

Western Community Garden: Resource Guide



Western
Sustainability

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Land Acknowledgement

We acknowledge that Western University is located on the traditional lands of the Anishinaabek, Haudenosaunee, Lūnaapéewak and Chonnonton Nations, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum.

With this, we respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers. We acknowledge historical and ongoing injustices that Indigenous Peoples (First Nations, Métis and Inuit) endure in Canada, and we accept responsibility as a public institution to contribute toward revealing and correcting miseducation as well as renewing respectful relationships with Indigenous communities through our teaching, research and community service.

History of the Community Garden

The Western Community Garden was established in the Spring of 2021 as a collaborative initiative between EnviroUSC and Facilities Management. Previously the space was the Indigenous Food and Medicine Garden, which has now moved to the Wampum Learning Lodge. Now, the Community Garden is administered by Facilities Management (Landscape Services & Western Sustainability) in collaboration with student groups, SOGS and EnviroUSC. The student groups each tend to a set of planters every year, and other plots are open to members of the campus community on an annual basis. All campus community members are welcome to request a plot at the garden!

The raised bed planters are repurposed from old annual planter boxes and outdoor garbage bins. Curbs are also reused from old parking lots in the core of campus. Native plants surround the community plots to support pollination.



Benefits of Community Gardening

1 Physical health: Increase movement during the day as gardeners tend their plots.

2 Wellness: Support mindfulness and the benefits of being outdoors.

3 Community connections: Meet fellow gardeners across the campus community and grow new skills.

4 Environment & Sustainability: Produce local, nutritious food and support biodiversity.

5 Natural connections: Being outside promotes a healthy relationship with the land and non-human relatives.

MUST-DO'S BEFORE GROWING IN THE COMMUNITY GARDEN



**Complete Community
Garden Registration Form**



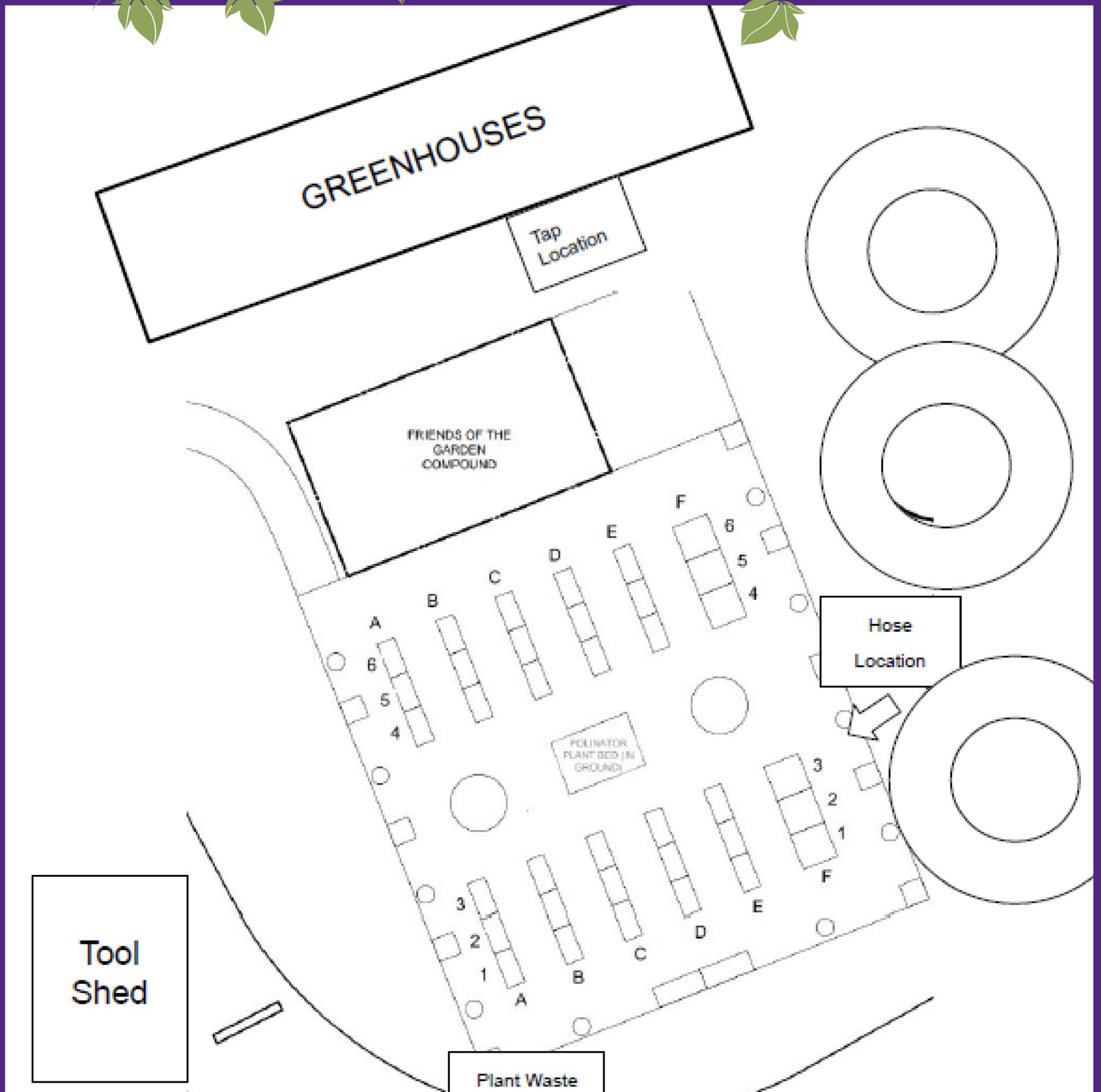
**Review rules and guidelines
in the Registration Form**



**Complete HR training
required for all roles**



GARDEN LAYOUT



PLEASE NOTE

The hose must stay in the border of the garden. Reel the hose in a tidy way when done to avoid tripping hazard. Lastly, turn off the tap when done with the hose.

GETTING STARTED WITH PLANTS



Gardeners are required to supply their own plants and garden tools. Visit your local nursery to purchase seeds, seedlings, or gardening tools.



At home, you can sow seeds indoors starting as early as February and into March to be prepared for the upcoming planting season.



DID YOU KNOW?

Companion Planting

Some plants are helpful companions to each other! For example, beans help keep the soil healthy through nitrogen fixation, adding nutrients to support other “heavy feeders” like squash. Marigolds and onions can act as natural pest repellents.

Insects in the Garden

Over $\frac{1}{3}$ of the food we eat depends on pollinators (bees, butterflies, hummingbirds, etc.). Western was the first Canadian university to become a designated Bee Campus in 2018 for a variety of initiatives that support pollinators on campus.

The perimeter planters of the Community Garden and the central in-ground pollinator garden feature native plants that provide habitat and food for pollinators. There is also a large pollinator garden next door in the Middlesex parking lot maintained by FOGs. All these native plants help support pollination of food crops which ultimately means bigger harvests!

HELPFUL RESOURCES

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Planting 101

Beginner Guide to Growing Vegetables
When to plant vegetables in Ontario Canada



Container Gardening and Harvesting Tips

How to Grow Vegetables in Containers for a Plentiful Garden
Guidelines for Harvesting Vegetables



Gardening Communities for Support

Western Community Garden 2024 Teams Site

Friends of the Garden (FOGs) campus volunteer group

