



Cowichan Green Community

Cultivating food, community, and resilience

2015 Annual Report

# Contents

Message from the Board President.....	3	Buy Local! Buy Fresh! Cowichan Food Map.....	16
Message from the Executive Director.....	4	Farmers' Market Nutrition Coupon Program.....	17
About Us.....	5	FruitSave.....	18
Staff.....	6	KinPark Youth Urban Farm.....	19
Board.....	7	KinPark Family Drop-In.....	20
2015 Interns.....	8	KinPark Kid's Camp.....	21
Youth Outreach Team.....	9	Cowichan Lake Community Garden.....	22
Volunteers.....	10	Events & Workshops.....	23
The Garden Pantry Store.....	11	CVRD Environmental Outreach.....	24
The Station.....	12	Food Advocacy.....	25
Ceres Edible Landscaping.....	13	Community Impact.....	26
Cowichan Agriculture Training Program.....	14	Thank You.....	27
Cowichan Valley Co-operative Marketplace.....	15		

# Message from the Board President

Greetings from CGC's Board of Directors.

2015 was a year of highs and lows. The high points included:

- Big changes at the federal political level that led to a spirit of optimism nationally. CGC's small contribution to that process involved hosting an, "Eat, Think, Vote" event to allow candidates for the riding to showcase their views on food security.
- The retirement of Jean Crowder from federal politics, and the election of Alistair MacGregor as our new riding representative. CGC continues in good hands at the national level.
- Three new initiatives that broaden and deepen our work with local agricultural production, and food justice.

More recognition for our work in the community:

- The Cowichan Agricultural Training program, a one year initiative for aspiring young farmers to develop skills alongside more experienced farmers who are mentoring them. The Cow-Op, a partnership between the Cowichan Valley Co-operative Marketplace and CGC. This is the region's first online farmers' market.
- The KinPark Family Drop-In Centre offers activities such as cooking classes, games, and a variety of activities, many of which involve farming or cooking, to build community amongst vulnerable youth.
- Judy Stafford, our fearless leader, received the Spirit of Excellence Award from the Duncan Business Improvement Area – and it was very well-deserved.
- CGC received the Residential Building Award of Excellence and the Commercial Building Award of Excellence from the City of Duncan. These awards, which are only rarely given out, were in recognition for CGC's excellent work transforming The Station into a vibrant part of downtown.

CGC has still not received word from the Canada Revenue Agency as to whether or not they will grant the CGC Foundation's application for registration as a charitable organization. Lack of charitable status has become a greater problem over the years, as it limits fundraising abilities, and it prevents applications to charitable foundations that fund work aligned with the vision, mission and goals that we support, particularly in areas of food justice. The patience and support of our members and donors throughout this process is much appreciated.

But amongst the problems, CGC is blessed in receiving so much from our community. Thank you to all of our wonderful donors for your faith in us. Thank you to our members for all of your support. Thank you to our wonderful staff for planning and carrying out the myriad projects and initiatives that make up the work of our organization, and writing the grant applications to keep it all together. Thank you to our wonderful volunteers, including our Board members for all your hard work. Thank you to our funders and community supporters for your confidence in us. And thanks to all who participate in our events and programs.



**Beverly Suderman**  
Board President



# Message from the Executive Director

As always, it's so shocking to realize another year has slipped by. It's also shocking to realize that it's been over 8 years since I started at CGC. But it's always fun to reminisce about the 'good ol' days' when I first started and when we were located at the tiny Craig Street office with not even a washroom to call our own.

We have certainly come a long way - financially, a 2000% increase in revenues, bringing 2015 well past the half a million dollar mark at \$650,000. And staffing, where at one point it was just me and a young energetic Katimavik student, we've expanded to providing a variety of paid opportunities to 36 people this past year... the growth is astounding.

But as always, going along with the celebration of incredible milestones and achievements, there were also significant challenges. Finding out that we were no longer eligible to apply for the Cowichan Valley Regional District's grant funding due to bylaw changes, was really difficult to face. For the past several years, we have been extraordinarily grateful to have received \$30,000 in unallocated funding. That money helped to support many of the core programs that do not receive any direct contributions including FruitSave which had its most successful year ever picking almost 11,000 pounds of fruit, as well as supporting the Farmer's Market Coupon Program administration, the KinPark Youth Urban Farm and the Garden Pantry Store which serves as a valuable resource for the community. With food prices continuing to soar and our island's increasing vulnerability to climate change adversely affecting distribution, our priorities from local government need to start shifting much more rapidly toward an increase in support for agriculture - not a decrease.

Losing our fabulous portable that was donated by School District 79 was also a huge hit to our very souls. We have faced quite a lot of theft and damage at our little farm in the park, but to have someone deliberately torch our new home for our family drop-in programming was pretty incomprehensible.

But, resiliency is our middle name, so those incidences were certainly not going to keep us down for long. The School District was quick to offer up another portable – which we will move to our new incubator farm location instead of the park (more secure location with a fence), and although we are not sure how to replace the CVRD funding, we are always coming up with new ways of increasing our revenues so we know something even better will come along - it always does.

I am just so proud of how we keep on taking the punches and standing back up taller than ever. A Tony Robbin's video recently reminded me - "The secret to living is giving – do it when you don't have it and scarcity will leave your life." CGC is always giving - something that is at our very essence. Scarcity is not in our vocabulary and never will be.

So just keep watching us as we continue giving and receiving more than we ever dreamed!



**Judy Stafford**  
Executive Director

## About Us



*2015 CGC Staff*

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 has revolved mainly around improving 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 Lake Community Garden project, the Family Drop-in Centre, and the Urban Food Forest Demonstration project. 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.



# Staff



**Nora Arajs**

Ceres Edible Landscaping  
Manager



**Christine Carter**

KinPark Family Drop-in  
Coordinator



**Ramona Challenger**

Assistant Property  
Manager



**Steph Cottell**

Cowichan Agriculture  
Training Program Supervisor



**Annamarie Couch**

Building Maintenance



**Jesse Frank**

Lead Gardener



**Vanessa Goodall**

Food Security  
Coordinator



**Lisa Hanlon**

KinPark Family Drop-in  
Coordinator



**Heather Kaye**

KinPark Youth Urban  
Farm Supervisor



**Alyssa Loucks**

KinPark Family Drop-In  
Coordinator



**Chris Oldnall**

KinPark Intern



**Leslie Rault**

Garden Pantry Store  
Manager



**Rosalie Sawrie**

Volunteer Coordinator



**Jan Scott**

Maintenance



**Tony Sferrazza**

Media Consultant



**Rachael Sinclair**

KinPark Intern



**Erin Ward**

Ceres Edible Landscaping  
Landscape Gardener



**Dayne Wright**

Executive Assistant &  
Assistant Property Manager



**Sonya Young**

Bookkeeper

# Board



**Tamara Dinter**  
Director



**Mark Hazell**  
Treasurer



**Beverly Hill**  
Director



**Aaron Livingstone**  
Director



**Amy Luck-MacGregor**  
Secretary



**Erika Mundel**  
Director



**Nadeane Nelson**  
Vice President



**Alan Philip**  
Director



**Kim Robinson**  
Director



**Cory Spencer**  
Director



**Beverly Suderman**  
President

# 2015 Interns



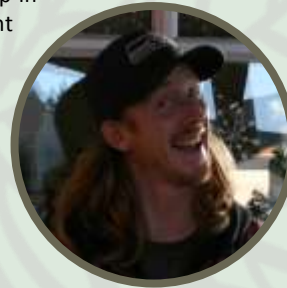
**Graham Cannon**  
Kin Park Family Drop-in  
Practicum Student



**Shannon Cook**  
Cowichan Agriculture Training  
Program Intern



**Darrell DeVries**  
Cowichan Agriculture Training  
Program Intern



**Mike Feld**  
Cowichan Agriculture Training  
Program Intern



**Kurtis Howes**  
Cowichan Agriculture Training  
Program Intern



**Bre Quigley**  
Cowichan Agriculture Training  
Program Intern



**Brandon Wilson**  
Cowichan Agriculture Training  
Program Intern



**Jasmine Soucey**  
Cowichan Agriculture Training  
Program Intern



**Abbi Spencer**  
Cowichan Agriculture Training  
Program Intern



# 2015 Youth Outreach Team

The group consists of 8 youth between the ages of 17 – 30, who have been active members in the Cowichan Region since 2014. They assist with the KinPark Family Drop-In cooking classes, engage with families, children and other fellow youth, take part in farming at KinPark, plan events, and have even helped during KinPark Kid's Camp.



**YO Team from left to right:** Sarah Easson, Josh Sinclair, Shawnee George  
Linda Martin, David Martin, James Louie-Thomas & Justine Martin  
Missing from photo: Paul Graham & Rachael Sinclair



YO Team member David Martin at Seedy Sunday



YO team Member Rachael Sinclair at Earth Day

# Volunteers

Much of the work we do wouldn't be possible without the tireless efforts of our incredible group of hard working volunteers. They have provided CGC with countless hours of weeding, picking fruit, operating the Garden Pantry Store, gardening at KinPark, running booths at community events, helping with CGC's annual Donor Breakfast or AGM, or the plethora of programs and events that CGC manages each year. There is so much going on and we can't put into words our appreciation and gratitude for all of these wonderful people.

We wouldn't be who we are if it weren't for you. We can't thank you enough for everything you do for us on a daily basis.

Volunteers are the heart of the Cowichan Green Community.

Here is a small list of the amazing volunteers who helped CGC thrive in 2015:

Rosalind Adams	Reed Early	Kirstyn McKenzie	Serena Sinclair
Louis Butler	Duncan Euing	Gaylene McMullen	Rachael Sinclair
Caterina Carney	Paul Graham	Sandy McPherson	Barbara Sobon
Chelsea Cleaugh	Katherine Loudon	Lydia Montgomery	Hilary Stead
Lawrene Collins	Kendal-Lynn Hart	Jan Nelms	Bryanna Terlien
Emily Crowe	Beverly Hynes	Susan O'Connor	Darian Tielemans
Pat Crowther	Anna-Marie Judge	Justin Philips	Susan Tremble
Stephanie Dunn	Katherine Loudon	Ann Radford	

## A Special Thank You

Pamela Williams is our FruitSave Coordinator extraordinaire.

She has worked many hours organizing picks, scheduling volunteers, and working with our staff to make FruitSave the amazing program it is today. Thank you, Pamela.

For more information on FruitSave, turn to page 18.



**Pamela Williams**  
FruitSave Coordinator



# The Garden Pantry Store

This year has seen a number of changes in the Garden Pantry Store, including a complete store redesign and update, a logo change and the incorporation of a new revenue stream, called Vendor Showcases.

The Garden Pantry Store continues to sell items that complement CGC's focus on food security everything you'll need to grow harvest and cook your own food, all donated by our very generous community. The value added items made in our community kitchen by our KinPark and Youth Outreach teams such as jams, jellies, relishes, chutneys and salsas continue to be a positive and very tasty contribution to the store's revenue.

With the addition of our new Vendor Showcases, we support local producers and artisans through an innovative plan of low space rentals in a nicely appointed brick and mortar space, returning 100% of their sales back to the vendors. Through the support of advertising and marketing efforts we have increased traffic flow and visibility of the Garden Pantry Store in the Duncan marketplace.

With the help of a dedicated team of volunteers, the store's revenues continue to support many of CGC's community projects. For 2016, we are looking forward to increasing the number of Vendor Showcases, implementing some wonderful volunteer driven initiatives such as Up-Cycling, and increasing community awareness of CGC through the educational opportunities afforded by an increase to the amount of traffic flow in the store.

**Leslie Rault**

Garden Pantry Store Manager



Vendor Showcase



Donated Items



KinPark Preserves



# The Station



The Station



Front Entrance



The Station During the Holidays



Judy Stafford and Nadeane Nelson with Councillor Michelle Staples at the City of Duncan Awards

Since our grand opening in June of 2014, The Station has become the green hub for the Cowichan Valley. The building is used by the community for many different projects and activities. The Station has a lot to be proud of lately. From providing housing for several new tenants and adding a new property manager to CGC's team of incredible staff, to a rebranding of our Garden Pantry Store and facilitating the use of our commercial kitchen to prepare 600 lunches a week for kids in our local schools.

In 2015, CGC received the City of Duncan Awards for Commercial Building of Excellence and Residential Building of Excellence for the renovations to the building that were completed in 2014 and for the impact the building has had on the community since completion.

Our commercial renters, Cycle Therapy, and Harmony Yoga were both award recipients as well in 2015. Harmony Yoga received the DBIA (Downtown Business Improvement Area) President's Award for New Business of the Year, And Cycle Therapy received the Black Tie Business Achievement Award for a Business With 1-10 Employees.

Things are always evolving around here. Come and see what's changed since your last visit!



Judy Stafford: The 2015 Downtown Business Improvement Area Spirit Of Excellence Award Recipient

# Ceres Edible Landscaping



Seven years after forming Ceres Edible Landscaping, this social enterprise continues to grow providing garden consultations, design and installation services, and organic landscape maintenance to commercial and residential clients in the Cowichan Region.

As interest in local food increases, Ceres is designing more gardens which include edibles – whether that be fruit trees, full vegetable beds, or inter-planting wild perennials and edible flowers into existing ornamental gardens. We're finding creative ways to increase the capacity to grow food in urban and rural gardens.

One of our largest projects was installing an 8,000 square foot family food garden with a small orchard and intensive vegetable beds. In addition, we undertook the feasibility and installation of a 68,000 litre residential rainwater harvesting system. Both projects address building capacity for growing one's own food and resilience in times of drought.



Installing a rainwater harvesting tank



**Nora Arais**  
Ceres Edible Landscaping  
Manager

# Cowichan Agriculture Training Program

In April, CGC launched an exciting new initiative, the Cowichan Agriculture Training program, otherwise known as CAT. The CAT program is a pilot training partnership funded by the Ministry of Social Development, and has provided the opportunity for eight participants to gain hands-on skills and experience combined with classroom sessions and professional guest speakers. Six local farms hosted participants for the placement component of the pilot run. Fifteen guest professionals and experienced farmers contributed learning content to the program, and the participants visited ten farms in the region during field trips. They also received the following training certifications: Organic Master Gardener through Gaia College, Farm and Tractor Safety, WHMIS, FoodSafe, and Rainwater Collection and Management through the American Rainwater Collection System Association. Additionally, participants attended the Island Agricultural Show educational sessions, the Farmer2Farmer seminar, and the Young Agrarians Workshop day.

Over the winter participants had some time to focus on individual learning projects, a chance for them to explore an agricultural theme which had piqued their interest. These emerged as high calibre projects that were presented to staff and guests, giving the participants a chance to practice speaking about their interests, ideas, and goals. They were truly impressive representations of all the learning that had occurred. The Cowichan Agriculture Training program has great potential and we want to continue to develop and refine this program for our region.



Exploring Greenfire Farm with DeLisa Lewis



Seed Saving Fundamentals with Craig Evans and Jen Cody of Growing Opportunities



A visit to Birds Eye Cove Farm



**Steph Cottell**  
Cowichan Agriculture Training  
Program Supervisor



# Cowichan Valley Co-operative Marketplace

The Cowichan Valley Co-operative Marketplace was officially incorporated as a producers co-operative in 2015. CGC was at the table to help guide its formation and the co-op's lead initiative, Cow-op.ca, the region's first online farmers' market. The marketplace launched in August and has been helping Cowichan farmers and food processors sell their products ever since.

How does the online marketplace work? Each week, orders can be placed online between Friday to Tuesday. Wednesday, farmers harvest their orders, Thursday orders are dropped off to CGC's commercial kitchen and picked up by the customer that afternoon. Farm to plate with a click!



Fresh hummus and pesto made in the Cowichan Region



Judy Stafford another satisfied customer



KinPark's preserves are available at Cow-Op.ca



[www.cow-op.ca](http://www.cow-op.ca)

The Cowichan Region's first **online** farmers' market

Farm to plate...with a click!

HOW DOES IT WORK?



Order fresh online or with mobile device



Farmers harvest your order



Pick up your order downtown Duncan  
(360 Duncan St.)



# Buy Local! Buy Fresh! Cowichan Food Map

CGC produced the 6<sup>th</sup> edition of the *Buy Local! Buy Fresh!* Cowichan Food Map. This project is aligned with CGC's efforts to increase food security in the Cowichan Region.

This year, the map featured 61 Cowichan Valley farms and was supported by 21 community advertisers including local politicians, businesses, and farmers markets. We printed and distributed 8,000 maps with the help of CGC volunteers from Tofino, to Salt Spring Island, to Victoria and beyond. Each year farmers submit their farm information, including a unique marketing tagline and description of available products. Consumers can search by farm name, farm type, production methods or farm-gate availability. Paper listings are also synced with an online listing making it easy for consumers to find the information they need. With the development of CGC's new website in 2014, the online version of the map was given a makeover, improving navigation and searchability.

This annual map allows new farmers entering the market to reach a wide consumer base, and allows established farmers to indicate product changes to consumers. The map makes farmers more visible in the region and promotes them as viable producers in our economy. The map continues to be a hallmark of CGC's support for local food and farms. Supporting a diverse range of small-scale producers, the map is a direct marketing tool for farms and a comprehensive guide for consumers wishing to support local agriculture and a localized economy, not to mention fresh taste!



2015 Cowichan Food Map cover



**Heather Kaye**  
Buy Local! Buy Fresh!  
Map Coordinator/Designer

# BC Farmers' Market Nutrition Coupon Program

For the 3<sup>rd</sup> year, CGC administered the Farmers' Market Nutrition Coupon Program with the Duncan Farmers' Market. Delivered by the BC Farmers' Market Association and funded by Healthy Families BC, the program gave 55 low income Cowichan families and seniors \$15 a week to purchase fresh, local produce, eggs, nuts, herbs, dairy, fish, and meat from the market for 16 weeks.

Thanks to a donation from the Drummond Foundation, we were able to add 11 youth to the program as well. Participants in the program were referred by various partner agencies and organizations across Cowichan.

To increase food literacy, participants also had access to weekly nutritional information on highlighted products in season. We were also able to attend a 6 week Food Skills for Families cooking program through the Canadian Diabetes Association and various canning workshops hosted in CGC's community kitchen.



**Rosalie Sawrie**  
Coupon Program and  
Volunteer Coordinator





# FruitSave Program

This year, FruitSave celebrated its 10<sup>th</sup> year of operation. With the goal of harvesting surplus fruit in the Cowichan region and distributing this valuable resource to local emergency food providers, the FruitSave program is officially CGC's longest running program.

Pamela Williams, Gayleen McMullen, and a team of dedicated volunteers coordinated the harvest. Providing opportunities for the community to help harvest fruit from Ladysmith, to Lake Cowichan, to Shawnigan Lake, the volunteer team gleaned 10,772 pounds of fruit surpassing our 2014 harvest by over 4,000 pounds. Of this, 6,000 pounds were donated to regional emergency providers, 2,600 pounds were donated to farms for livestock, and the remainder was processed by CGC into various goods including spiced apple jelly, fresh juice, apple chips, and fruit leather.

Recipients of this year's program include four of the five registered food banks in the Cowichan Region, community meal programs such as Meals on the Ground, schools, health centres, and non-profit organizations.



YO Team member, Emy,  
at a FruitSave pick



A proud FruitSave Coordinator,  
Pamela Williams, weighing a pick

# KinPark Youth Urban Farm

The KinPark Youth Urban Farm is a youth-led sustainable agriculture demonstration site and market garden. KinPark is also the site of 30 community garden plots rented out each year to a group of dedicated growers who live in the area but do not have access to garden space.

We began the third year of an important partnership with Vancouver Island University's Workplace Essential Skills Training (WEST) program whereby students facing a variety of disabilities fulfill their work experience at the urban farm. The students learn valuable employability and community-building skills while the farm benefits from the helping hands with mulching, seeding, planting and harvesting.

KinPark once again offered a variety of learning opportunities around food preservation to families, youth, and children in our various programs. We also provided practicum placements for 2 university students as well as a variety of skill building opportunities for groups from Community Options Society and Cowichan Secondary School.

In addition to regular sales of kale and herbs to the Duncan Garage, we focused on value-added products processing. This included: canned pickles, hot pepper apple jelly, relishes, green tomato salsa, and dehydrated a variety of fresh herbs sold in CGC's Garden Pantry store.



Harvesting at KinPark



Some of the goods from KinPark



The future is growing here



CAT interns building potato towers

# KinPark Family Drop-In

With a second year of funding from the Community Action Initiative, the KinPark Family Drop-In has been able to offer a range of free youth and family drop-in programming since 2014. Gathering around food, our aim is to build a resilient, inclusive, and supportive family network by collaborating with other community organizations in order to fill the gaps in our community.

The drop-in offers opportunities to learn about and develop skills around farming sustainably, cooking healthy meals, and leadership. This includes our Monday night family cooking classes where we share a variety of food skills with an emphasis on local ingredients, our Tuesday and Thursday drop-in farming fun days, Wednesday after-school activities, and a monthly drop-in movie night.

An integral part of the drop-in program is our Youth Outreach Team. This group of 8 youth who are growing their leadership skills and internal strengths by assisting with the drop-in programs and other CGC events, with the goal of creating a safe and inclusive place for children, youth and families to hang out.



Family time at KinPark



Working in the gardens



Delicious Onigiri



Eggcited



**Lisa Hanlon**  
KinPark Family Drop-In  
Coordinator



**Christine Carter**  
KinPark Family Drop-In  
Coordinator



**Alyssa Loucks**  
KinPark Family Drop-In  
Coordinator



# KinPark Kid's Camp

This summer was our second year of our hugely successful KinPark Kids Camp. This day camp invites children ages 5-12 to enjoy a weekly program of garden and nature-inspired activities including hands-on horticulture, baking, and canning healthy snacks, up-cycled crafts, games, and so much more. This summer, we had 140 kids attend our camp, who created many memories and friendships at KinPark.

New this year, we implemented a daily yoga routine, where children would practice various yoga poses and even create stories out of them. We also held weekly cooking classes for campers to harvest and use fresh veggies from the farm in their cooking creations. Some of the cooking classes included making pickles, Tromboncino squash noodles with pesto, green tomato pie, fresh garden salsa, and garden pizza! After their cooking classes, they documented their learning and experiences by creating a series of drawings, which will be compiled into a children's cookbook with funding provided by the British Columbia Recreation Foundation. Children also took part in sharing the farm harvest with the Cowichan Valley Basket Society. We hauled over two wheelbarrows full of KinPark tomatoes, and two more wheelbarrows of locally rescued pears the children harvested.

We look forward to bringing another year of KinPark Kids Camp to the Cowichan Region!



**Alyssa Loucks   Lisa Hanlon   Christine Carter**  
KinPark Family Drop-In Coordinators

# Cowichan Lake Community Garden

The Town of Lake Cowichan had a vision for a community garden near the town's recreation hub. Councillor Bob Day championed the plan and asked CGC to lead the project and engage the community for their ideas. With the financial assistance of Island Health and Tree Canada, coupled with the energy and skill of community volunteers and businesses, we set out to transform a vacant lot into a productive garden.

CGC staff member, Erin Ward, led this project from start to finish, offering 6 educational workshops, designed a site plan, and through rain and sunshine worked with many community hands to create pathways, build a compost site, planted fruit trees and perennial crops, and built raised garden beds for the community to grow in.

As part of the project CGC offered 6 hands-on workshops in various aspect of horticulture-garden design, composting, understanding soils, growing from seed, edible native plants, and horticultural therapy. This last workshop was designed for social workers and health care practitioners, led by Horticultural Therapist, Christine Pollard. The workshop linked community programs to the garden and demonstrated how the garden can be therapeutic and provide a place to improve our emotional, cognitive, mental and physical selves.

The Cowichan Lake Community Garden has become a gathering place for everyone - where people share skills and get their hands dirty growing food. The garden is now being stewarded by a committed group of local gardeners who continue to nurture this site for all to enjoy.

Thank you to everyone who contributed to building and caring for this amazing community garden. The experience of creating a shared place that makes healthy local food and brings community together has warmed the hearts of everyone involved. We have made a positive and hopeful mark on the land that welcomes people in to share the joys of gardening.





## Events & Workshops

CGC is known for hosting creative, inclusive, and educational workshops and events that strive to build a more food secure Cowichan. Annually, CGC hosts a Donor Breakfast, the Duncan Seedy Sunday, Earth Day, and our Annual General Meeting. A highlight from 2015 was **Eat Think Vote - Duncan!** Joining Food Secure Canada's 'Eat Think Vote' campaign, we shared an amazing potluck meal and engaged in dialogue with the candidates running in the 2015 federal election. Focusing on issues such as zero hunger and support for sustainable agriculture, this event created space for four of the five candidates running in the Cowichan-Malahat-Langford riding to meet and discuss food issues with residents of Duncan.



The candidates respond to a question at Eat Think Vote - Duncan



Judy Stafford with Jo and Shirley Briggs at CGC's Seedy Sunday event



Having fun at the Duncan Earth Day event



Enjoying a meal at the CGC's Annual General Meeting



# CVRD Environmental Outreach

In July, 2015, CGC was awarded our third contract to conduct environmental outreach for the Cowichan Valley Regional District. Delivering public information on three of the CVRD's services, including water, transit, and zero waste, the "green team" attended 10 public events throughout the Cowichan region including the Walk of Nations, a Youth Wellness Fair, Lake Days in Cowichan Lake, and Ecostravaganza. With the goal of engaging the general public and schools on some of the key environmental concerns in our community, the outreach team offers simple solutions that community members can adopt at a household level to make the Cowichan Region a more sustainable place to live.

A key focus to this year's outreach included providing further information on the CVRD's new recycling program, highlighting the updated CVRD transit services, and addressing regional drought. In total, the CVRD Green Team, assisted by CGC, reached 4,200 community members.

As a part of this contract, Michelle Staples, a long time educational outreach facilitator, works to deliver public workshop on environmental stewardship. For Michelle, 2015 was full and glorious out on the school based education trail! The project provided 86 workshops to 27 schools and organisations, reaching over 600 students and learners. Facilitating experiential outreach opportunities for community members, we took some pretty special excursions including, 2 transit rides to Bing's Creek Recycling Centre, 3 trips to the sewage lagoons, 7 "one-mile" plastic counts counted over 2,324 pieces of plastic, 2 walking adventures to water treatment centres, and 1 outing to the sewage treatment plant. In addition, 23 toilets were tested for leaks in schools, over 100 toilet testing kits went home, and, finally, 257 students sent their hopes, dreams and wishes to the 2015 Paris Climate Summit.

The CVRD Environmental Outreach Booth



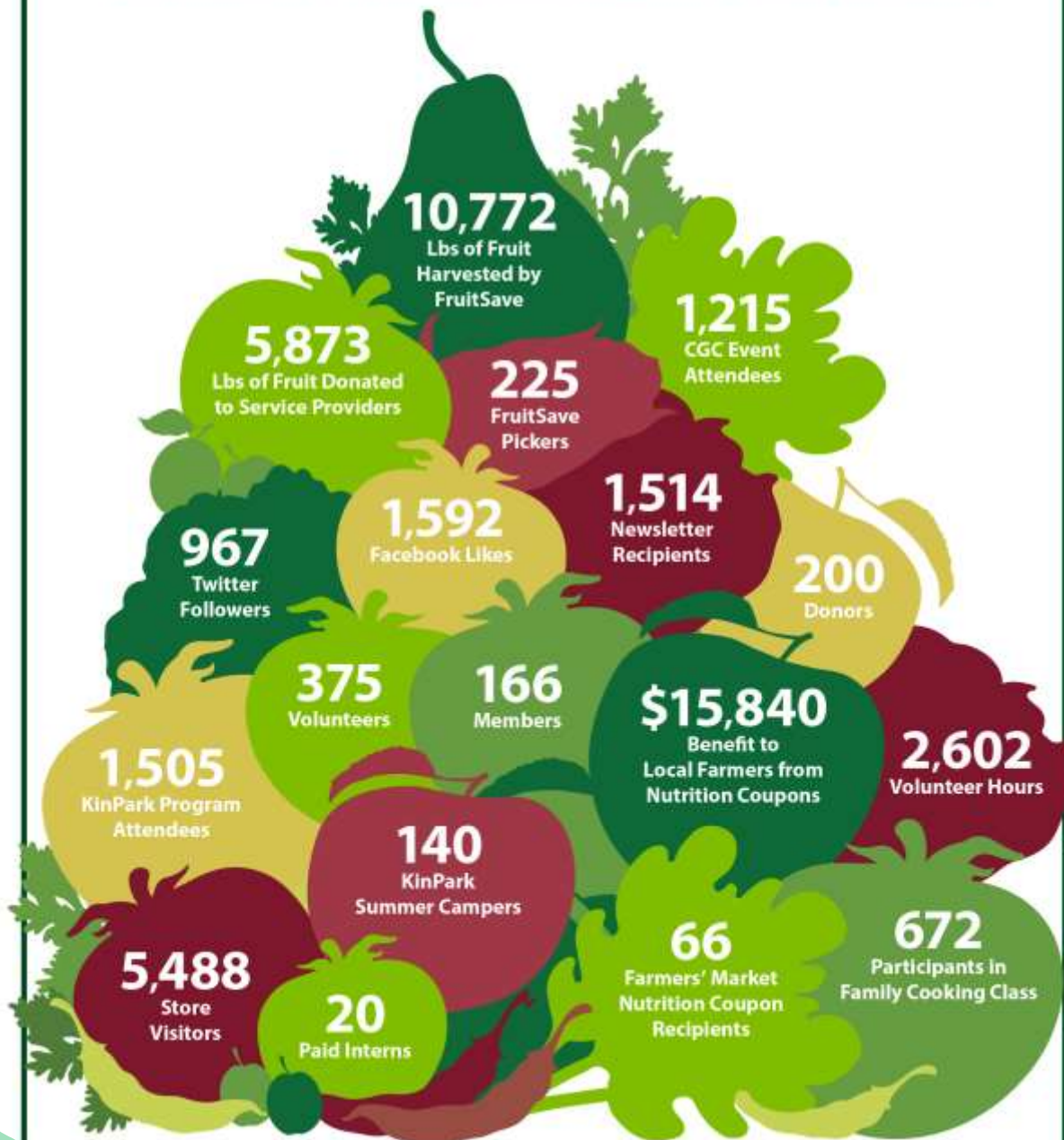
# Food Advocacy

CGC is incredibly proud to host the Cowichan Food Security Coalition. A network of regional food security stakeholders, the Coalition's 2015 focus was food waste. From partnering with Eye Opener Films to co-host a sold-out screening of "Just Eat It" - a Vancouver documentary about food waste, to meeting with local officials to increase our understanding of how surplus food is diverted in our community, the Coalition spent the past year preparing to support the development of a food-waste recovery social-enterprise in the Cowichan Region - a program they hope to see launched in 2016.



Some members of the Cowichan Food Security Coalition

# Community Impact Statistics for 2015



With countless hours invested in teaching, working with, and inspiring our community about regional food issues, we took stock of the cumulative effects of the work we do. Here are just a few of our favourite statistics on the many ways we have engaged with people in the Cowichan Region over the past year.



# Thank You

CGC's staff and board would like to thank our community members who have donated to CGC. Your generosity is appreciated and has helped support the many programs that receive no funding including:

FruitSave, Community Gardens, and KinPark Youth Urban Farm.

We would also like to thank the following funders and supporters for giving us the opportunity to fulfill our goals.

## Businesses

Apex Soil & Landscaping  
Beechwood Tree Service  
Buckerfields  
Community Farm Store  
Cowichan Bay Seafood  
Cowichan Lake Sports Arena  
Cowichan Lake Timber  
Cowichan Lodge  
Cowichan Recyclists  
Cowichan Valley Meats  
Cowichan Valley Voice  
CVRD Waste Transfer Facility  
Dinter Nursery  
Double D Fencing  
Duncan Christian Reformed Church  
Duncan Garage Café & Bakery  
Excellent Frameworks  
Juice FM  
Lakeside Dig N' Haul  
Monk Office Supply  
Peninsula Co-Op  
Polster Environmental Services  
Reber Creative  
Sawmill Sales Direct  
Serious Coffee  
Shaw TV  
Tagz Contracting  
Thrifty Foods  
Tree Island Yogurt  
True Grain Bread

Volunteer Cowichan  
Warmland Irrigation  
Ye Old Dogwood Lumber

## Farms

8 ½ Acres  
Bird's Eye Cove Farm  
DragonFly Farm  
Fern and Feather Plant Nursery and Art Studio  
Growing Opportunities  
Community Farm  
Happy Goat Farm  
Hope Farm  
Island Shire Farm  
Left Field Farm  
Living Soils Farm  
Many Hands Farm  
Mossy Banks Farm  
Notta Farm  
OUR EcoVillage  
Providence Farm  
Qualicum Beach Taters  
Sweet Maggie's Farm  
Tatlo Road Farm  
TeaFarm  
Valleyview Farm  
Wilberry Orchards

## Funders

Agriculture and Agri-Food Canada  
BC Association of Farmers Markets  
BC Real Estate Foundation  
BC Recreation Foundation  
Canadian Diabetes Association  
City of Duncan  
Community Action Initiative  
Cowichan Valley Regional District  
District of North Cowichan  
Drummond Foundation  
Economic Development Cowichan  
Island Coastal Economic Trust  
Island Health  
Province of BC  
Service BC  
Service Canada/Government of Canada  
Tree Canada

## Partners

Community Options Society  
Cowichan Community Policing  
Cowichan Secondary School  
Cowichan Tribes  
Cowichan Valley Co-operative Marketplace  
Discovery Youth & Family Substance  
Use Services  
Duncan Christian School  
Duncan Farmers' Market  
Eye Opener Films  
Farm and Ranch Safety and Health Association  
Global Vocational Services  
Island Farmers Alliance  
NewLife Ministries  
Municipality of North Cowichan  
Queen Margaret's School  
School District 79  
Town of Lake Cowichan  
Transition Cowichan  
U Fix-it Bike Works  
Vancouver Island Regional Library  
VIU WEST Program

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