



FONTBONNE MINISTRIES
Mustard Seed
SISTERS OF ST. JOSEPH, TORONTO

COMMUNITY GARDEN

“Let’s Get Our Hands Dirty and Grow Something Great to Eat”



This program caters to:

- Individuals with no gardening experience
- Expert gardeners who can teach and lead those with less experience

What will you learn:

- Health and wellness skills—incorporating healthy food and gentle activity into your day
- Learning to work with other people
- Basic gardening skills—seeding, weeding, watering, harvesting

This program is best suited for people who are comfortable with:

- Working outside surrounded by people and noise
- Have good mobility and no serious health issues

The Community Garden Program is offered:

- Flexible schedule between April and October

Is there a cost:

- No fee required
- Supplies and tools are provided

Do you need to sign-up:

- Yes, please call reception at 416-465-6069

What participants are saying about the Community Garden Program:

“I love spending time outside in nature.”

“I like that everything we grow is used in the food programs at the Mustard Seed.”

