inform the community of what types of produce is needed the most, but also may inspire people to grow something that they have not tried to grow before. Basic information will be provided regarding each food security system, such as the location, contact information, and when the program runs. This is important because some food security programs provide one meal during the day, or one meal during the week, and there are some programs in Peterborough that operate during certain months. It will be advised in the chart that if people decide to donate their produce to a food bank, that it is only dropped off the morning that the food bank will be distributing food to community members. This will ensure that the produce is as fresh as possible for

when people receive it. Providing the public with as many suggestions for what each food security program is in need of, will help to minimize programs from receiving an abundance of one produce and having no diversity in the foods that they are able to prepare.

Table 7: Food Security Program Information

Program	Type of Program	Contact	When to Donate	Wanted Vegetables	Notes
Brock Mission	Dinner Program	217 Murray St. Peterborough, ON (705)748-4766	Year round. Mon-Fri Between 12noon &5pm daily	Lettuce, tomatoes, cilantro, mint, bok choy	
Salvation Army	Food Bank	219 Simcoe Street Peterborough, ON (705)742-9800	Year round. Mon, Tue, Thur&Fri 9am-12noon	Root vegetables	Please drop off produce only on these days to ensure the produce is fresh when given to community members

| CONCLUSION |

In addition to these recommendations it is essential for local organizations to continue research on this topic to further the role of the community in supporting community gardening and local food initiatives. The appendix includes a list of additional information sources, as well as various contact information that was not completed within the timeframe of this project. This information may be effective and useful for future research and it is encouraged that these resources be analyzed to help further develop Peterborough into a supportive community through food security initiatives.

It is nearly impossible to provide exact numbers of how much produce will be harvested from each garden year to year, due to variables such as weather, quality of seeds, and pests. Creating the most opportunities for food to be grown and developing relationships between gardeners and food security programs can better support communities and arm them against food insecurities.

Community gardens provide significant economic benefits to unemployed people and impoverished families. Food produced in community gardens supplements limited incomes...investment in community gardens and their expansion will return significant economic, physical and psychological benefits (Hassen, 15).

Above all, community gardens not only provide individuals with improved nutritional and financial values, but also promote healthier and greener cities by providing space to gather and socialize (Fairholm, 12). Actions that increase food security within communities is an essential part of urbanization and creating cities that are focused on environmental health, and poverty, and meeting the needs of those within the community while building self-reliance and encouraging local food production (Fairholm, 59). Although these recommendations are only the beginning, it is essential that these strong foundations are built within the community and simple steps are made towards creating more advanced community garden networks and connections to local food security initiatives. Systems that include sign-ups for plots and types of vegetables being grown, communication regarding which crops will be donated, and systems for estimating the quantity of produce will be effective in the future for creating connections throughout the City and County of Peterborough to support all community members in obtaining healthy and culturally appropriate foods.

| APPENDIX |

Community Food Security

- Anderson, Molly and John Cook. 1998. "Does Food Security Require Local Food Systems?" Unpublished paper.
- Canadian Association of Food Banks. 1997. Hunger Count. Published by the Canadian Association of Food Banks, Toronto, ON.
- Campbell, Barbara 1998. Draft Chapter on "Food Self-Sufficiency" Alberta Eco-Efficient Communities Guide.
- Davis, Barbara and Valerie Tarasuk. 1996. "Responses to Food Insecurity in the Changing Canadian Welfare State" *Journal of Nutritional Education* Vol. 28 (2)
- Field, Debbie. 1998. "Putting Food First: Women's role in creating a grassroots food system outside the marketplace." To be published in *Women, Food and Globalization, Resisting/Connecting Across Borders* (1999) by Deborah Barndt.
- Fisher, Andy. 1996. "Food Security Unites Community Advocates" . *Community Greening Review*. Vol. 6: 12-13.
- Fisher, Andy. 1997. "What is Community Food Security?" . *Urban Ecologist*. (2): 3-4.
- Henderson, Elizabeth. 1998. "Rebuilding Local Food Systems from the Grassroots Up." *Monthly Review*. Vol. 50, Number 3: 112-124.
- Kalina, L. 1993. *Building Food Security in Canada: A Community Guide for Action on Hunger*. Kamloops FoodShare, Kamloops, British Columbia.
- Kneen, Brewster. 1993. *From Land to Mouth: Understanding the Food System*. NC Press Limited, Toronto, Ontario.
- Kneen, Brewster and Cathleen, and Cynthia McDougall. 1997. *A Baseline for Food Policy in British Columbia*. FarmFolk/CityFolk. Vancouver, British Columbia.
- Ontario Healthy Communities Coalition 1997. *Healthy Food Healthy Communities: How to initiate grassroots food projects using the Healthy Communities Process*. Healthy Communities, Ontario.
- Oxfam Canada. 1996. *Food Security: Report on Canadian Consultations*. Oxfam-Canada. Ottawa, Ontario.
- Oxfam Canada 1995. *Food Fight: Community Action to Build Local and Global Food Security*. Oxfam-Canada. Ottawa, Ontario.
- Riches, Graham. 1997. *First World Hunger: Food Security and Welfare Politics*. MacMillan Press, London UK.
- Tansley, Geoff and Tony Worsley. 1995. *The Food System: A Guide*. Earthscan Publications, Ltd. London, UK.
- Toronto Food Policy Council. 1994. *Reducing urban hunger in Ontario: policy responses to support the transition from food charity to local food security*. Discussion Paper Series #1. Toronto Food Policy Council, Toronto, Ontario.
- Vancouver Food Policy Organization. 1995. *Food Security: Action and Policy Conference Proceedings*. FarmFolk/CityFolk Vancouver BC.

Community Gardening

- Barrs, Robert. 1997. "Sustainable Urban Food Production in the City of Vancouver: An Analytical and Strategy Framework for Planners and Decision-Makers". City Farmer. Reprinted in Urban Agriculture Notes, <http://www.cityfarmer.org>.
- Bicho, Ariane N. 1996. "The Simple Power of Multicultural Community Gardening." Community Greening Review. Vol. 6: 2-11.
- Connolly, Norm. 1997. "Report on Community and Allotment Gardening in the Greater Vancouver Region." City Farmer. Reprinted in Urban Agriculture Notes, <http://www.cityfarmer.org>.
- Cook, Christopher D. 1996. "Montreal's Other Great Pastime." Community Greening Review. Vol. 6: 16-22.
- Cook, Christopher D. 1997. "Cultivating Locally: Community Gardening for Food Security." Community Greening Review. Vol. 7: 2-10.
- Cosgrove, Sean. 1998. "Community Gardening in Major Canadian Cities: Toronto, Montreal and Vancouver Compared." City Farmer. Reprinted in Urban Agriculture Notes, <http://www.cityfarmer.org>.
- Cosgrove, Sean and Megan Shields. 1994. "Community Gardening: Battling Hunger in Toronto." Ecology Action. April 1994.
- Dorey, Athena. 1998. Personal interview.
- Hassen, B and al., 1994. "The Benefits of Community Gardening." Community Greening Review. Vol. 4: 13-15.
- Jaakson, Reiner and Grant Peart. 1979. "Allotment Gardens." Plan Canada. Vol. 19, No. 2. June.
- Just Grow It 1997. A Few Facts About Community Gardening in Toronto. Published by FoodShare, Toronto, Ontario.
- Malakoff, David. 1995. "What Good is Community Greening?" Community Greening Review Vol. 5: 4-11.
- Moskow, Angela. 1997. "Havana's Self-Provision Gardens." Community Greening Review. Vol. 7: 17-19.
- Penstone, Susan. 1998. Personal interview.
- Quayle, Moura 1989. "The Changing Community Garden: Legitimizing Non-Traditional Open Space." Landscape Architectural Review May: 23-26.
- Quayle, Moura 1989. "Canadian Community Gardens: A Sustainable Landscape Legacy." Landscape Architectural Review. March: 17-21.
- Shields, Hatsy. 1994. "Urban Gardens Bring the Classroom Outdoors." Land and People. Fall: 9-14.
- Sinclair, Beverly. 1994. "An Eden in the Eastside" The Georgia Strait. May 13-20: 7-10.
- Vancouver Board of Parks and Recreation. 1996. Community Gardens Policy. City of Vancouver, British Columbia.
- Ville de Montreal. 1994. Montreal's Community Gardens Program. Recreation, Parks and Community Development Department, Montreal, PQ.

Food Policy Organizations

- Anderson, Molly and John Cook. 1998. "Does Food Security Require Local Food Systems?" Unpublished paper.
- Dalhberg, Kenneth. 1994. "Food Policy Councils: The experience of five cities and one county". Paper presented at the Joint Meeting of the Agriculture, Food and Human Values Society and the Society for the Study of Food and Society. Tuscon, AZ, USA.
- Kneen, Brewster and Cathleen, and Cynthia McDougall. 1997. A Baseline for Food Policy in British Columbia. FarmFolk/CityFolk. Vancouver, BC.
- Toronto Food Policy Council. 1994. "Reducing urban hunger in Ontario: policy responses to support the transition from food charity to local food security." Discussion Paper Series #1. Toronto Food Policy Council, Toronto, Ontario.

Directory of Additional Resources and Contact Information

The directory provide below is from Fairholm's article on "Urban Agriculture and Food Security Initiatives in Canada: A Survey of Canadian Non-Governmental Organizations" and is an essential resource. The following are sources which were reported within the Cities Feeding People Series were specifically chosen due to their relation with this particular project. Due to time constraints all of these resources were not looked at, but a directory has been made that has the scope of the entire country of Canada, and will be helpful in the future to use these contacts to determine how they connect community gardens to food security initiatives and base new and improved prospects to the City of Peterborough.

American Community Gardening Association
100 N. 20th St., 5th Floor, Philadelphia, PA 19103-1495
Tel: (215) 625-8280
Fax: (215) 625-9392
E-mail: smccabe@pennhort.org
Web Site: communitygarden.org

City Farmer
#801 - 318 Homer St.,
Vancouver BC V6B 2V3
Tel: (604) 685-5832
Hotline: (604)736-2250
Email: cityfarm@unixg.ubc.ca
Web Site: www.cityfarmer.ca
Michael Levenston
Compost education and demonstration garden

Community Gardens in BC:
<http://www.cityfarmer.org>.
List of community gardens in the Greater Vancouver region and the City of Victoria is provided with the garden location, contact person, garden size and charges, if applicable.

Prince George Food Security Network
PO Box 1078
Mackenzie BC V0J 2C0
Tel: (250) 997-3367
Fax: (250) 997-5551
Email: houghton@perf.bc.ca
Joanne Houghton
The PGFSN brings together key actors to support an alternative food system through networking, research, public education and community action.

LifeCycles
2175 Dowler Place
Victoria BC V8T 4H2
Tel: (250) 383-5800
Fax: (250) 386-3449
Email: lifecycles@coastnet.com
Linda Geggie
This community food security organization coordinates school gardening projects, community gardening training, a CSA cooperative, a demo site and the regional Food Roundtable.

Grow Regina Community Gardens
Community Services Department
Social Development Division
Queen Elizabeth II Court
Box 1790
Regina Saskatchewan S4P 3C8
Tel: (306) 777-7546
Fax: (306) 777-6774
pviala@cityregina.com
Paul Viala
The City of Regina has eight different garden sites with over 700 plots. The largest garden "Grow Regina" has 250 garden plots and can produce food for 1,100 people. The city provides administrative support, equipment, soil, water, and site facilities in addition to technical advice.

Community Food Security Coalition
PO Box 209, Venice CA 90294 USA.
Tel: (310) 822-5410
E-mail: afisher@aol.com
Web Site: www.foodsecurity.org
Andy Fisher

Capital Health Region Prevention Services - Nutrition Program
3995 Quadra St.
Victoria, BC V8X 1J8
Tel: (250) 744-5120
Fax: (250) 479-3413
Email: lorie.way@caphealth.org
Lorie Way
Public health services provide support and resources for community gardens

Nanaimo FoodShare
1125 Seafield Crescent
Nanaimo, BC V9S 4S1
Tel: (250)753-7470
Trish Fitzpatrick
Nanaimo FoodShare coordinates programs in food sharing/donations, surplus gleaning, community kitchens and community gardens.

Kamloops Food Share
South Central Health Unit
905 Southhill St.
Kamloops, BC V2B 7Z9
Tel: (250) 372-0815
Fax: (250) 376-4708
Laura Kalina
FoodShare has programs in community kitchens, coordinates 4 community gardens, work with the food bank and spearheads a food policy group.

Vancouver Permaculture Network
Tel: (604) 589-7275
Email: hwaldock@alternatives.com, clyford@alternatives.com
A loose network of gardeners, landscapers and architects who provide public education, permaculture workshops and coordinate work parties in the city's community gardens.

Food Futures
Room 210 - 230 Ave. R South
Saskatoon, SK S7M 0Z9
Tel: (306) 655-4635
Fax: (306) 655-5895
A multi-sectorial community group aims to work with key stakeholders to develop local food policies, promote equitable food production and distribution systems and facilitate public education about food security issues. Food Futures is partnered with the Saskatoon District Health, National Farmers Union, Oxfam, CHEP, regional social services, local producers and consumers.

Parkland Healthy Families Association

5413 - 51 St.
PO Box 2695
Stony Plain, AB T7Z 1Y2
Tel: (403) 963-0549
Fax: (403) 963-3876
Susan Penstone

This organization runs a project to improve family health by involving them in the gardening program. They are also involved with building a regional community gardening network.

Community Gardens in Ontario:

<http://www.icangarden.com/gardens>.

Here is a list of allotment gardens available in cities in Ontario. Garden contacts are listed in 20 cities in Ontario with basic information about plots, size of gardens and charges, if applicable.

Bytowne Urban Gardens

303 - 352 Somerset St. W
Ottawa, ON K2P 0J9
Tel: (613) 234-0387
Fax: (613) 593-8863
dhodgson@chatcan.ca
Dwayne Hodgson

BUGS coordinates 2 community gardens in the downtown area of Ottawa. BUGS is a good contact for the loose network of community gardens in the Ottawa-Carleton area and is linked with a wide variety of local community groups working on food issues.

Food Security Working Group

Ontario Public Health Association
468 Queen St. E, Suite 202 Toronto
ON M5A 1T7
Tel: (416) 367-3313/1-800-267-6817
Ursula Lipski

A provincial level policy group for food security.

Life*Spin

360 Queens Ave.
PO Box 2801
London, ON N6A 4H4
Tel: (519) 438-8676
Fax: (519) 438-7983
Email: rbarrs@london.skyscape.net
Tara McDonald

*Life*Spin is involved with numerous food security projects to combat hunger and malnutrition. In addition to the Green Market Basket, a food box initiative, Life*Spin has implemented a school food garden program. Life*Spin also hosts the London Food Security group.*

Winnipeg Community Gardens

Athletic Facilities and Park booking Services
1539 Waverly St.
Winnipeg, Man., R3T 0V7
Tel:(204) 986-2665
Fax:(204) 986-7510
Barb Colitz

The City of Winnipeg has between 580-630 allotment plots available for a small fee. There are also two large community gardens and many small ones.

Community Food Foundation

PO Box 145
Barrie, ON L4M 4S9
Tel: (705) 725-1818
Fax: (705) 725-1732

Food For Change

Centretown Community Centre
340 rue MacClaren St.,
Ottawa, ON K2P 0M6
Tel: (613) 563-4771 ext. 170
Fax: (613) 563-0163
Olly Wodin

A network of food and poverty action groups.

Community Development Council of Quinte

C4-344 Front St.
Belleville, ON K8N 5M4
Tel: (613) 968-2466
Fax: (613) 968-2251
Email: cdc@lks.net
Web Site: www.lks.net/~cdc
Roni Summers

CDC coordinate and educate the public about good food and good lunch box programs, community allotment gardens, collective kitchens and food coops. They are part of a partnership project Planting Seeds for Change which builds and harvests school gardens for emergency food aid programs. They coordinate a gleaning project called Second Helping. CDC is an active member of the regional Task Force on Hunger and conducts anti-poverty research.

FoodShare

238 Queen St. W.,
Toronto, ON M5V 1Z7
Tel: (416)392-6653
Fax: (416)392-6650
Email: fdshare@web.net
Debbie Field

With a comprehensive approach, FoodShare serves the community through community gardening, community kitchens, healthy baby and job training projects. It houses the FoodLink Hotline of all Metro Toronto food-related services and plays a significant advocacy and networking role in the region. It also hosts Toronto's Friends of Community Gardening advocacy group.

London Community Gardens Project

50 King St.
London, ON N6A 5L7
Tel: (519) 663-5317 ext. 2556
Fax: (519) 663-9581
Mary Yanful

This urban gardening project has overseen the development of six sites in the area as well as expanding public education about food security through workshops, farm tours and U-Pick trips.

Greenest City

238 Queen St. W., Lower Level
Toronto, ON M5V 1Z7
Tel: (416) 977-8659
Fax: (416) 392-6650
Email: greenest@web.net
Monica Tang

Greenest City recently facilitated a multicultural greening project working primarily with Eastern Asian communities to develop community gardens. Greenest City also works to incorporate composting facilities at the community gardening sites.

Eco-Initiatives

5590 Sherbrook St. W
Montreal, PQ H4A 1W3
Tel: (514) 484-4129
Fax: (514) 484-4277
Email: ecoini@cam.org

This organization works in several areas including: community gardening, a sharing backyard program, and a CSA project. They have partnered with community health clinics to focus on pre-natal nutrition and health.

A SEED Quebec

3647 University, 3rd Floor
Montreal, PQ H3A 2B3
Tel: (514) 398-8969
Fax: (514) 398-8976
Email: aseed@cam.org
Elizabeth Hunter

A non-profit organization dedicated to research and public education. Its actions focus primarily on food security and ecological transportation projects. They are working in areas of fair coffee trade, Community Supported Agriculture and community gardening.

Toronto Food Research Network

Centre for Studies in Food Security
350 Victoria St.
Toronto ON M5B 2K3
Tel: (416)979-5000 ext. 6210
Fax: (416)979-5273
Email: mkoc@acs.ryerson.ca
Web Site: www.acs.ryerson.ca/~foodsec
Mustafa Koc

A network of over 100 members, mainly in the Toronto region, drawn from universities, government and community, engaged in research, practice and debate on issues related to food security.

Peterborough Food Policy Action Committee

Public Health Unit
10 Hospital Drive
Peterborough, ON K9J 8M1
Tel: (705) 743-1000
Fax: (705) 743-2897

Susan Hubay

The Food Policy Action Committee is linked with alternative food distribution programs in the region such as community gardens, gleanng projects, food lending cupboards, collective kitchens, good food box programs, pre-natal nutrition programs, CSAs and breakfast clubs for children.

Scarborough Hunger Coalition

#500 - 55 Town Centre Court
Toronto, ON M1P 4X4
Tel: (416)396-7450
Fax: (416)396-5299
Email: Fultony@city.scarborough.on.ca
Janice Stoveld

The Scarborough Hunger Coalition (SHC) has over 100 members representing communities, health departments, churches, hospitals, and school boards. It is linked with food bank activities, community gardens, community kitchens, food buying clubs and a gleanng project.

Thunder Bay Food Action Network

c/o Thunder Bay District Health Unit
999 Balmoral St.
Thunder Bay, ON P7B 6E7
Tel: (807)625-5900

Janice Piper

This network is linked with numerous food action programs in Thunder Bay - food banks, community kitchens, community gardens, community supported agriculture projects and prenatal programs.

Red Cross Task Force on Hunger

1623 Yonge St.
Toronto, ON M4T 2A2
Tel: (416)480-2500
Dennis Fair

Metro Toronto Red Cross is involved with numerous food programs and services in the areas of food banks, community gardens, healthy babies and community kitchens. The Task Force has been looking at issues of community access to resources, improving communication between community organizations, initiating additional alternative anti-hunger programs and supporting the idea of a regional food information clearinghouse.

Ecology Action Centre

1568 Argyle Street, Suite 31
Halifax NS B3J 2B3
Tel: (902) 429-2202
Fax: (902) 422-6410
Email: eac_hfx@istar.ca
Web Site: www.chebucto.ns.ca/Environment
Thea Hammond-Wilson

They provide information, advice and workshops on starting and maintaining community gardens.

Montreal Community Gardening Program

Recreation, Parks and Community Development Department
5319 Notre Dame de Grace Ave.,
Montreal, PQ H4A 1L2
Tel: (514) 872-6363
Fax: (514) 872-4585

The City of Montreal has 73 gardens that are coordinated by the Recreation, Parks and Community Development Department. The City supplies land, equipment, supplies, water and technical support. The Botanical Department offers courses on organic gardening, and has youth and children's horticulture and natural science programs

St. John's Food Security Network

PO Box 344 Tor Bay
Newfoundland
A1K 1E4

Email: astapenhorst@nf.sympatico.ca
Tel: (709)437-5680

This volunteer organization deals with food advocacy and food policy. They coordinate an organic coop and projects on food production. They work on fisheries issues and partnered with Oxfam.

Oxfam Canada

300-294 Albert St.,
Ottawa, ON K1P 6E6
Tel: (613)237-5236
Fax: (613) 237-0524

Email: enquire@oxfam.ca
Web Site: www.oxfam.ca

An international development agency, Oxfam works on global and local initiatives in the area of food security. There are 7 regional offices working in close partnerships with communities. They are solid contacts for food security initiatives across Canada (see list in Food Education section for details).

Halifax Community Gardens

Recreation and Leisure Services
Halifax Regional Municipality
PO Box 1749
Halifax, NS B3J 3A5
Tel: (902) 490-4731

Fax: (902) 490-4736

Janet Landry

The municipality coordinates several community gardens and collective kitchens under the recreation department.

Canadian Community Gardens Network:

<http://wabikimi.carleton.ca/~wmunroe>.

Find here the beginning of a comprehensive listing of gardens across Canada. The gardens are listed by first by province and then by city. Contacts and location are provided.

Global Network on Food Security

130 Slater St., Suite 900
Ottawa, Ontario K1P 6E2
Tel: (613) 232-5751
Fax: (613) 563-2455

Email: unac@magi.com
Web Site: www.unac.org

This network aims to promote community action linked to global discussion on food security. Canadian members of the GNFS are Canadian Food Grains Bank, CHF-Partners in Rural Development, Indigenous Peoples Bio-diversity Network, National Farmer's Union, OXFAM, Rural Advancement Foundation International, and United Nations Association Canada.

(Fairholm, 68-79).

| REFERENCES |

- Baker, E. Lauren. "Tending Cultural Landscapes and Food Citizenship in Toronto's Community Gardens" *Geographical Review* 94(3): 305-325.
- Community Garden. 2009. About the Gardens. Retrieved October 12, 2010 from, <http://www.communitygarden.ca/Site/about%20the%20gardens%20%20%20.html>
- Dow, Cheryl. 2006. "Benefits and barriers to implementing and managing well rooted community gardens in Waterloo Region, Ontario" School of Urban and Regional Planning. Kingston: Ontario.
- Fairholm, Jacinda. 1998. "Urban Agriculture and Food Security Initiatives in Canada: A Survey of Canadian Non-Governmental Organizations" *Cities Feeding People Series* 25 (1-79).
- Ferris, John, Norman, Carol, Sempik, Joe. 2001. "People, Land and Sustainability: Community Gardens and the Social Dimension of Sustainable Development" *Social Policy and Administration* 35(5): 559-568.
- Garden 579. 2010. A Community Learning Garden. Retrieved October 12, 2010 from, <http://www.garden579.com/>
- Gottlieb, Robert, Fisher, Andrew. 1996. "Community Food Security and Environmental Justice: Searching for a Common Discourse" *Agriculture and Human Values* 3(3): 23-32.
- Hassen, B and al., 1994. "The Benefits of Community Gardening." *Community Greening Review*. 4:13-15.
- Isaacson, F. 2010. "A Pingo Pongo Patch?" *Peterborough Examiner*. Retrieved October 12, 2010 from, <http://www.thepeterboroughexaminer.com/ArticleDisplay.aspx?e=2550641>
- Koc, Mustafa, MacRae, Rod, Mougeot, Luc, Welsh, Jennifer. 1999. "For Hunger-Proof Cities: Sustainable Urban Food Systems" *International Development Research Centre Toronto: Canada*. 1-249.
- Levenston, M. 1995. "Arable acres within city limits" . *City Farmer*. Reprinted in *Urban Agriculture Notes*, <http://www.cityfarmer.org>
- Malakoff, D. 1995 "Community Gardening: A Key to Food Security?" *ACGA Community Greening Review*.
- Mayor' s Action Committee. 2008. *Poverty in Peterborough City and County. Root Causes of Poverty Working Group*. 1-46.
- Moss, Tegan. 2010. "Creating a Community Garden Network: A Short History of Community Gardens in Peterborough" *Trent-Centre for Community-Based Education, Trent University*. 1-25.
- Nourish: Food Security in Peterborough City & County. 2010. "About Community Gardens" . Retrieved November 28, 2010 from, <http://nourishpeterborough.ca/about-community-gardens/>
- Nugent, Rachel A. 1997. "The Significance of Urban Agriculture" *City Farmer*. Reprinted in *Urban Agriculture Notes*, <http://www.cityfarmer.org>
- Patel, Seema and Shirley Roburn. 1998. *Feeding the City from the Back Forty: Case Studies in Regional and Urban Food Production*. Published by Greenest City, Toronto, ON.
- Peterborough County-City Health Unit. 2007. "Addressing Poverty Reduction through a Community Food Security Partnership" . Retrieved October 12, 2010 from, <http://pcchu.peterborough.on.ca/index.html>
- Hancock, T. (1999). 'People, partnerships and human progress: Building community Capital' . *Health Promotion International*. 16(3): 275-280.

- Riches, Graham. 1997. *First World Hunger: Food Security and Welfare Politics*. MacMillan Press, London UK.
- Tarasuk, Valerie and Davis, Barbara. "Responses to Food Insecurity in the Changing Canadian Welfare State" Department of Nutritional Sciences: University of Toronto.
- The greenroof projects database. 2010. "Trent University Environmental and Resource Sciences Vegetable" . Retrieved November 23, 2010 from, <http://www.greenroofs.com/projects/pview.php?id=558>
- Statistics Canada. 2007. "Low Income Cut-Offs for 2006 and Low-Income Measures for 2005" Catalogue no. 75F0002MIE. Accessed October 18, 2010.
- YWCA Victoria and Haliburton. 2009. 2009/2010 Annual Report. 1-34.
- YwcaVideoAdvocacy. 2010. *A Place to Sit - A film by Matthew Hayes*. YouTube. Retrieved November 10, 2010 from, http://www.youtube.com/watch?v=mvhxJHEdzHI&feature=player_embedded#!