

# Growing food in the city



**Toronto  
Urban  
Growers**





## People grow food in many places:

- Community gardens
- Urban farms
- Back yards
- Churches, mosques, synagogues
- Businesses
- Schools
- Apartments and condominiums
- Balconies





# Growing food in the city: *Community benefits*



**Gardens can be attractive public spaces where people can learn and grow together.**



# Growing food in the city:

## *Access to healthy food*



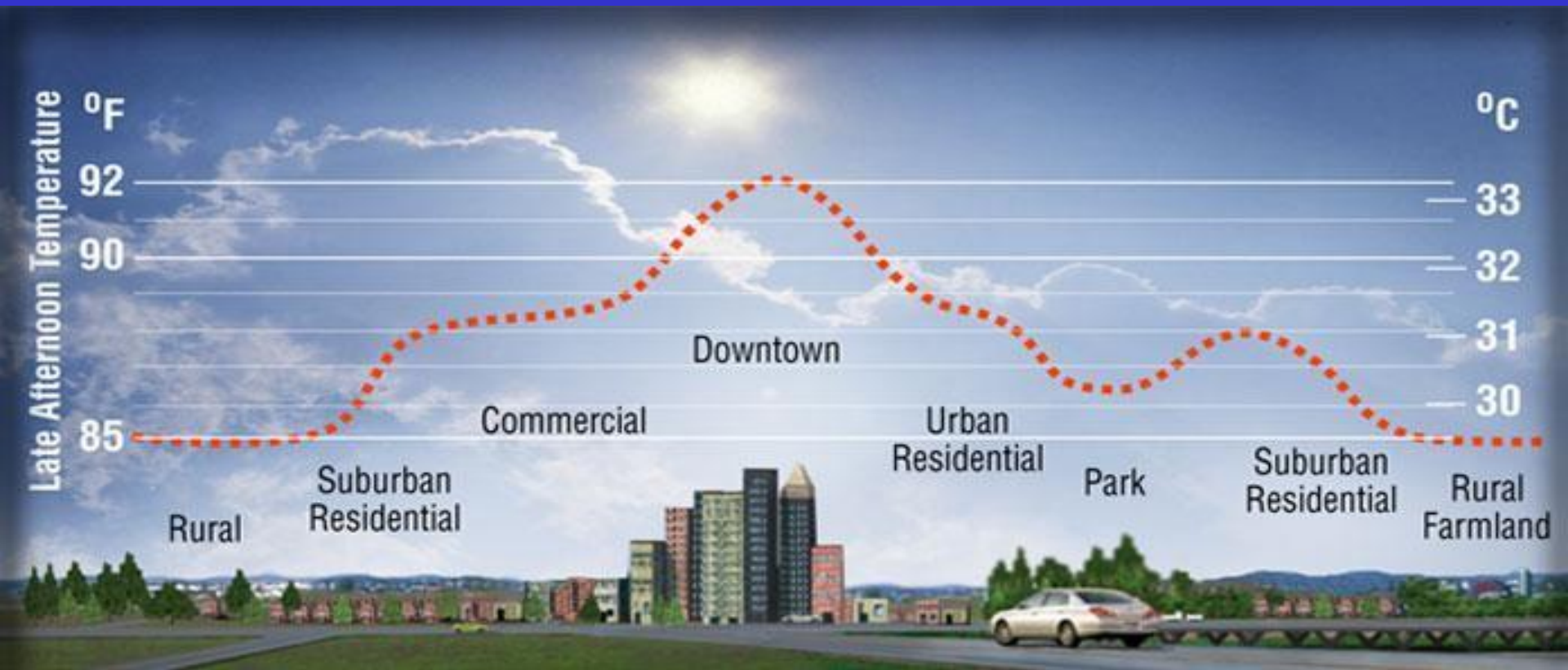
**People who grow their own food tend to eat more fruit and vegetables.**

**Urban farms grow food close to their customers, so the produce is fresh and responsive to local needs.**



*In one year, The Stop Community Food Centre's Yes In My Back Yard program successfully matched 46 home owners with gardeners seeking growing space*

# Growing food in the city: *Environmental benefits*



From a study of daytime temperatures in Colombia

Green spaces in cities improve air quality and result in cooler temperatures.



**Gardens can reduce flooding and the runoff of pollutants into rivers and lakes.**



**Gardens can be peaceful places to reconnect with nature, particularly in areas where people may not have access to green space.**

**Edible landscaping blends esthetic appeal with growing fresh produce.**



# Growing food in the city: *Economic benefits*

Money saved on buying food can be spent on other household needs.

Growers can sell produce to supplement their incomes and spend more money in the local economy.





## Setting an example: Daniels Corporation

Daniels puts the motto *Love where you live* into action by integrating food growing spaces and activities into their housing developments. Green features and a sense of community are strong selling points for Daniels' residents and positions the developer as an innovative leader.

[danielshomes.ca](http://danielshomes.ca)



# Getting off to a good start

**Good planning and design are important to success. There are many organizations and consultants who can help you create a pleasing, functional garden.**

**Whether you are opening your space to a community group or a professional grower, it's important to have a clear agreement (ideally in writing) spelling out how the space will be used. Working from a sample agreement is a good place to start!**





# Garden Gallery

Some examples of gardens and urban farms that combine aesthetics and food production



**Davie Street Community Garden, Vancouver**





**Upper left: UQAM, Montreal**

**Lower left: Toronto Community Housing townhouse**

**Right: Backyard Urban Farm Company**







## **Ryerson Urban Farm and TELUS Toronto Rooftop Garden**











For more support and resources,  
please visit

[www.torontourbangrowers.org](http://www.torontourbangrowers.org)

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