



Cowichan Green Community
Cultivating food, community, and resilience

2017 Annual Report



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About Us



2017 CGC Staff & Board

Cowichan Green Community Society (CGC), is a non-profit organization located in Duncan, BC that has been focusing on environmental sustainability in the Cowichan Region since March 2004. Since 2007, our mandate is to improve food security by developing strong relationships with local food producers and increasing urban and rural food production. We consistently see how important increased access to healthy food, food education, and increased food production is to our community's health and well-being.

Continuing in our role as one of Island Health's designated Food Hubs, we work tirelessly to increase awareness, and program capacity with all our community partners. Our reach is constantly expanding with new programs such as The Cowichan Incubator Seed Farm, and more canning and preserving workshops. We love working with all members of our community from children to elders, as we realize everyone plays a critical role in sharing knowledge and building a stronger local food system.

Message from the Board President

Nadeane Nelson
President



We are so blessed to live, work and garden on the unceded territory of the Quw'utsun' people; the beautiful, fertile, Cowichan Valley. We raise our hands in thanks for this privilege.

2017 was a fulfilling yet challenging year for Cowichan Green Community. Cutbacks to government programs combined with more limited grant funding opportunities meant we had to lean into our resiliency and creativity to maintain our community programming, effectiveness, and profile. Under the much valued leadership of our Executive Director, Judy Stafford, the dedicated staff, volunteers and directors persevered and remained strong. The generosity and commitment of our donors sustained and encouraged us; the stories of lives changed for the better moved and energized us.

2017 was the first full year of operation for our charity, aka, Cowichan Green Community Foundation. The intention was moving charitable programs from the Society to the Foundation, which we naively thought could be accomplished in a year, or less. Let's say it's a work in progress and the directors of both boards meet monthly to work through the challenges together. The Foundation is pleased to partner with Pregnancy Connections and Meals on the Ground helping support these programs and the members of our community who access these much needed services.

CGC is blessed to receive so much from the community of which we are part. Thank you to our wonderful donors for your faith in us, to our valued volunteers, and all Board members, for your hard work and to our funders and our community supporters for your confidence in us. Grateful thanks to Judy for her guidance, patience, grant writing skill and map making, and to all our wonderful staff for their passion, commitment, and skill.

Message from the Executive Director

2017 could only be described as a roller coaster year! There were so many ups and downs, it took the term dizzying to a whole new level. But in our usual style and grace, we braved the good times and the not so good times to still create new programs as well as continuing with many of our core initiatives.

Our biggest disappointment was not securing another SkillsLink program this year. We've offered this amazing youth employment training program many times. This year, the Federal Government changed it to a National call, rather than a Provincial one so our application was put into a very large melting pot and didn't make it out alive.

It took a record 16 months to find out the bad news – a crazy amount of time during which we still held out hope. But again, we continued to forge ahead and managed to work with many other youth and interns through our other programming including Kin-Park Youth Urban Farm.

The good news was the Job Creation Partnership grant from the Province that supported the implementation of the Seed Incubator Farm. They were so impressed with the project, they ended up extending the grant for a full year. So much was accomplished on that small farm – but we still have lots more work to do!

Our commercial kitchen continued to be the hub of so much cooking, learning, playing, and of course taste testing!! It's so hard to work in a place that always smells so good!!

The Cowichan Food Security Coalition celebrated its 10th year in working toward a more food secure community. The group produced a set of interviews and conversations that were presented to the CVRD as, "The Faces of Food Insecurity." Interestingly enough, one board member commented much of their dinner they shared before the presentation was left uneaten – on the table and probably destined for the landfill.

It was truly heartbreaking to hear of parents who go without food so their children can eat, and sweet older men who often go days with nothing in their tummies.

These are stories that we are going to share more of – people need to understand the food crisis that is happening right here in our own neighbourhoods.

That is one of our goals for 2018. That along with more activity at the Seed Farm, even more activity in the kitchen with monthly canning and preservation workshops, and a food recovery project that is going to set us well on our way as a community to reduce food going to the landfill and seeing more of that food going directly into programs and tummies everywhere.

As always, we forge ahead for ... "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." Helen Keller



Judy Stafford
Executive Director

Staff & Interns



Cyle Serra
Ceres Edible Landscaping
Manager



Heather Kaye
Kin Park Youth Urban
Farm Supervisor



Jennifer Dorby
Food Security
Coordinator



Tony Sferrazza
Program Manager



Madelaine MacLeod
Facility Manager and
Administrative Assistant



Foster Richardson
Incubator Seed Farm
Supervisor



Nora Arajs
Ceres Edible Landscaping
Manager



Alyssa Loucks
Food Security
Coordinator



Adrian Tomei
Skills Link
Coordinator



Leslie Rault
Garden Pantry Store
Manager



Sonya Young
Bookkeeper



Luca Granata
Ceres Landscaper



Jan Scott
Maintenance



Laura Boyd-Clowes
KinPark Intern



Hannah Morten
Summer Intern



Aislinn
Summer Intern



Chantal Arnold
Summer Intern



Jaulie LeBlanc
Summer Intern

Board of Directors



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President



Mark Hazell
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Beverly Suderman
Director



Alan Philip
Director



Diane Hinton
Director



Roanne Weyermars
Director



Haley Atchison
Director



Beverly Hill
Director



Alison Stark
Director

Volunteers



2017 was another strong year, full of volunteer leadership throughout our many programs and events. Events like our annual *Donor Breakfast* in the spring, information booths, *The Garden Pantry* Store, fruit picking and delivery, our *Annual General Meeting*, and workshop help and facilitation would not be possible without the hard work of our team of volunteers.

Thank you for all of your effort, time, and support! Volunteers are the heart of the Cowichan Green Community.

Here is a list of just some of our 377 amazing volunteers who helped us achieve our goals in 2017:

Lawrene Collins
Emily Crowe
Pat Crowther
Gaylene McMullen
Sandy McPherson
Lynda Diamond
Linda Dowdeswell

Kayla Kremer
CM Justice
Sophia Auton
Jennifer Schomer-Pratt
Mar Kalbfleish
Shannon Norris
Kailli Pigott
Otto the Gardener

Jim Young
Pat Young
Louise Nadeau
Della Rice Sylvester
Beverley McKeen
Christine Pollard
James Richardson
Darian Tielemans

Serena Sinclair
Rachael Sinclair
Hilary Stead
Susan Tremble
Saroj Sund
Bonnie Mills
Chris Ralston

A Special Thank You

To Tom Devereaux for making the KinPark Mandala project happen. He not only purchased and transported all the lumber, offered his tools and building expertise, but also recruited five of his friends to help us build the raised beds and move them into place.

He installed a water hydrant according to his own design and hauled debris to the dump for us countless times using his own trailer.

Tom has been a force at KinPark since we started the community gardens over 10 years ago—he is an incredibly generous man and we are so grateful for all his hard work and support!



**Tom
Devereaux**
KinPark
Volunteer

The Garden Pantry Store

The Garden Pantry Store continued to be the welcoming face of CGC, providing all the program information and reception services needed for our very hard-working organizations. The dedicated volunteers, supported by Store Manager Leslie Rault are especially proud to talk about and share the seeds from the first ever Community Seed Library.

But the Garden Pantry Store is much more than a CGC gateway. It's also a perfect place if you're looking for that unique item or gift. This showcase space for local artists, specialty food producers and upcycling artisans means you can find exactly what you're looking for whether it's delicious raw chocolate or whimsical fairy doors.

The KinPark value added products always sell out fast. Items like jams, jellies, sauces, and herbal teas are just some of everyone's favourites.

As one of our amazing store volunteers Rachel says, "Each display in the store is like a chapter in a book—telling a wonderful story."

Come visit!



For the Love of Upcycling

An extremely successful project, the “For the Love of Upcycling” workshops was funded by Government of Canada’s New Horizons for Seniors and coordinated by Leslie Rault.

Leslie organized 20 workshops that were attended by 147 seniors. They all gathered around CGC’s boardroom table, learning how to make a variety of creative items using only reclaimed materials such as aprons sewn from discarded men’s shirts, felted teapot cozies, and recycled paper Christmas trees.

The project’s overall goals were to engage seniors, create new from old, and break down the barriers of social isolation. The laughter heard throughout the office on ‘craft’ days was heartwarming. Relationships were formed over tea, snacks, and sewing machines. And some of the participants have stayed on to volunteer for CGC, helping to create a whole series of products that are being sold in the Garden Pantry Store under the new brand, “Think Again.”

The project far exceeded expectations, by not only creating a new line of products to sell in the Garden Pantry Store, but more importantly, all the senior participants enjoyed feeling connected to each other and the community.



The Station

Who knew an old pub kitchen could turn into such a vibrant community hub of cooking, preserving, and processing. There were 21 different farmers, processors, and community members who used this space to create value-added products.

Most days of the week, you were greeted by an amazing variety of delicious smells, from the sweet sensations of Mrs Jones' Jams to the savory zippiness of Zed Squared Food's spicy Kimchi!

Madelaine MacLeod, the Station Manager, helped keep all the overlapping kitchen rentals organized as well as all our boardroom bookings. Along with CGC's programs, 20 other groups hosted round table meetings, educational sessions, nutritional workshops, and farmer training programs.

The 20 upstairs apartments consistently remained occupied, with very limited turnover in tenants. Madelaine ensured all the tenants, both residential and commercial were kept happy and feeling safe in our amazing building in Downtown Duncan.



Cowichan Incubator Seed Farm

Rain, sunshine, and drought were the 3 constants at our Cowichan Incubator Seed Farm. Delays with permits, and inclement weather meant it was a slower year than anticipated. The farm team, led by Foster Richardson still harvested and sold all the seeds saved in 2016, at Seedy Saturdays, CGC's Garden Pantry Store and the Cow-op.ca online farmers' market.

The team also established a seed lending library which is housed in the Garden Pantry Store. And in May, we finally welcomed our portable classroom donated by School District 79 onto the site. We've been working hard to prepare it as a learning space, farm office, and as the home of Cowichan's first Community Seed Bank where seeds will be stored and saved for generations

With the hard work of summer students, staff and volunteers, we grew out dozens of varieties of vegetables, flowers, and grains on this small acreage, allowing us to harvest hundreds of pounds of seed that we're excited to offer to the people in our community to share and purchase.

We also acquired our first seed cleaning equipment with a very generous donation from the Agriculture Awareness group. This piece of equipment (circa 1900) is just the start of what hopefully will be a Cowichan Farm Equipment Library that will house a number of implements that local farmers and growers will be able to rent out in the very near future.



2017 Seed Farm Interns



Jonah Turton



Paula Masyk



Karin Denny Parsons



Debra Ceblua

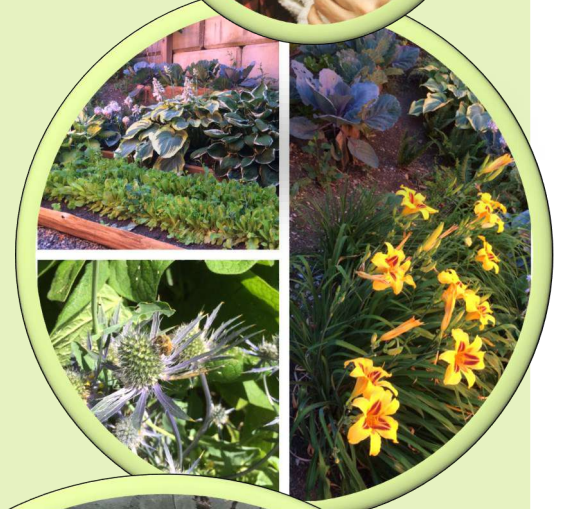
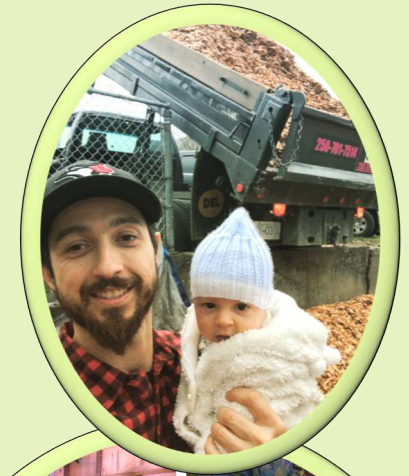
Ceres Edible Landscaping

One of CGC's social enterprises, run by Nora Araj, Cyle Serra and Luca Granata, continued to grow this year. The team successfully nurtured all of their regular client's gardens from Mill Bay to Saltair. In addition, they designed and installed a number of fun and fruitful garden projects throughout the region.

The crew completed a many exciting projects including the planting of two micro orchards that will be the focal point of larger permaculture gardens. Another stand out project was a bio-remediation planting in Mill Bay. This project used the concept of "Modified Brush Layers", which can be seen in our food forest, to stabilize a sluffing bank. The home owners were ecstatic as it helped the family regain a prime part of their property and protect their beautiful heritage overlooking the bay.

One of the most impactful projects was the installation of a large arboretum in Cobble Hill. This planting contained some very unique specimens including two Dawn Redwoods that can grow to over 200 feet tall and live many hundred years.

We can't wait to tuck into another season of spreading garden knowledge, building bountiful veggie beds and planting specular fruit trees around the region.



Cowichan Valley Cooperative Market

The Cow-op.ca online farmers' market kept on growing under the extraordinary work of Heather Kaye and Gabrielle Rondeau-Leclaire! In July, we burst into the Victoria scene by adding a new pick up spot at Olive the Senses, located in the downtown Victoria Public Market, giving our members convenient access to a larger market to sell their locally grown produce, meats, eggs, baking, and more.

Seven new farms and food processors joined the Cow-op including a fisherman, a social-enterprise bakery, and a musical, kale-growing farmer with Zimbabwe roots! We administered over \$50,000 in sales with over 600 registered customers.

As one of our favourite customer praises, "The Cow-op is a very convenient way to get local produce. Ordering online at our leisure, where we can browse, consider, ponder and stay dry is a real delight. Then the farmers bring their goods to the city, and all we have to do is pick it up."

In 2018, look forward to a senior-led and inspired local-foods cookbook: ***Cowichan-Grown: Seasonal Recipes and Local Wisdom.***



www.cow-op.ca
The Cowichan Region's first **online** farmers' market

Farm to plate...with a click!

HOW DOES IT WORK?

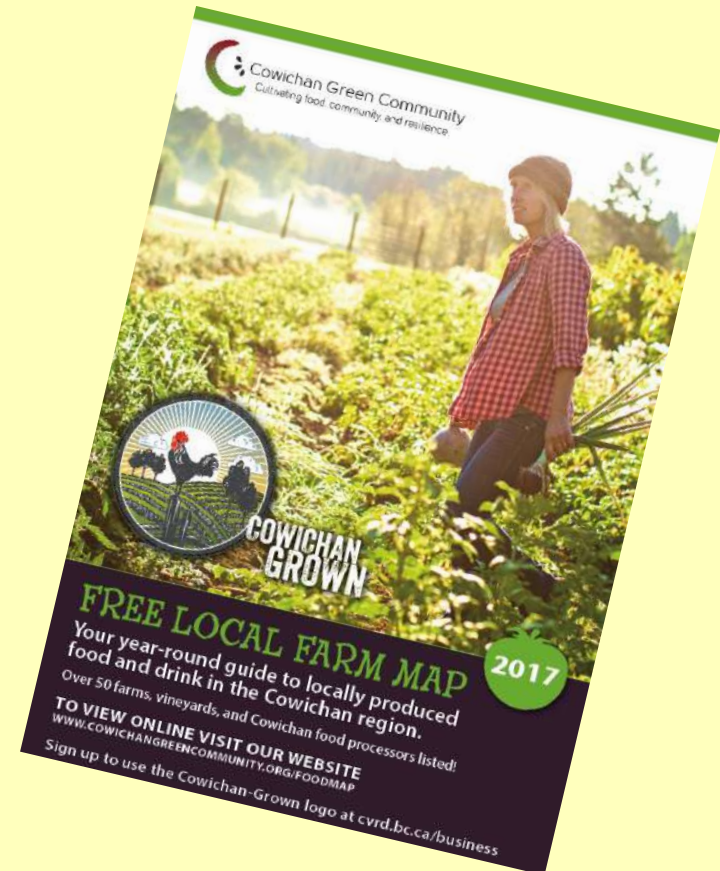
- SHOP ONLINE** Order fresh online or with mobile device
- ORDER COMPLETE** Farmers harvest your order
- PICKUP** Pick up your order downtown Duncan (360 Duncan St.)

Cowichan Grown Farm, Food, and Drink Map

In 2017, CGC produced the 8th edition of the Cowichan Farm, Food, and Drink Map. This self-funded project is aligned with CGC's efforts to increase food security in the Cowichan Region.

Not only did we rebrand the map to align more closely with Tourism Cowichan but we had 56 farms list on the map including some brand new faces to our region like Farm 1740 and Blue Roots Farm.

Connecting consumers to local food and offering affordable marketing opportunities to our region's farmers is an integral part of CGC's vision for a food secure Cowichan.



Farmer's Market Nutrition Coupon Program

The farmers' market coupon program, coordinated by Debra Cebula in its 4th year, helped support 65 single Moms, single Dads, families and seniors in enjoying the Duncan farmers' market experience and benefiting from local healthy farm food.

During the program's 20 weeks, over 1,280 coupon booklets were given out, resulting in \$18,000 landing directly into the pockets of our much deserving local farmers and food vendors at the Downtown Duncan Farmer's Market.

Participants of the coupon program, were also able to join in Food Skills for Families, a six-week free cooking class, offered in partnership with Diabetes Canada. They were also encouraged to participate in other CGC programs including Food Fit and Chow Down Family cooking classes.

This is one of CGC's most impactful programs, felt immediately by all who participated.



KinPark Youth Urban Farm

It was a very busy year, with Farm Intern Laura Boyd-Clowes offering several educational and work experience programming as well as crop production and garden maintenance. We're thrilled that our License of Operation with North Cowichan and the City of Duncan was renewed on December 31st for another five years.

VIU's Workplace Essential Skills Training (WEST) program continued with a smaller cohort resumed Thursday morning work days and Cowichan Secondary High School's 'Land-Based Learning' and 'Community Classroom' students worked every Wednesday and Friday for both the Spring and Fall semesters. Laura made a presentation for Cowichan Secondary's Science and Technology class on urban farming and the value of traditional agricultural skills and tools. This was followed by a series of five work days.

Laura held weekly volunteer work days with a growing volunteer group including mainstays Emily and Darian, as well as newcomers Shannon, Keith, and Steven. Cow High students also joined for some drop-in sessions. Two Service Days were held with 20 students from Queen Margaret's School, one in April for Earth Day and one in October to help plant over three hundred cloves of garlic.

Weekly canning and preserving events were organized and community members were invited to help in exchange for hands-on canning experience and a jar to take home. We produced several dozen jars of apple jelly, grape jelly, pickled beets, quince jelly and green tomato relish for sale.

With help from WEST, summer students and volunteers, we marketed several value-added products and fresh produce for sale through the Garden Pantry Store, and on Cow-Op.ca. The Community gardens clean-up was a success, with six attendees working on weeding, pruning raspberries and emptying compost tumblers.

KinPark hosted a walking tour for the BC Planner's Institute Symposium for about 30 attendees. KinPark was also one of the stops on the Edible Garden and Farm Tour. The Compost Education Centre Victoria (CEC) facilitated a workshop on Composting Basics for 40 Cow High students who learned about hot vs. cold composting, vermicomposting, worm anatomy, and saw examples of the different structures/techniques in use.



KinPark Mandala Garden Project

Thanks to a Community Wellness grant from Island Health, we were able to rebuild the Mandala community gardens in the Spring. This project was completed with the assistance of CGC's Youth Outreach Team, and several engaged volunteers. The funds allowed us to excavate the old Mandala area and add twelve new custom-built garden beds to the park— eight for rental by members of the general public, and four by families referred by the Cowichan Valley Basket Society, our local food bank. The construction and installation of the new gardens happened over the course of three volunteer work parties throughout May and June.

The YO team built twelve trellises for the gardens, made out of locally grown bamboo. Members of the YO team also prepared food for work parties and the Grand Opening event, which was held on June 11th. Two workshops were offered for free at this event, one on soil building and one on bokashi composting.

There was a wild edible plant tour, as well as a seedling giveaway and free food and beverages. A persimmon tree was planted in the center of the Mandala to celebrate the community's great accomplishment. All 12 beds were planted up immediately after the opening by enthusiastic local gardeners.



KinPark Kid's SummerCamp

The 4th year of KinPark Kids Camp began the first week of July, and ran for nine gloriously sunny weeks. A total of 121 kids enjoyed getting their hands dirty at the farm. The campers helped with watering, weeding, harvesting, composting, seed saving and plant care in the garden, and enjoyed lots of active and educational games.

We had visits from the Cowichan Watershed Board's water-wise super heroes Aquagirl and Raindrop, and we hosted Vancouver Island Regional Library's "Storytime In The Park" series. Other highlights included a Wild Art flower Mandala craft, making potato pancakes, dill pickles and chocolate zucchini cookies in CGC's kitchen, yoga before lunch, and going down the waterslide at the Duncan Aquatic Center four thousand times!

The camp counsellors Chantal and Jaulie were backed by our staff members Alyssa and Laura, as well as summer students Chloe and Sophia. As always, camp was lots of fun and we got a great response from both participants and parents.



Youth Outreach Team

Under the direction of Alyssa Krawchuk, the YO team was kept busy this year, working on many CGC projects including helping with childminding at the family cooking classes, helping to make and deliver posters, delivering CGC's Island Farm and Garden magazine, among several other projects.

One of their biggest accomplishments was to work together with Social Planning Cowichan, and Cowichan Tribes to help support the Growing Neighbourhood Connections project. The groups worked together and partnered with two local neighbourhoods, Beverly/Alexander and Quamichan, to create a greater sense of belonging, connection, and community.

Through hosting community dialogues with First Nations, service providers, parents, teachers, students, and the Warmland House residents and staff, this inclusive project helped to bring a wide variety of people together in a welcoming way to share and learn from each other.

A community mural was also designed as part of this project. CGC and the YO team look forward to continuing these kinds of organizational partnerships in the future.



Preserving Our Wisdom

Funded by the Government of Canada New Horizon for Seniors Program, CGC received a grant to host a series of 20 food preservation workshops and 8 community meal workshops over the course of March 2016 to March 2017.

The project goals included engaging with elders in our community, utilizing waste foods and bringing back the art of food preservation.

Inglorious food was the focus of this series of senior-inspired and senior-led preservation workshops and community meals. Over 400 lbs of fresh and very edible food were donated by local retailers and farmers.

The group of 12 senior mentors helped to facilitate the workshops making everything from carrot, beet muffins to orange hazelnut biscotti. This very popular program meant that 478 community members were engaged in learning new recipes.

All this delicious kitchen activity resulted in over 1,000 people savouring the free meals offered in a variety of settings including churches and schools. The final project celebration meal was one of the most inspiring program wrap-ups we've ever had the privilege of hosting.



Skills Link- Before Your Plate & Let's Chop It Up!

With the focus on local agriculture and food, Before Your Plate and Let's Chop it Up programs set the table for a vibrant opportunity for young adults to experience and learn a variety of skills: Hands-on farming, cooking mclasses and food workshops, budgeting and buying ingredients from local providers, tours and talks from local food and horticulture experts, classroom discussion, self-exploration, teamwork exercises, and of course, the necessary employment skills involved in the job world.

After four weeks of rich learning and skill building, participants then had nine weeks of hands-on work experience with a placement in the local food and/or farming community. Upon completion of the program, all the participants were equipped with applicable work experience, improved resume and cover letter skills, and a stronger connections.

The Before Your Plate program ran from September 2016 to April 2017 and provided two 14-week terms helping a total of 10 young adults solidify their employment skills. The program ran for all the sessions, resulting in all participants securing full time employment or returning to school.

The Let's Chop it Up program ended in February 2017 and we were thrilled to have partnered with many small businesses, including restaurants, value-added producers and farms.



Events & Workshops

CGC hosts creative, inclusive, and educational events that build a more food secure Cowichan including our **Donor Breakfast**, **Annual General Meeting**, and **Duncan Seedy Sunday**.

In 2017, CGC hosted the **8th annual Edible Garden and Farm Tour** featuring nine local gardens and farms in Duncan, Cobble Hill, Chemainus, and Westholme.

CGC also organized the 1st annual “Loot in the Boot” Fundraiser in our Station parking lot, and this year’s “Giving Tuesday” raised over \$26,000—all funds going directly into CGC’s programs and initiatives.

Annual General Meeting



Seedy Sunday



Loot in the Boot

CVRD Environmental Outreach

We attended five events including Duncan Seedy Sunday, Cobble Hill Fair, Wild Salmon and Mushroom Festival, a Capitals Game, and Christmas Chaos providing information on climate change, recycling and waste management and water management.

We interacted with 2,285 people through the booths and posted 72 CVRD Water Management, Recycling and Waste Management and Climate Change themed social media clips. We tackled the issues relating to drain clogging, what we can personally do to lower our environmental footprint with respect to climate change and practiced what materials go where regarding recycling, garbage and compost. We engaged people through interactive games, video clips, articles, and gave out prizes for people that filled out surveys.

Through the schools, Michelle Staples completed 76 workshops delivered in French and English with 18 hosted outside. There were great debates about the future and what we need to do to create the type of future we want to live in and the one that allows nature to thrive alongside with us.

Workshops focused on water, climate change, and water sustainability and by June of 2018 look for a Youth News Reports about the Environment (under the three streams) and a Go Green Project at Quamichan.



The CVRD Environmental Outreach Booth



Food Advocacy– Cowichan Food Security Coalition

The Cowichan Food Security Coalition, coordinated by Jennifer Dorby, celebrated its 10th year of working towards closing the gap of food insecurity. The Coalition, comprised of a variety of food providers, dietitians, nutritionists, and impassioned community volunteers, met every month to discuss the issues our community faces every day.

This dedicated group created the 2016 Food Security Report Card, a snapshot of food and food related programs.

Thousands of children and their families do not have sufficient access to food, so providing educational opportunities to help others is a very important component of this work.

Planning is well underway for a Cowichan Food Recovery project, collecting leftover produce, and redistributing it to other emergency food programs and creating value-added products.



Various Cowichan Food Security Coalition Members

COWICHAN FOOD SECURITY REPORT CARD 2016

This report card is an initiative of the Cowichan Food Security Coalition. The goal is to highlight the challenges and successes within the Cowichan Region's food system for regional dialogue and as well as identifying steps of action. The principal themes are Healthy Food Choices, Zero Hunger, Local Food Economy and Iron Deficiency.



- GEOGRAPHIC AREA: 3,473.12 KM²
- COWICHAN LIVING WAGE: \$18.81
- UNEMPLOYMENT RATE: 5.8%
- ESTIMATE ABSOLUTE HOMELESSNESS: 83 PEOPLE (UP 43% SINCE 2014)

HEALTHY FOOD CHOICES

229%

Increase in public and private school gardens since 2014.

12%

Increase for the cost of a food basket for a family of 4 since 2013.

5%

Decrease in breastfeeding mothers attending Margret Moss Health Unit since 2015.

ZERO HUNGER

There are 5 registered food banks in the Cowichan Region.

2 regional food banks and The Salvation Army provided 8,256 food hampers.

The Salvation Army provided 630 Christmas hampers.

Meals on the Ground served 6,367 meals.

Cowichan Green Community's free cooking and food preservation classes had 635 participants.

Meals on Wheels Duncan program delivered over 3,200 meals.

The Farmers' Market Nutrition and Coupon Program provided 70 seniors and families access to local food.

Island Farm and Garden Magazine

Have you always wanted to know more about raising sheep, testing soil, or making your own mozzarella? Do you have a question about the best way to conserve water or how to cultivate seeds?

Then CGC's Island Farm and Garden Magazine, edited by the very talented Eric Morten, is the free publication you definitely don't want to miss picking up.

Thousands of copies are distributed five times a year, Island-wide at local grocery stores, retailers, libraries, and tourist information centres. This magazine is much more than information and fun farm facts, it's also beautiful and offers readers local stories, glimpses into inspirational farms and gardens, as well as tasty recipes.



Cowichan Green Community Foundation

2017, saw the official start to Cowichan Green Community Foundation (our new charity) with the launching of two very successful food programs, including Food Fit and Chow Down Family Cooking Classes. Both programs engaged hundreds of families, youth, and seniors in learning more about healthy food, nutrition, and the importance of exercise.

CGCF also supported the Pregnancy Outreach Coupon program for pregnant moms and Meals on the Ground, a free community meal program offered at the Duncan United Church three nights a week.

All these programs helped build connections, relationships, and supported participants in leading healthier lives.

Look for more CGCF projects in 2018.



www.cgcf.ca



Board of Directors



Marilyn Palmer



Patricia Grey



Chris Hall., President



Mike Kelly, Treasurer



Isabel Rimmer

Thank You !

We thank community members who have donated to CGC. Your generosity supports programs with limited or no funding including: Fruit Save, Farmer's Market Coupon Program, Community Gardens, KinPark and Cowichan Incubator Seed Farm.

We would also like to thank the following supporters:

Partners and Donors

Agriculture Awareness Committee
Cowichan Valley Basket Society
Cowichan Secondary High School,
Community Classroom and Land
-based Learning classes
Cowichan Tribes
Municipality of North Cowichan
City of Duncan
Queen Margaret's School
Social Planning Cowichan
Vancouver Island University,
WEST program
Volunteer Cowichan



Funders

BC Association of Farmers Markets
Community Action Initiative
Community Food Centres Canada
Cowichan Valley Regional District
Diabetes Canada
Global Vocational Services – Wage Subsidy Program
Government of Canada – New Horizons for Seniors Program
Government of Canada – Career Focus
Government of Canada – Summer Students
Island Coastal Economic Trust
Island Health
NutritionLink
One Cowichan
Province of BC, Ministry of Social Development and Poverty Reduction
Province of BC Community Gaming
Real Estate Foundation
Rotary Club of Duncan
Success By Six
Vancity
Victoria Foundation

Businesses

49th Parallel Grocery
AAE Structural
Ammelium
Belton Bros
Crack Pot Florals
Drillwell Enterprises Ltd
Edible Earth Seeds
Green Tools
Heritage Quilters
Island Ford
Island Shire
Old Farm Market
Paradise Island Cheese
Peaks Coffee Co.
Quik Corners
Reber Creative
Russell Farm Market
South Island Peninsula Co-op
Thrifty Foods
Transition Cowichan
True Grain Bread
Valley Voice
Vancouver Island Sapsuckers
Viridian Energy Cooperative
Westview Power
Zed Squared Food



Farms

8 1/2 Acres
Codes Corner Organic Farm
Hope Farm
Lockwood Farms
Westholme Tea Farm
Yellow Point Cranberries



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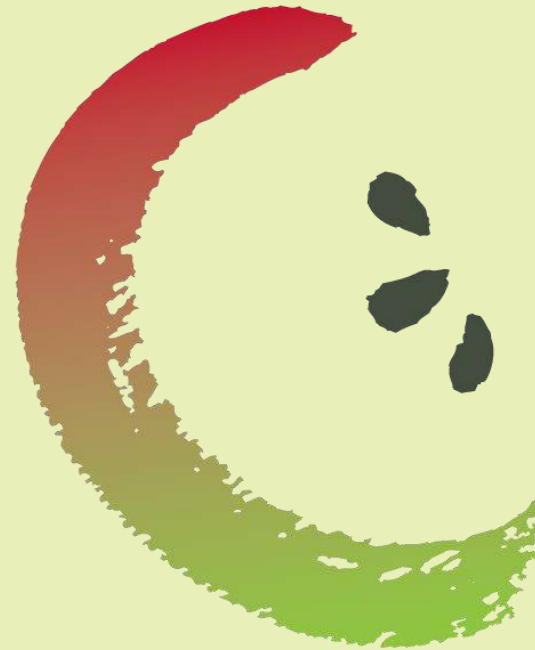
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