

## **Section Five:**

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### **Resources**

# Community garden resources

## *Starting a Garden*

Rebel Tomato - <http://www.communitygarden.org/rebeltomato/>

American Community Garden Association -  
[http://www.communitygarden.org/docs/startup\\_guide.pdf](http://www.communitygarden.org/docs/startup_guide.pdf)

Foodshare - <http://www.tcgn.ca/wiki/uploads/DonationsTradesSharing/CommunityGardenHandbook-2008.pdf>

Toronto Community Housing- [http://www.torontohousing.ca/webfm\\_send/183](http://www.torontohousing.ca/webfm_send/183)

Grow Pittsburgh - <http://growpittsburgh.org/growpittsburgh/CityGrowers/CommunityGardenGuide>

## *General Garden Websites*

American Community Garden Association: <http://www.communitygarden.org/>

Ontario Ministry of Agriculture and Rural Affairs – Community Gardening:  
<http://www.omafra.gov.on.ca/english/livestock/urbanagbib/communitygardening.htm>

City Farmer: <http://cityfarmer.info>

Gardening Tip Sheets <http://lucas.osu.edu/topics/master-gardener-volunteer-program/from-plant-to-plate-1/from-plant-to-plate-1>

Can You Dig It? <http://cydi.ca/how-to-begin/>

### *Local Garden Networks*

Toronto: <http://www.tcgn.ca>

Peterborough: <http://ptbocommgardennetwork.blogspot.ca/>

Hamilton: <http://hcgnc.ca/>

Waterloo: <http://together4health.ca/workgroups/waterloo-region-community-garden-council>

London: [http://www.lcrc.on.ca/community\\_gardens.html](http://www.lcrc.on.ca/community_gardens.html)  
<http://www.communitygardenslondon.ca/index.html>

Ottawa: <http://www.justfood.ca/community-gardening-network/>

Windsor: <http://fedupwindsor.blogspot.ca/>

Kingston: <http://kingstoncommunitygardens.ca/>

Guelph: <http://www.gwfrt.com/working-groups/community-gardens/>

Sudbury: <http://sudburyfoodconnections.blogspot.ca/p/gardens.html>

Thunder Bay:  
<http://www.tbdhu.com/HealthyLiving/HealthyEating/FoodSecurity/CommunityGardens.htm>

Brant: <http://www.facebook.com/CommunityGarden?ref=ts>

Durham: <http://www.durhamdigs.ca/welcome-to-dig/>

### *Social Housing Garden Groups:*

Food Action and Community Engagement (FACE) Toronto: [food.action@yahoo.ca](mailto:food.action@yahoo.ca)

## **Gardening How tos**

Master Gardeners of Ontario: <http://www.mgoi.ca/>

You Grow Girl: <http://www.yougrowgirl.com/>

Canadian Organic Growers: [http://www.cog.ca/our-services/publications/cog-reference-series/  
http://www.cog.ca/uploads/OrganicBackyard2ndEd.pdf](http://www.cog.ca/our-services/publications/cog-reference-series/http://www.cog.ca/uploads/OrganicBackyard2ndEd.pdf)

Organic Gardening.com: <http://www.organicgardening.com/learn-and-grow>

Garden Guides: <http://www.gardenguides.com/>

Waterloo Region Gardens: <http://www.together4health.ca/workgroups/community-gardens-waterloo-region/planting-and-caring-basic-vegetable-garden>

Biodynamic Farming: <http://www.biodynamics.com/>

Permaculture: <http://permacultureprinciples.com/>

Soil Assessment: [http://www.toronto.ca/health/hphe/pdf/urban\\_gardening\\_assessment.pdf](http://www.toronto.ca/health/hphe/pdf/urban_gardening_assessment.pdf)

Accessibility: <http://cydi.ca/wp-content/uploads/Community-Gardens-Accessibility-Guidelines-2011.pdf>

## **Farm programs for field trips and training**

FarmStart - *aims to encourage and support a new generation of entrepreneurial, ecological farmers*  
<http://www.farmstart.ca/>

Ecological Farmers of Ontario- *training and information about ecological farming* <http://www.efao.ca/>  
C.R.A.F.T Ontario – *For internships on organic farms* <http://www.craftontario.ca/>

Community Harvest Ontario – *Find farms that offer gleaning opportunities*  
[http://oafb.convio.net/site/PageServer?pagename=oafb10\\_home](http://oafb.convio.net/site/PageServer?pagename=oafb10_home)

WOOFing – *volunteer and internship opportunities on farms across Canada* <http://www.woof.ca/>

## **Cooking/Nutrition Training and Resources**

Peer Nutrition (Toronto): <http://www.toronto.ca/health/peernutrition/index.htm>

Community Food Advisor (Ontario): <http://www.communityfoodadvisor.ca/>

Eat Right Ontario: <http://www.eatrightontario.ca/en/Articles/Cooking-Food-Preparation/Home-Canning.aspx>

## Social Enterprise and Community Economic Development

School for Social Entrepreneurs- Ontario: [www.sseontario.org](http://www.sseontario.org)

Toronto Enterprise Fund: <http://www.torontoenterprisefund.ca/>

MaRS Entrepreneurs' Toolkit: <http://www.marsdd.com/entrepreneurs-toolkit/>

Enterprising Non-Profits: <http://www.enterprisingnonprofits.ca/>

Tip Sheets <https://attra.ncat.org/publication.html>

Marketing <http://www.growingformarket.com/>

### Videos

Asphalt Gardening Video <http://cccfoodpolicy.org/asphalt-gardening-and-urban-agriculture-cleveland>

Veggie Growing (20 Videos) <http://www.youtube.com/user/expertvillage/videos?query=jarrett>

Community Garden How-to videos <http://www.kansasgreenyards.org/p.aspx?tabid=37>

Gardenfork.tv <http://www.gardenfork.tv/>

Sheet Mulching [http://www.youtube.com/watch?v=4PB0Ym\\_iXmc](http://www.youtube.com/watch?v=4PB0Ym_iXmc)

Types of Gardens <http://www.youtube.com/watch?v=OeHgrIIPF9M&feature=related>

LiveGreen How to Start a Garden <http://www.youtube.com/watch?v=IKJexyPwBfk&feature=related>

## **Books**

### *Vegetable Gardening:*

Rodale's Vegetable Garden Problem Solver

The Complete Guide to Saving Seeds – Gough and Moore Gough

The Essential Urban Farmer – Novella Carpenter and Willow Rosenthal

Square Foot Gardening – Mel Bartholomew

4 season harvest - Eliot Coleman

How to grow more vegetables and fruits than you ever thought possible – John Jevins

### *Container Gardening:*

Illustrated Guide to Balcony Gardening – Lara Mrosovsky

Grow Great Grub – Gayla Trail

### *Medicinal Plants:*

Backyard Medicine – Julie Bruton-Seal and Matthew Seal

Herbal Tea Gardens – Marietta Marshall Marcin