

# Food Secure Columbia Valley Taskforce

## Feed The Valley !!!

### The Gardening Initiative

With the impact that COVID -19 may have on our food system, now is the time to grow more of our own food and increase our food security.



You can participate by:

**Plant a family garden.** You may have heard of the Victory Gardens that were planted during the First and Second World War. In 2011 the “dacha” gardens of Russia produced 40% of the nation's food. We can do just as well!

**Double your impact.** If you are one of the fortunate ones that have a garden plot that is bigger than you need or that can be enlarged, partner with a family that is not so fortunate and share the work and the harvest.

**Start a Youth garden project.** You can do that on your own or with a group of friends. The WDFI Farmers’ Market at the Crossroads will waive the stall fee if you want to sell your product.

For more information contact:

Alison Bell – Columbia Valley Food & Farm  
[cvfoodandfarm@gmail.com](mailto:cvfoodandfarm@gmail.com)

Hedi Trescher – The Gardening Initiative  
[brisco@winkwireless.ca](mailto:brisco@winkwireless.ca) – 250-346-3226