



LUSH VALLEY



Delegation to the **City of Courtenay**
August 30, 2023

I respectfully acknowledge that the land we gather on is on the Unceded traditional territory of the K'ómoks First Nation, the traditional keepers of this land.



K'ómoks First Nation

Our Vision:

A region where healthy local food is at the heart of community well-being

Our Mission:

We support the Comox Valley to gain food-systems tools, engage in just and resilient local food systems, and receive equitable access to nourishing food

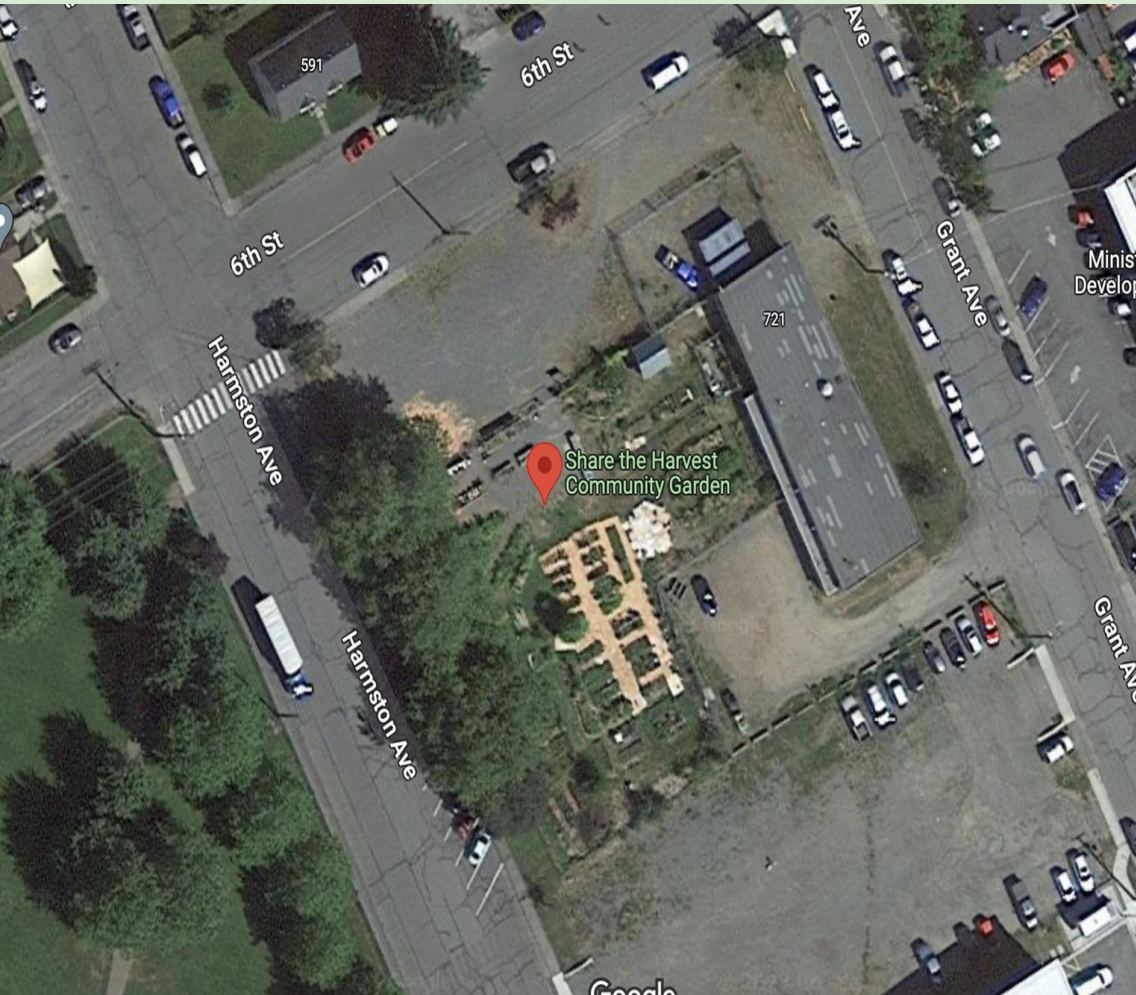




Impacting Lives

With the support of our volunteers and the generosity of our donors, funders and collaborators, LUSH Valley positively impacted the lives of over 10,000 Comox Valley people through our programs this year

Share the Harvest Community Garden



- On the corner of 6th St and Harmston Ave
- Established in 2000
- LUSH Valley as leaseholder since 2015
- Currently, 5-year lease & \$10,000 in-kind funding annually
- Lease expires March 14, 2024



Share the Harvest fulfills several mandates of the OCP:

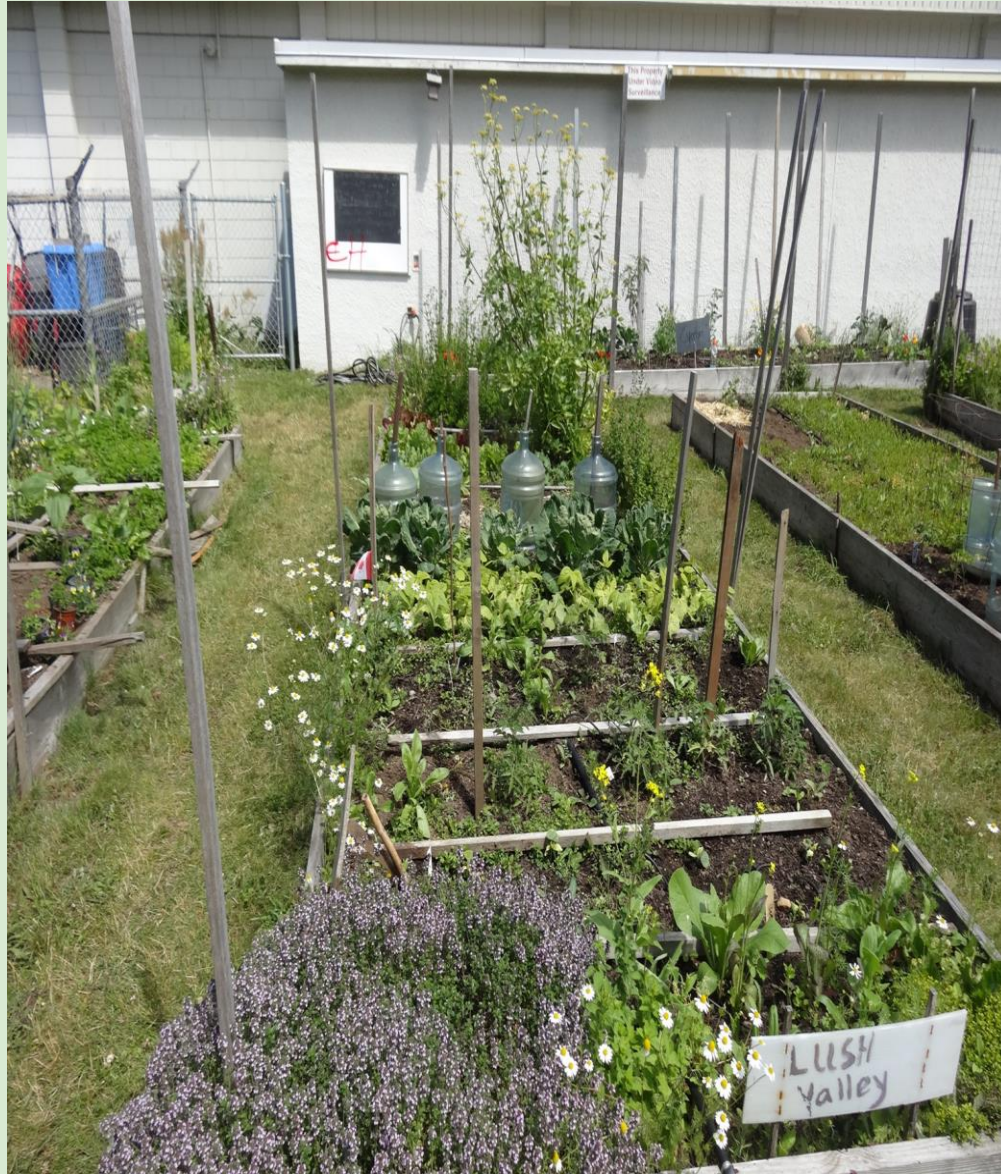
1. Natural Environment
2. Parks and Recreation
3. Food Systems



Natural Environment

The Share the Harvest Garden:

- Supports biodiversity and green infrastructure
- Increases ecosystem health and resilience
- Promotes clean air, water, and soil through organic gardening methods, carbon sequestration, and sustainable water management techniques



Natural Environment

Enhances the urban forest with diverse tree species.

Creates a green space in the urban core

Encourages public participation and education through weekly work parties and workshops.

Parks & Recreation

The Share the Harvest Garden:

- Contributes to equitable access of natural areas, outdoor recreation and parkland resources
- Provides opportunities for residents to engage in food production and exploration
- Fulfills the OCP objective to have partnerships in place to achieve parks and recreation objectives



Recreation & Wellness Benefits

The Share the Harvest Garden:

- Promotes an active lifestyle
- Provides people with connection to green space
- Fosters a sense of community
- Creates feelings of belonging and purpose
- Reduces isolation (primarily for seniors)
- Provides mental health benefits (primarily for youth)
- Encourages lifelong learning



Food Systems

LUSH Valley provides access to affordable, healthy, culturally-appropriate and local food within walking distance of the downtown core.

Share the Harvest is located in a high-density residential area. Though access is provided on an equity-priority basis, food is accessible to all.

Many garden beds and growing spaces are communal.



Food Systems

The Medicine Wheel Memorial Garden provides space for Indigenous groups to cultivate culturally significant and traditional foods.

Decisions are made by and for Indigenous groups in the garden, with support from LUSH Valley in the way of harvest and preservation resources.



Food Systems

In this Garden, LUSH Valley:

- Delivers 50+ hours of food skills education every year
- Provides reliable space for community members to cultivate and access local produce
- Preserves biodiversity, promotes seed saving and protects heirloom varieties



Testimonials from Participants



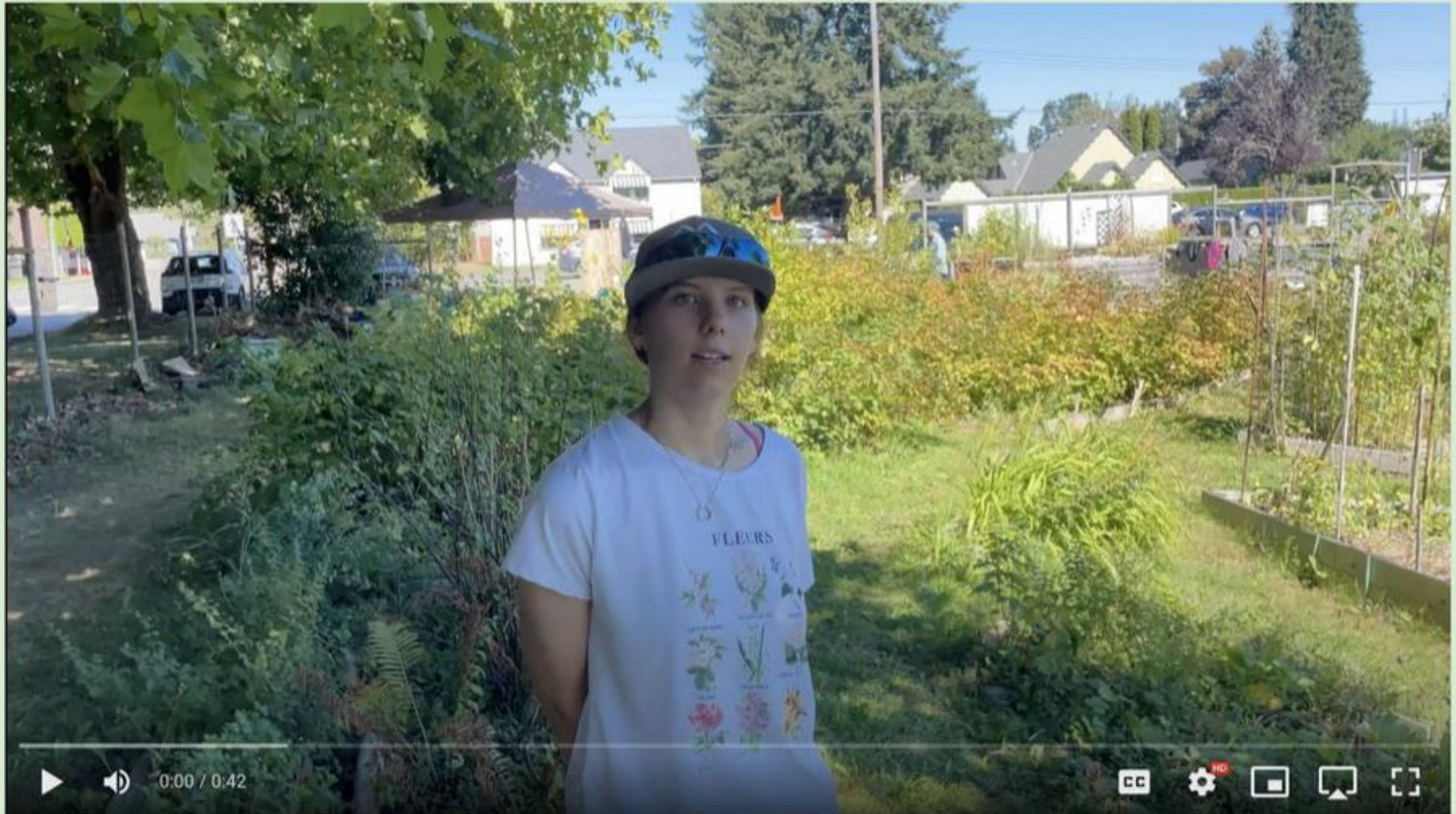
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Testimonials from Participants



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