



socialplanningcouncil
of Sudbury

conseil de planification sociale
de Sudbury



November 2020



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Understanding the fabric of our community / comprendre le tissu de notre communauté

Flour Mill Community Farm



Flour Mill Community Farm is focused on helping our youth gain outdoor centred skills beyond farming including; outdoors centered workshops, Plant Identification, Survival Workshops and Interview Skills, Customer Service, Team Building, Diversity and Self Care.

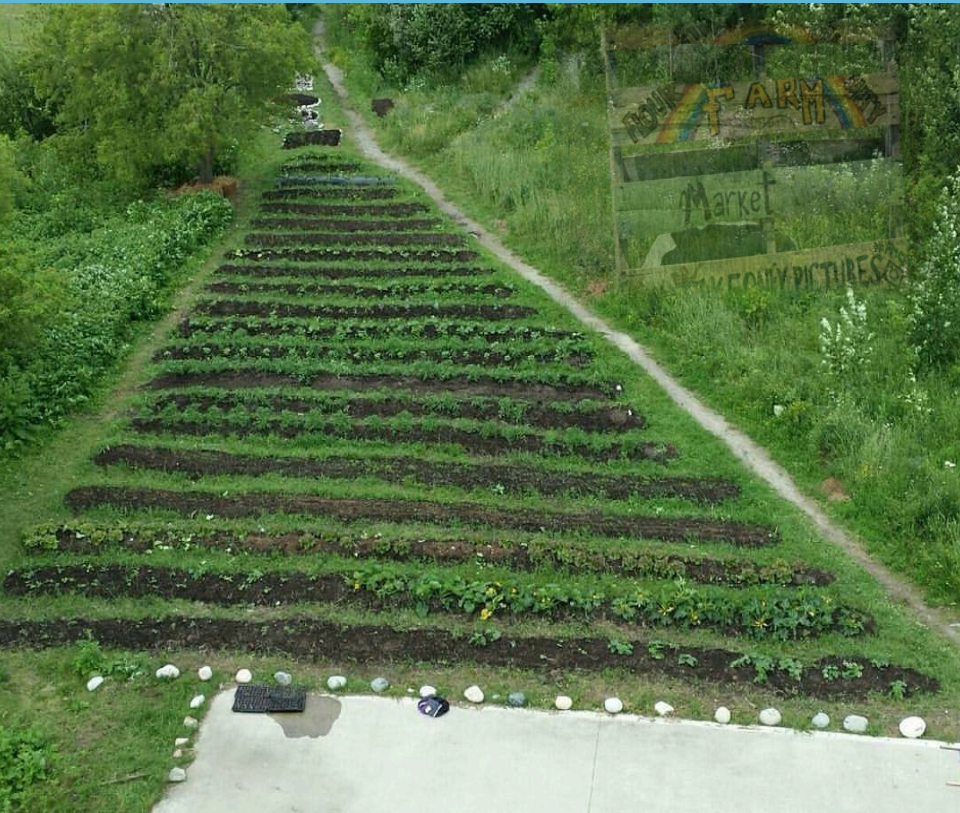
The FMCF is often the first employment experience for most of our youth.



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Flour Mill Community Farm



Who We Are

Our Mission

History of the FMCF

Youth Employment

Vegetable Production

Weekly Market

Field Trips

Workshops



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Flour Mill Community Farm



Who We Are

Located behind Ryan Heights in the Flour Mill. We are the first urban farm in Northeastern Ontario, founded in 2017.

We offer youth summer employment in a safe, non-judgmental space to gain employability skills. Produce grown by youth is then sold affordably to those in the area, helping them gain accessibility to fresh healthy food.



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Our Mission

The focus of the Flour Mill Community Farm is improving outcomes of marginalized youth through employment training, work experience and character building.

Ecological urban agriculture is used to offer youth an opportunity to develop employable skills and healthy work ethic.

This initiative aims to break the cycle of poverty by intercepting youth at a transitional stage in life.

Produce grown by the youth is then sold at affordable prices to increase healthy food access to those in the area.



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History of the FMCF

Inspired by community members, The Flour Mill Community Farm was given the go ahead to break ground in June of 2017. In the next weeks, with the help of volunteers 24 beds were tilled and filled with two dump trucks worth of soil.

That summer 7 the FMCF was able to produce over 1000lbs worth of food in its first year. Since then more than 30 youth have been trained and participated at the farm.

Weekly Wednesday markets run in July and August outside the Ryan Heights Community Center, providing the residents with an accessible and affordable market during the summer.



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Youth Employment

Every summer the FMCF partners with the YMCA to hire on youth for 7 weeks during the summer season.

The FMCF offers many opportunities over the course of the summer to gain hands on farming experience, as well workshops and activities that teach specific skills for future employment.

Youth are also given the opportunity to visit local farms in the area to experience other growing processes, as well as potential career prospects.



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Benefits for Youth

Here are some of the things the youth had to say about our program:

- *"We went on different excursions and had lots of fun cultivating different things we don't grow at the Flour Mill Community Farm."*
- *"The markets gave us an opportunity to sell our produce and practice working with the community."*
- *I planted seeds and took care of them overtime. As I watched them grow I felt a sense of pride and joy seeing the results."*
- *This was one of my first times farming and seeing what it was actually like. It was nice to learn something I knew nothing about!"*
- *"As the weeks progressed so did friendships. It's fun working with a wonderful group of people!"*
- *"We were able to build good communication skills, grew together, and worked as a team to accomplish so much!"*
- *"I take pride in how far the farm, my coworkers, and myself have come this summer."*

(FMCF Youth, 2020)



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Vegetable Production

“The FMCF currently has 36 vegetable garden beds, a strawberry and rhubarb patch, a herb spiral, as well as two smaller rock enclosed gardens.

We use ecological methods of production, meaning there are no synthetic herbicides, pesticides or fertilizers used.

A garden of our size can produce around 1400lb of produce in a good year. This food can be used to feed many families in the area.



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Weekly Markets



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Field Trips

To expose the youth to different methods of farming, they are brought to different local farms and agriculture programs and given tours. The youth also have the opportunity to help the farms with any tasks that need to be done.

Some farms the youth have visited include Beaulieu Farms, Valley Orchard Haskap Farm, Delki Dozzi Food Forest, Three Forks Farms, The Ugly Barn Farm, Dare2Dream Alpaca Farm, Field Good Farms.



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Workshops

The FMCF is very focused on helping our youth gain employability skills for their future job prospects, and part of this experience is gained through workshops. Some of these workshops include: Interview Skills, Customer Service, Team Building, Diversity and Self Care.

We also offered outdoors centered workshops such as Plant Identification and Survival Workshops.



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FLOUR MILL COMMUNITY FARM

GROWING IN HARD TIMES!



Social Planning Council of Sudbury

Be part of our celebratory Event!
It will consist of a tour of the farm,
presentation of achievements and goals and
many more other surprises where people
can get a personalized experience with what
we do.



August 20th, 2020 • 11:00am - 2:00pm • 736 Bruce Ave, next to Ryan Heights Playground



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Seniors

7% (2035) of senior and elders over the age of 65 lived in collective housing in Greater Sudbury in 2016. compared to 6% in Ontario.

(Statistics Canada, Dwelling type 2016)

- Nursing Homes
- Residential Care Facilities
- Residences for Seniors



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Seniors

In 2018 and 2019, **24%** of Long-Term Care residents experienced **worsened Symptoms of depression** in the North East compared to 22.8% in Ontario.

- Residents who experienced growing sadness anger, anxiety or tearfulness, since being assessed by a health professional.

The provincial benchmark is 13%

(Health Equity Ontario, 2018 and 2019)



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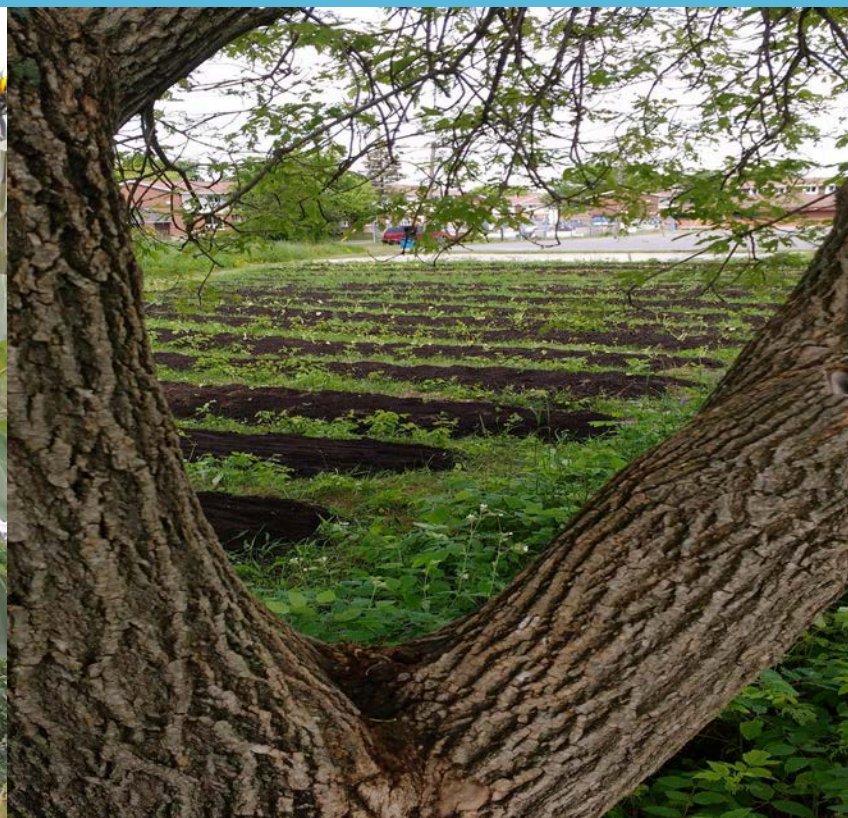
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