



## WHAT IS A COMMUNITY GARDEN?

York Region Food Network's (YRFN's) community gardens provide local residents with individual (10' x 20') plots of land, so they can plant, tend to, and harvest their own fresh fruits and vegetables.

Every year, each garden site has a mix of old and new gardeners; some have been involved with YRFN's community gardens for years, and others are new to the community gardens—and new to gardening, too!

Gardeners use YRFN's Community Garden plots free of charge. YRFN requests that gardeners donate some of their harvested vegetables to the local food bank throughout the growing season. This means you can feed your family with fresh, delicious produce and help out your local food bank... at the same time!

Wheelbarrows, tools, and other gardening supplies can be found at each garden location.

For more information please contact

Catherine Higham-Cook  
Community Garden Coordinator  
194 Eagle Street  
Newmarket, Ontario L3Y 1J6  
Phone: 905-967-0428  
Toll free: 1-866-454-9736  
Email: [cgcyrfn@bellnet.ca](mailto:cgcyrfn@bellnet.ca)

Or visit our website: [www.yrfn.ca](http://www.yrfn.ca)



ENJOY FRESH, DELICIOUS VEGETABLES,  
FRUITS AND HERBS — GROWN BY YOU!





## WHO CAN GET INVOLVED?

All local residents with any level of gardening experience are invited to participate. Priority is given to those without access to green space, such as people who live in apartments and townhouses.

## HOW MUCH WORK IS INVOLVED?

Gardeners are expected to maintain their plot with regular watering and weeding. Most participants find they spend around 2 to 3 hours per week caring for their garden, once their garden has been fully planted and plots are cleaned to the soil at the end of each growing season.

York Region Food Network also asks all gardeners to contribute a minimum of 5 hours per season toward the overall maintenance of the gardens.

## BENEFITS OF COMMUNITY GARDENS:

- Enjoying fresh, delicious fruits, vegetables & herbs grown by YOU!
- Helping those in need by donating some of your harvest to the local food bank
- Getting outdoors and being active
- Meeting neighbours and new friends
- Learning a new skill and sharing your knowledge with others
- Beautifying community greenspace
- Promoting a healthy community

## WHAT CAN I GROW IN MY GARDEN?

Vegetables, fruits, and herbs are grown in YRFN's community gardens. Some gardeners choose to plant a few flowering plants around the perimeter, but we ask that the bulk of what you plant be of the edible variety.

## WHERE IS EACH COMMUNITY GARDEN LOCATED?

1. The Aurora Community Garden is located at Allaura Blvd. and Edward St. (east of Yonge St.).
2. The Newmarket Community Garden is located at the Region of York Administrative Centre, 17250 Yonge St. (north west corner of Yonge St. and Eagle St.).
3. The Markham Community Garden is located near Morgan Park, and is adjacent to Franklin St. Public School (north east of Hwy. 7 and Main St.).

## WHO CAN I CONTACT WHEN I NEED HELP OR INFORMATION?

The best person to contact regarding any YRFN Community Garden related issue is Catherine Higham-Cook, Community Garden Coordinator at 905-967-0428 or [cgcyrfn@bellnet.ca](mailto:cgcyrfn@bellnet.ca).



All land used by YRFN to facilitate the Community Garden projects has been donated free-of-charge. In Markham, this land has been donated by a private resident; in Aurora and Newmarket, the Region of York and the Town of Aurora have provided YRFN with land. YRFN is responsible for, and connected with many different programs and organizations. So check out our website, [www.yrfn.ca](http://www.yrfn.ca), to find out what we're all about!

## OUR MISSION:

Increasing access to affordable, nutritious food for all people in York Region by:

- Raising awareness and promoting change on food security issues in our communities
- Supporting community-based food security programs and services.

For more information on food security and our vision for the community go to [www.yrfn.ca](http://www.yrfn.ca).