Food Security

7.10 Work with local growers and service providers to distribute seeds and soil during growing season, paired with education on growing food

Seedy Saturday

In partnership with the City of London, the London Middlesex Master Gardeners host “Seedy Saturday” every spring.

Seedy Saturday is a fun, inexpensive event where you can swap and exchange seeds, get exciting varieties that other seed savers are sharing (as well as the stories that come with them), attend workshops and talks, meet vendors and obtain seeds from seed companies.

Friends of Urban Agriculture

Friends of Urban Agriculture is a network of London citizens who are passionate and dedicated to pushing the agenda of urban agriculture forward. They engage and empower Londoners by organizing specific events to raise awareness, facilitating the successful implementation of urban agriculture projects and coordinating a network of organizations and individuals invested in urban agriculture. They are also focused on promoting urban agriculture friendly policy change at City Hall.

Compost Value Day – London Food Bank

Compost Value Day offers Londoners an opportunity to help their garden and two local charities at the same time. The compost is produced from the City’s leaf and yard waste. Proceeds support the Boys' & Girls' Club of London and the London & Area Food Bank. Take away 30L of compost for $3 or $4 if you don't bring your own container.

Hydroponic Garden Towers

Hydroponics is a method of gardening that doesn't use soil, but rather a rich nutrient solution that cycles through from a reservoir. Using this system, the plant receives nutrients through the roots, but they are not in soil. These automated *soilless* growing systems increase efficiency, maximize space, leading to higher yields, and potentially better quality produce. Community benefits include:

- Increased access to healthy, nutrient dense produce all *year*
- Increased opportunities for enhancement of food literacy skills among individuals, children, youth and families (learning, watching and participating in growing food for the benefit of all community members)
- Fully accessible: wheelchair accessible, portable and can be placed anywhere.
- Environmentally sustainable- hydroponic gardens use less water and other resources than traditional soil based gardens
- Innovative: London would be the first city to embrace garden towers as a fundamental part of community life: centring around food education and access

Currently, 17 hydroponic garden towers have been distributed to priority neighbourhoods across London and are located in Family Centres, Community Centres, and Libraries.