

COMMUNITY GARDENS & CSA GUIDE

THIS GUIDE SUPPORTS PARTICIPATING DEPARTMENTS IN ACHIEVING POINTS IN THE GROUNDS AND SPACES CATEGORY ON THE GREEN OFFICE SCORECARD.

Gardening has been linked with higher levels of subjective well-being, resilience, and optimism, as well as improved physical, psychological and social health. Community supported agriculture (CSA) helps protect land and farmers from negative impacts of the global food market.

DEFINITIONS

What is community supported agriculture?

Typically, a weekly/biweekly box filled with fresh fruits and veggies either delivered to your door or picked up from a central location. The produce is grown locally, directly supporting the farms/farmers. Some CSAs have other add-ons that include local pickles and other products.

What is a community garden?

A shared plot of land where community members can gather and grow fresh fruits and vegetables. They allow fresh, local produce to be much more accessible for those who may not have a garden of their own. They promote a shared economy, healthy lifestyles, and educational opportunities.

CSA & COMMUNITY GARDEN LIST

	Community Supported Agriculture	Community Gardens	
Options for Waterloo, Kitchener, Cambridge, and the townships (North Dumfries, Wellesley, Wilmot, Woolwich)	<ul style="list-style-type: none">▪ Nith Valley Organics▪ Pfennings Organic▪ Green Hart Farms▪ Fertile Ground Farm▪ The Working Center	<ul style="list-style-type: none">▪ Little Fields Farm▪ New Leaf Market Garden▪ ReRoot Organic▪ Young City Growers	Use this map to locate a community garden near you. (Note: This is not an exhaustive list - there may be some not indicated on the map.)

Note: Many CSA and community gardens have been disrupted by COVID-19.

Sources and Further Reading:

1. Community Garden Resources found at <https://www.greenhartfarms.ca/csas-in-waterloo-region/>.
2. Burnett-Nichols, H. (2017). *Tending the roots of employee wellness: A look at workplace gardens*. *Benefits Canada*.
3. Koay, W.I. & Dillon, D. (2020). Community Gardening: Stress, Well-Being, and Resilience Potentials. *International Journal of Environmental Research and Public Health*, 17(18):6740.
4. Soga, M., Cox, D., Yamaura, Y., Gaston, K., Kurisu, K., & Hanaki, K. (2017). Health Benefits of Urban Allotment Gardening: Improved Physical and Psychological Well-Being and Social Integration. *International Journal of Environmental Research and Public Health*, 14(1):71.