



# Garden: Regent Park (CFC) Community Garden



Neighbourhood: Regent Park

Type of Garden: Community (Communal and Allotment)

## Garden Story:

The community gardens at Regent Park are a collaborative project between Community Food Centres Canada (CFCC) and the Christian Resource Centre (CRC). Communal gardens involve 15 community agencies and allotment gardens offer space for individual families to grow whatever they like. There are additional plots outside Regent Park CRC, which include herbs used in the CRC meal programs and a "Healing Garden" with medicinal herbs. These gardens provide opportunities for social engagement, education and access to fresh fruit and vegetables. In the future, the gardening programs hope to gain access to more land to accommodate increasing garden demand. The CRC will be exploring opportunities to expand their gardening programs to include backyard gardens from the surrounding residents.

### Size of Gardens:

- Communal = 20 10x10 plots
- Allotment = 76 10x10 plots
- Troughs = varying sizes

### Yield:

- Regent Park CFC = 30-40lbs herbs/week

### Community Engagement:

- 15 community organizations participate in growing
- Field trips to farms and farmer's markets
- 8-10 workshops on a variety of topics throughout the gardening season (ex. seeding workshops, herbal medicines)
- Food Handler Certification
- Health awareness programs in the off-season (ex. women's awareness, self care)

"There is mindfulness when we see something growing - that lots of hope is coming"  
-Ashrafi Ahmed, Garden Coordinator

### Leadership & Organization:

- 1 Garden Coordinator
- 1 Summer Student
- 5-6 Part-time Volunteers
- + Volunteers from separate organizations

### Participant Characteristics:

- Variety of cultures and age groups
- Women's Groups
- Varying degrees of gardening experiences
- Some with physical and mental disabilities

### Perceived Health Benefits:

- Fosters social connections and networks
- Improves health
- Increases fruit and vegetable intake
- Reduces fatigue

### Future Directions:

- Develop more community partnerships
- Give more autonomy to 5 key volunteers
- Advocate for more garden space
- Explore backyard gardens
- Composting workshops

Neighbourhood Equity Index:  
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