



Garden: HOPE Garden (Healthy Organic Parkdale Edibles)



Neighbourhood: South Parkdale

Type of Garden: Communal and Allotment

Garden Story:

In 2007, the South Parkdale community, in collaboration with Greenest City founded the HOPE garden. The garden was created to provide a space for community members to grow their own culturally appropriate, nutritious food. The garden engages the community in a variety of ways including community programs, events and art projects. One program in particular, the Co-op Cred program encourages marginalized community members to earn "credits" volunteering in the garden. These credits are transferred onto a membership card where they can then be redeemed for local, sustainable, healthy food at the West End Food Co-op. This program not only builds stewardship and capacity within the community, but also increases access to food, in a just, dignified way.

Size of Gardens:

Entire garden =
roughly 4000 square feet

Yield:

200-300lbs per season



Garden Mission:

1. Access to land is very important for community members who live in high-rise rentals
2. Community gathering space - as a way to animate the park and bring some positivity to the space
3. Supplement intake of healthy foods

Community Engagement:

The garden serves to strengthen the social fabric of the community through events, food markets, workshops and knowledge-sharing initiatives.



"To me the garden is about resilience, an example of what can happen when people work together, it's really positive"
- Monique Keleman, Garden Coordinator

Leadership & Organization:

- Greenest Cities
- 6-member steering committee

Participant Characteristics:

- Individuals in the community
- Families
- Community organizations



Affiliated Gardens:

- Dunn Learning Garden
- Milky Way ESL Garden

Perceived Health Benefits:

- Increased access to food
- Physical activity
- Stress reduction
- Social support networks

Future Directions:

- Increasing garden space
- Increasing autonomy

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