

Sackville Community Food Garden

Food security is a much discussed topic these days. We see community gardens springing up all around communities both rural and urban. Community Gardens serve many purposes. They provide fresh, cheap (sometimes free) healthy food to those who need it; they promote community involvement, education for both young and old, and just plain fun. It is considered to be one of the best ways to provide a very tangible and practical need. Community gardens promote a healthy lifestyle by producing and consuming healthy food, as well as being an outreach in the community by drawing people together for a common good.

That's why I was so pleased to hear that a group of volunteers from the Acadia Recreation Club in Sackville have come together with a well thought out and feasible plan for a Sackville Community Food Garden, right in our own beautiful Acadia Park.

Launching in May, this Food Security project will allow community members to take ownership of means to provide healthy food for their families and themselves. This is an inclusive project where all are welcome to participate or to get involved. Participants will have a chance to get their hands in the dirt with the Food Garden, and learn the ropes or to share what they know.

Their aim is to make a difference in building food security for our most vulnerable, while building stronger bonds within our community.

This is a great chance to meet your neighbors, share knowledge, and get involved with community projects. All are welcome to volunteer, from children to seniors, beginners to seasoned gardeners. The installation in Acadia Park will be fully accessible, including a quantity of beds planned for those with tight spaces or mobility concerns.

I encourage everyone with any amount of interest, even the size of a mustard seed, to find out more, and get involved. You will be glad you did!

For more information, please call 902-488-5590, email sackvillefoodgarden@gmail.com or visit the project on Facebook under SackvilleFood."