



## Community Garden

**Target Risk Factor:**

Healthy Eating

**Target Population:**

All age groups

**Project Lead(s):**

Janet Thomas

Terrie Moar

**Community:**

Selkirk

**RHA:**

Interlake

**Project Partners:**

Growing Years Family Resource Centre

**Project Details:**

Multiple event or ongoing project

**Description:**

Everybody's Mom brings the Community Garden home by sharing ideas and recipes for foods grown in the garden, by bringing garden-related activities to children's groups in the community, and by acting as mentor for community gardeners.

**Time:**

June - October 2010

**Objectives:**

Encourage healthy eating through learning about gardening, cooking, and preserving.  
Encourage physical activity through gardening.

**Planning Supports:**

Talking with target audience

Bibliography of local library resources

**Results:**

Four families are gardening at St. Margaret's church in Lockport, MB. Facilitator is also meeting with community gardeners from the Alliance Church in Selkirk. Children's activities (30 participants) are scheduled in July with the regional library's Summer Reading program. Full results will not be available until harvest season is completed in October.

**What worked:**

- Partnership with local library's youth programs.
- Partnership with other community gardeners.
- Participants work together to share knowledge and resources.
- As of this writing, the garden is growing but due to the seasonal nature of the project, results will not be available until autumn.

**What didn't work and any changes made:**

Project should start considerably earlier (first week of May suggested) in order to advertise the program and recruit more participants. It would also allow participants to play an active part in the planning process, in order to customize seed and plant orders to what the individual families prefer.

**Unexpected Outcomes:**

Heavy rains throughout May and June have hampered efforts to grow from seed. Crop loss due to rot is a serious issue - for example, salad greens and corn did not germinate successfully. Other crops have limited germination. Transplants are faring better.

**Resources****Volunteers:**

Rene Gauthier, St. Margaret's Church (Community Garden facilitator)

**Facilities:**

Growing Years Family Resource Centre, Selkirk  
St. Margaret's Church, Lockport  
Red River North Regional Library, Selkirk

**Equipment:**

TBA

**Total Costs:**

TBA

**Contact Information:**

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