



Preserving, promoting, and developing Wellington North's unique cultural resources to build a vibrant community and a prosperous economy.

CULTURAL MOMENT FOR AUGUST 28TH CELEBRATES COMMUNITY GARDENS

Community gardens provide all the benefits associated with better nutrition and thus better health. Being able to engage in the activity of gardening provides stress relief, exercise, rewarding work and time in the outdoors which also has health benefits. Financially, there is the potential of quality produce at a lower price and a chance to engage in group activity with others of similar mindset. Social interaction is another determinant of health, especially as we age.

Community gardens have been around for decades, particularly in urban settings. As small-town house properties decrease in size and more people live in multi-home dwellings, we are seeing more people who do not have access to a garden. Community gardens provide that access.



In Arthur, Musashi Industries created a Community Garden in Spring of 2019 as a way to provide employees and community members with an opportunity to garden. Musashi sets aside a couple of raised beds for produce that will go directly to the Food Bank. The garden is well used every year. Musashi staff provide the oversight and administration of the community garden in Arthur.

In Mount Forest the Family Health Team identified food security as a health factor in need for the community. A grant was obtained to aid in setting up a community garden in 2023, and the community responded with many donations including a large plot of land of approximately a third of an acre. Other businesses and individuals donated wood chips, soil, seeds, and seedlings. Volunteers stepped up to provide support in maintaining the garden through weeding and watchful eyes. Volunteer human resources are structured and managed by the Family Health Team. Community members must apply for a plot and all 60 plus garden shares were quickly taken up. Several plots are reserved to grow food for the two Food Banks in Wellington North (Mount Forest and Arthur).

