



# Cultivating Community: Integrating Gardens into Lake Country's Parks

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# Land Acknowledgment



We respectfully acknowledge that the land on which we gather today is the unceded territory of the Syilx (Okanagan) Peoples.





# Introducing the Problem - Personas



Stephanie  
Martinez

- Age: 31
- Family Status: Single mom with 4 kids
- Likes to cook healthy recipes
- Struggling to afford healthy food



Tom Simmons

- Age: 78
- Family Status: Retired, Widowed
- Likes community engagement, but no related activities are near him.
- Struggling to drive.

# Introducing the Problem :

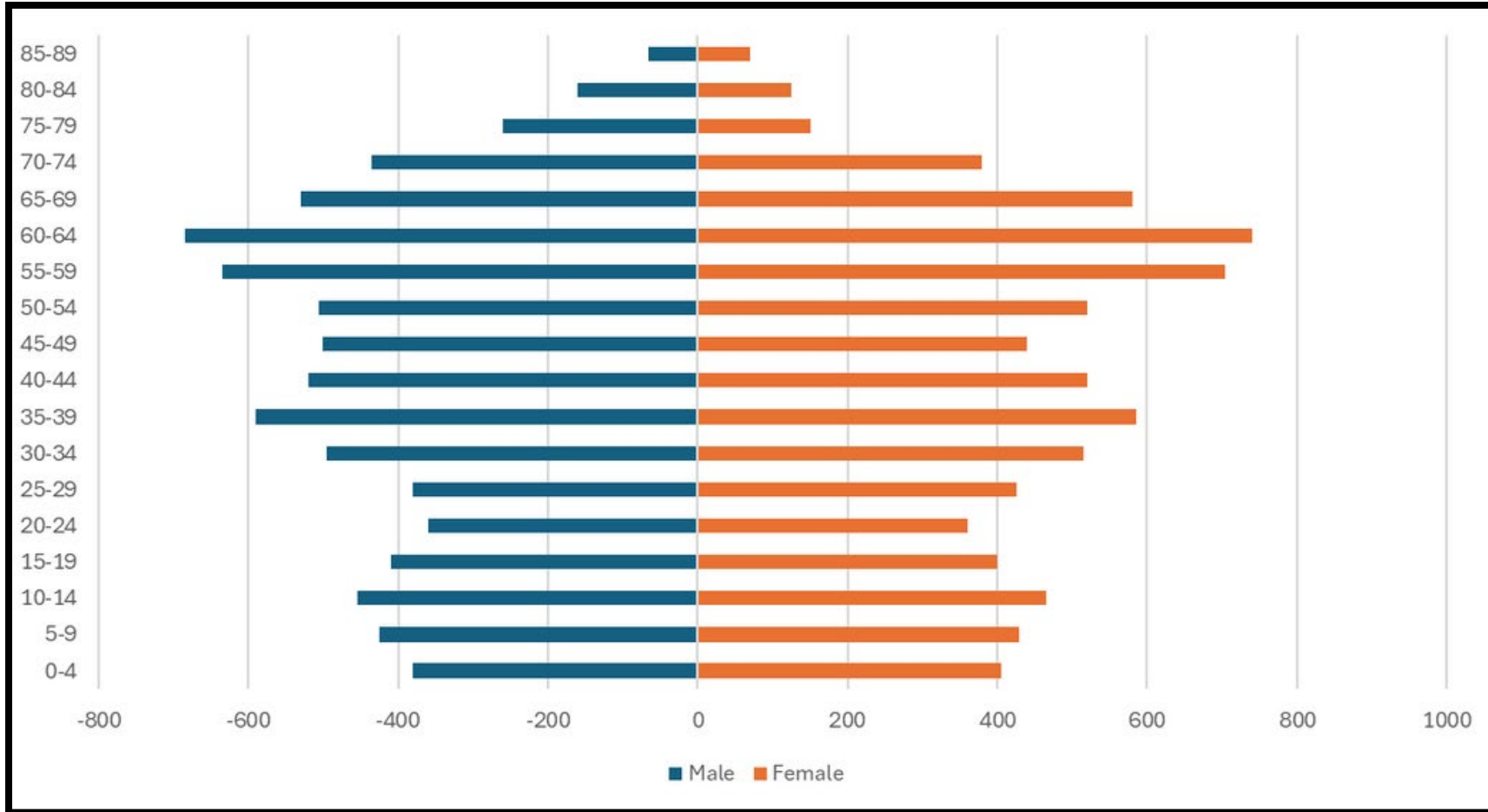


Figure 1: The 2021 age distribution of the District of Lake Country.<sup>1</sup>

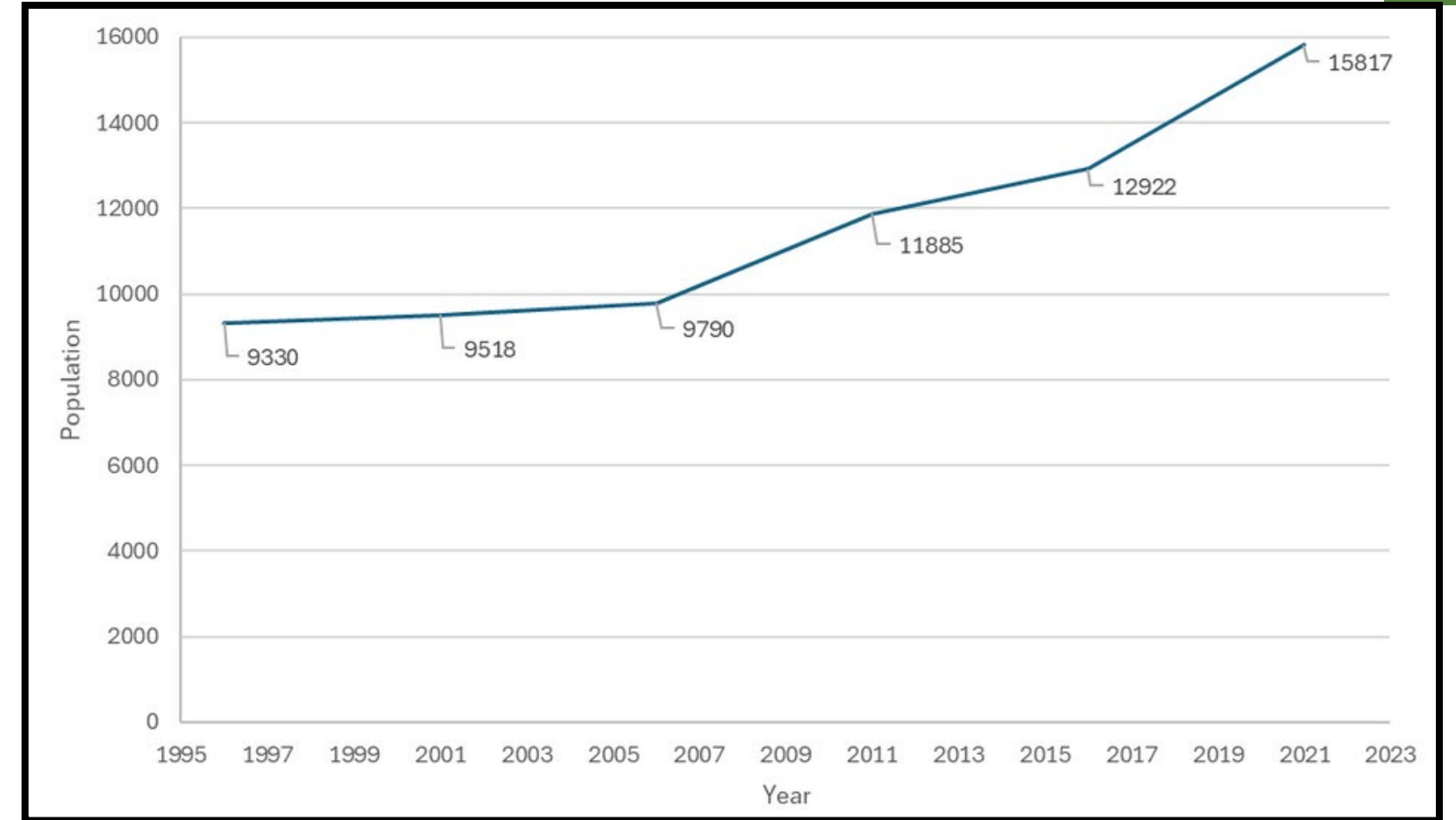


Figure 2: The population of the District of Lake Country from 2016-2021.<sup>1,2</sup>

“The District’s aging population may pose challenges for accessibility and age-friendly features in the future.”<sup>2</sup>

“Having access to green spaces can reduce health inequalities, improve well-being, and aid in treatment to mental illness.”<sup>3</sup>



“Urbanization especially encourages the segmentation of social ties by discouraging density or interconnectedness.”<sup>4</sup>

“The continued reliance on the import of food and food products leaves a community vulnerable and contributes to the compounding problem of food insecurity and safety.”<sup>5</sup>



# Community Gardens as a Solution: Examples from Academic Literature

Poulsen et al., (2014) - "Growing an Urban Oasis: A Qualitative Study of the Perceived Benefits of Community Gardening in Baltimore, Maryland":<sup>6</sup>

- "Gardening also provides exercise for some of the gardeners, being something 'you can do at your own pace, whatever your age'."<sup>6</sup>

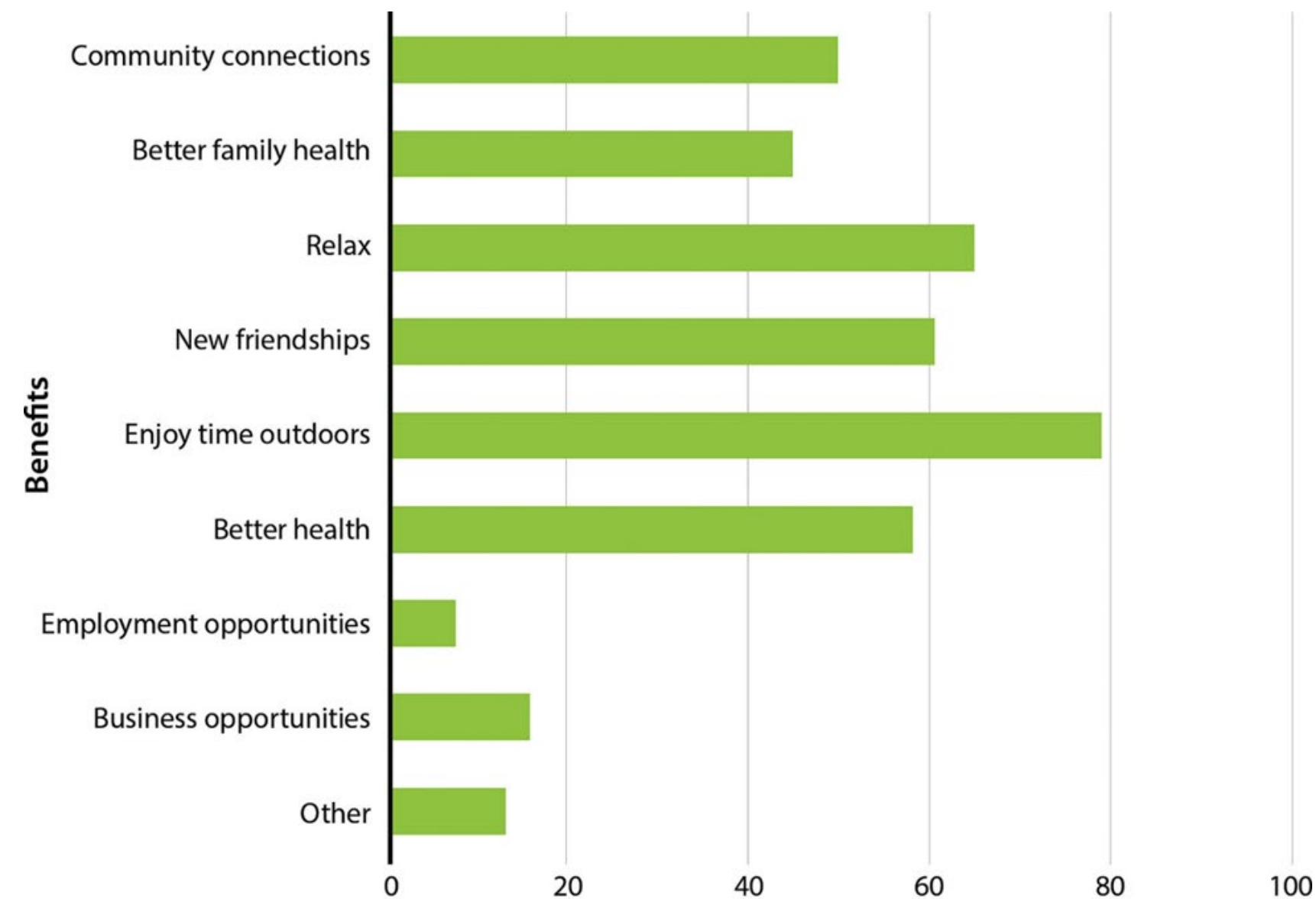


Figure 3: The percentage of 120 surveyed community gardeners in the Greater San Diego area who reported each provided benefit they received from participating in a community garden.<sup>7</sup>

# Community Gardens as a Solution: Examples from Academic Literature - Continued:



Wieneke, (2017) - "Saving Money While Participating in Urban Agriculture":<sup>4</sup>

- ~\$497 (USD) of grocery savings from 50 ft<sup>2</sup> of community gardening space.<sup>4</sup>

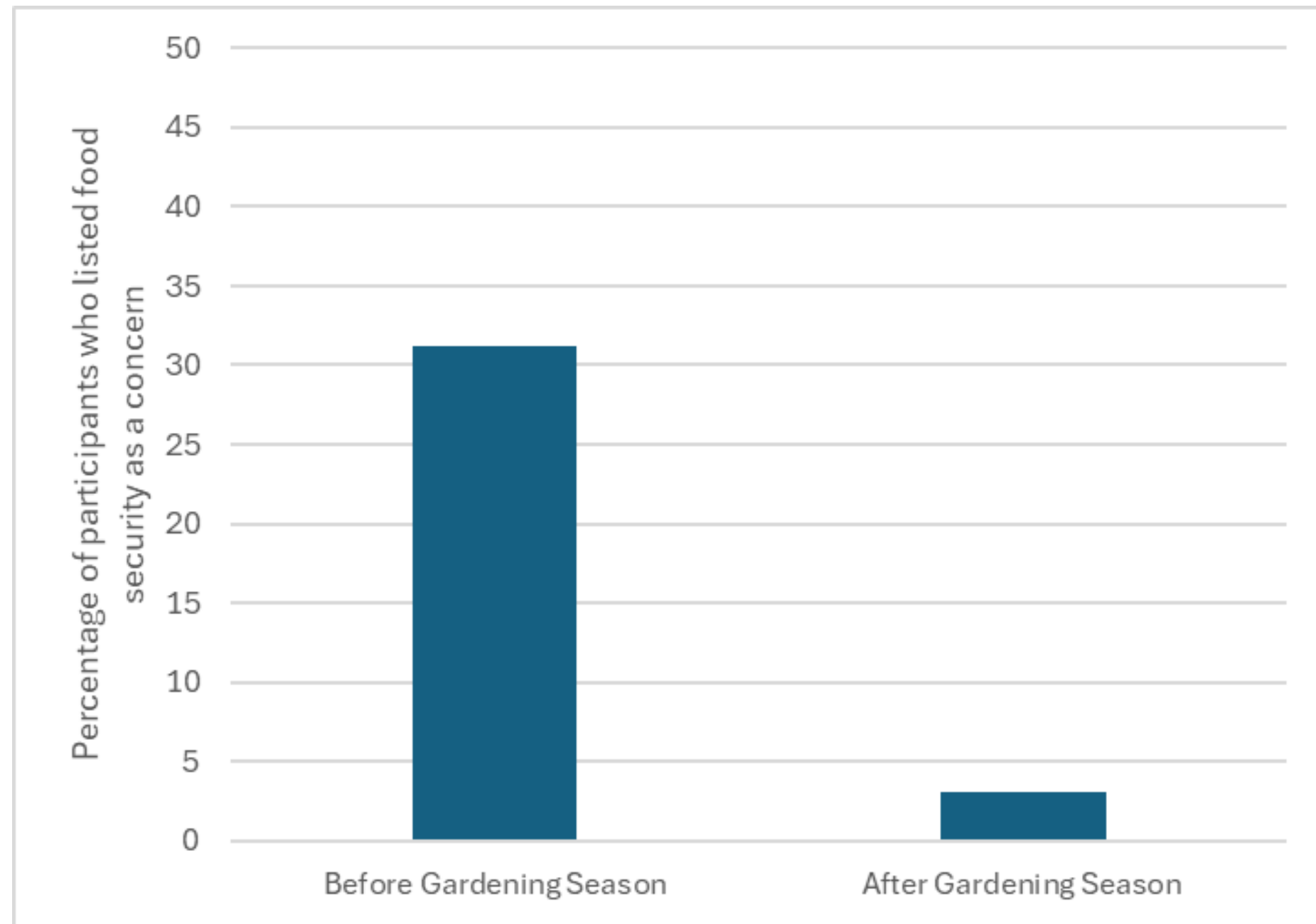


Figure 4: The percentage of 42 families who participated in a community garden in rural Oregon that listed food security as a concern before and after the gardening season.<sup>8</sup>



# Location Matters!!

- The closer community gardens are to residents, the more likely they are to participate.<sup>9,10</sup>
- Short walking distances are critical for participation.<sup>9</sup>

Table 1: The method and time of travel for 124 community gardeners surveyed in Cleveland, Ohio.<sup>9,10</sup>

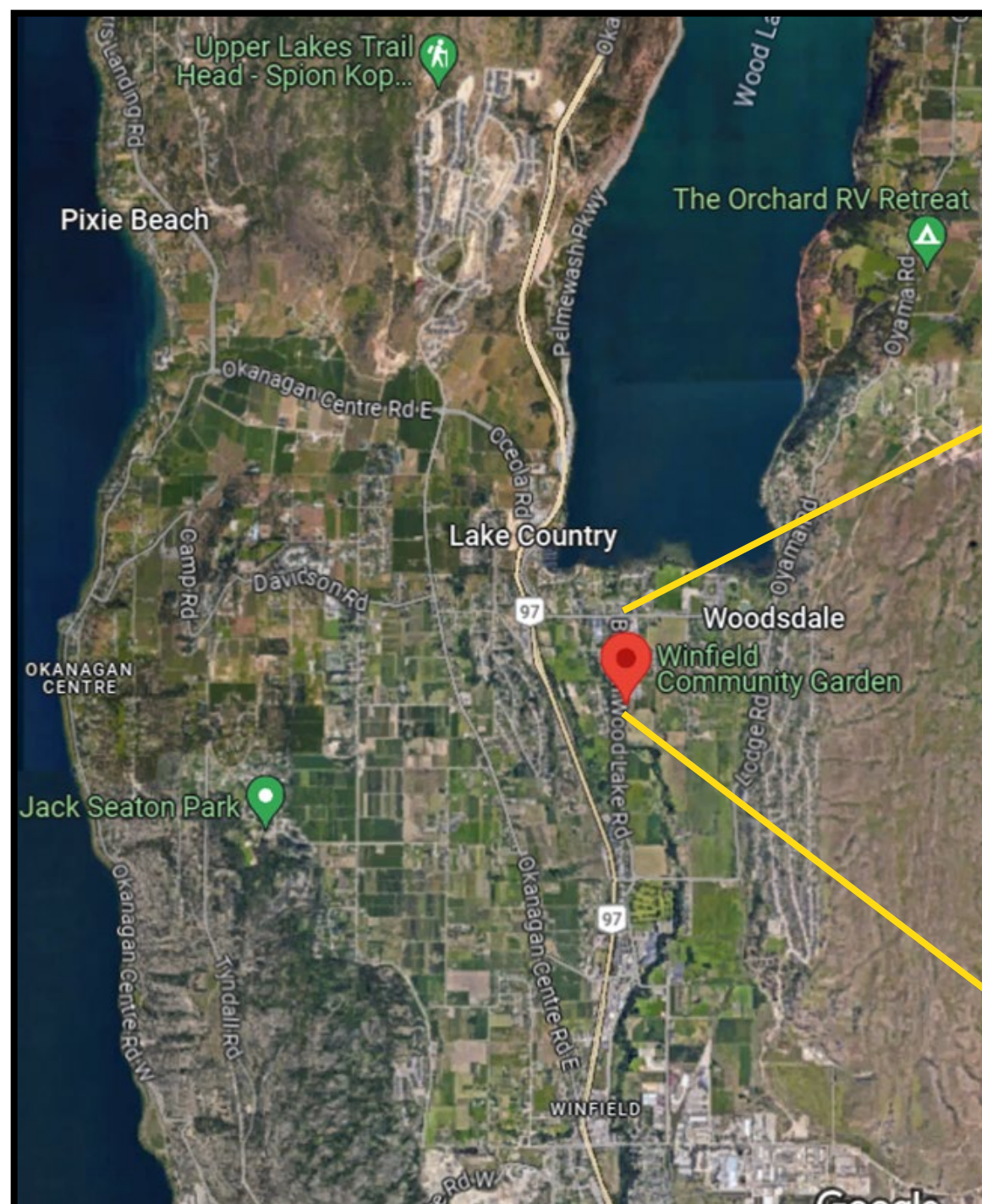
Method of Travel to Garden	Respondents (%)
Walk	53
Car	41
Bike	4
Public Transportation	2
Travel Time to Garden (minutes)	Respondents (%)
Less Than 5	41
5 to 9	25
10 to 14	16
15-19	8
20 and more	10





# Community Gardens as a Solution: Why are More Needed?

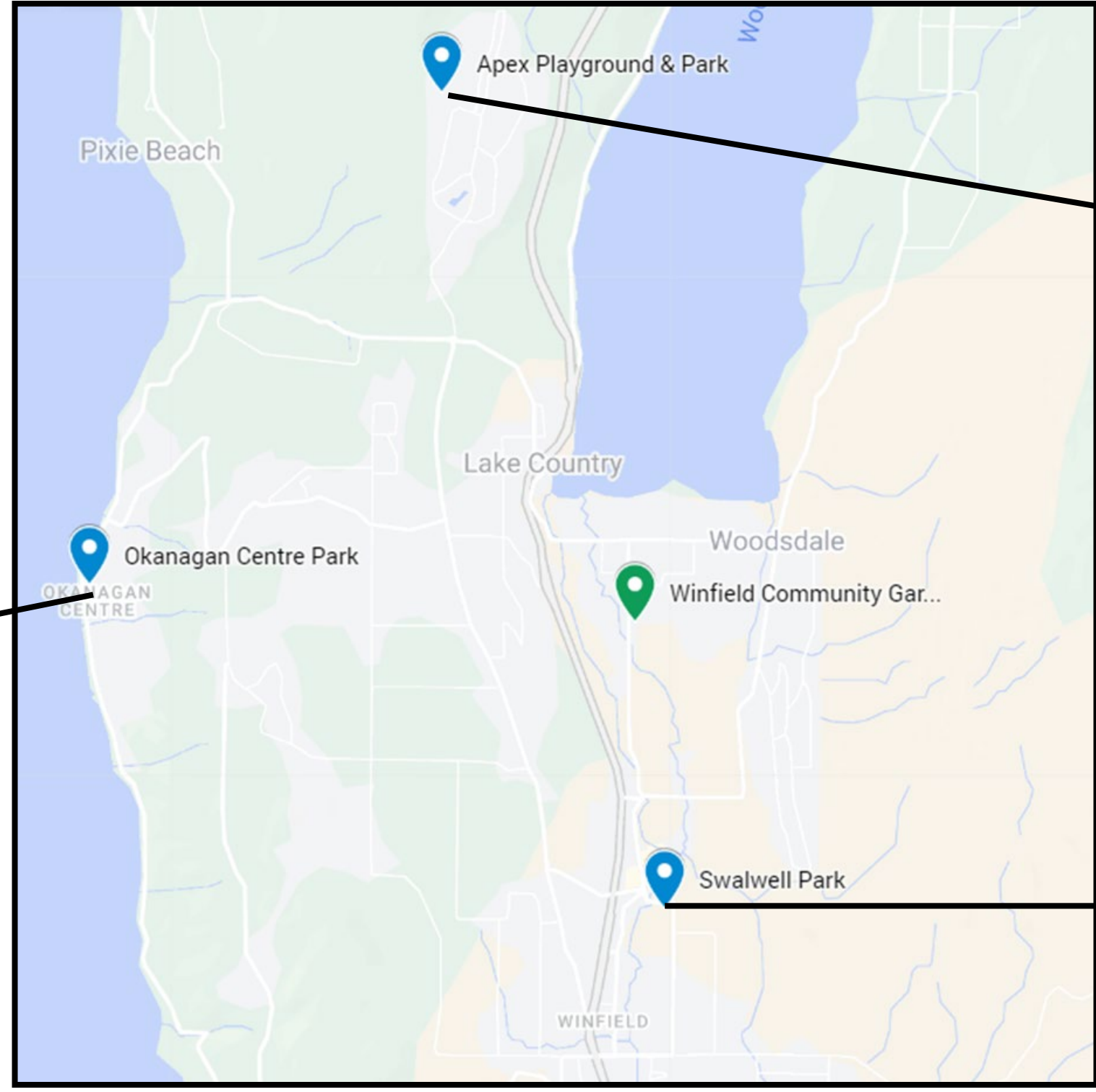
- Only one functioning community garden in Lake Country.
- Easy to access only for residents living in Woodsdale.
- Only 40 plots available to rent annually.<sup>11</sup>







# Proposed Locations





# Why Put Community Gardens in City Parks?

- Provides long-term security.<sup>12,13</sup>
- Underused or unused space often available.<sup>12</sup>
- Greater access to water and electricity.
- Could help meet the municipality's Parks and Recreation Goals.<sup>2</sup>



## 15.11 Parks and Recreation Goals

- 15.11.1 Foster active living through physical recreation.
- 15.11.2 Increase inclusion and access to recreation for populations that face constraints to participation.
- 15.11.3 Help people connect to nature through recreation.
- 15.11.4 Ensure the provision of supportive physical and social environments that encourage participation in recreation and build strong, caring communities.
- 15.11.5 Ensure the continued growth and sustainability of the recreation field.

Figure 5: The Parks and Recreation goals set out by the District of Lake Country in its Official Community Plan.<sup>2</sup>

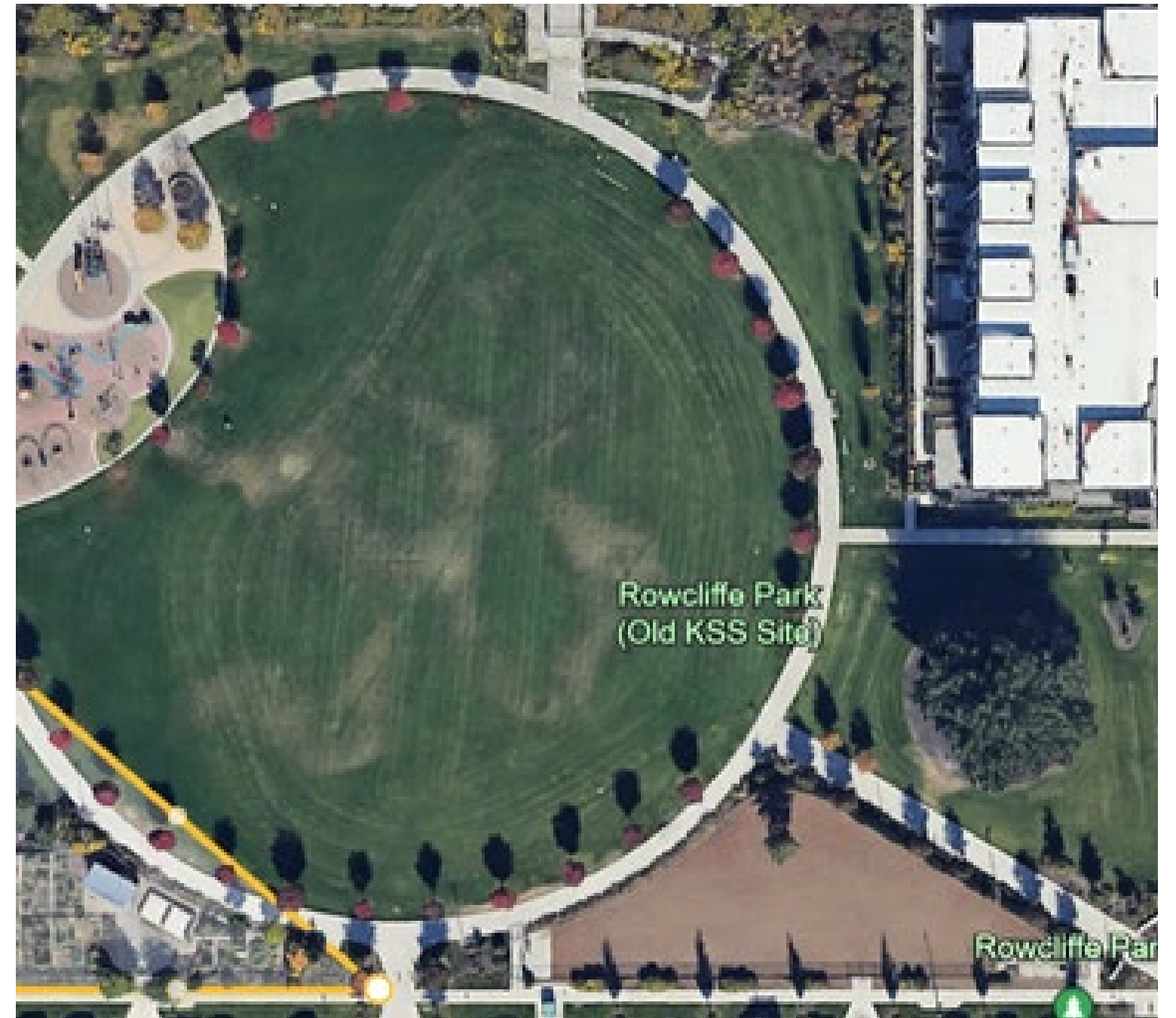




Examples of Other  
Communities with  
Gardens in Their Parks

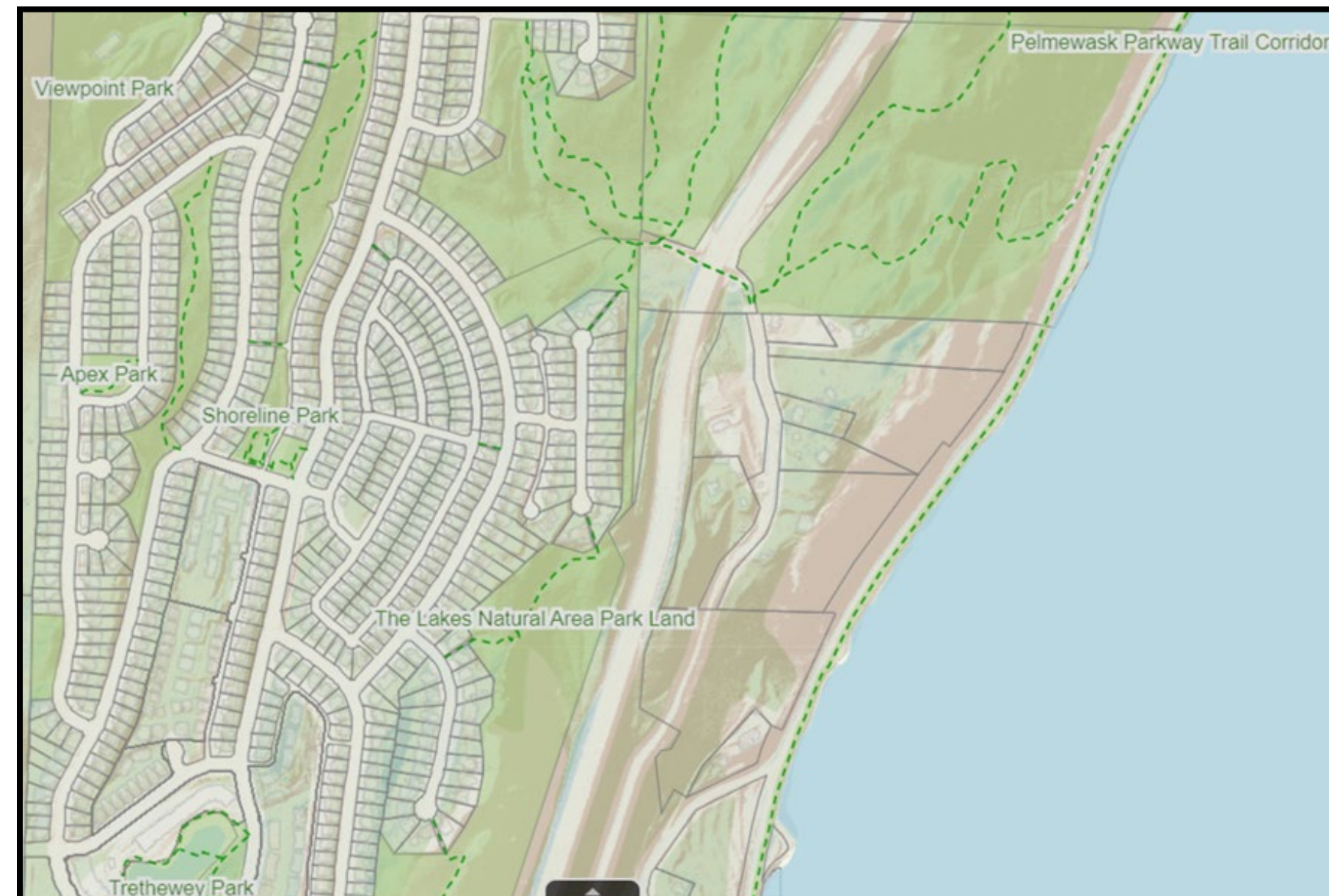
→ Stanley Park (City of  
Vancouver)

Rowcliffe Park (City of  
Kelowna) ←





# Why Put a Community Garden in Apex Park?



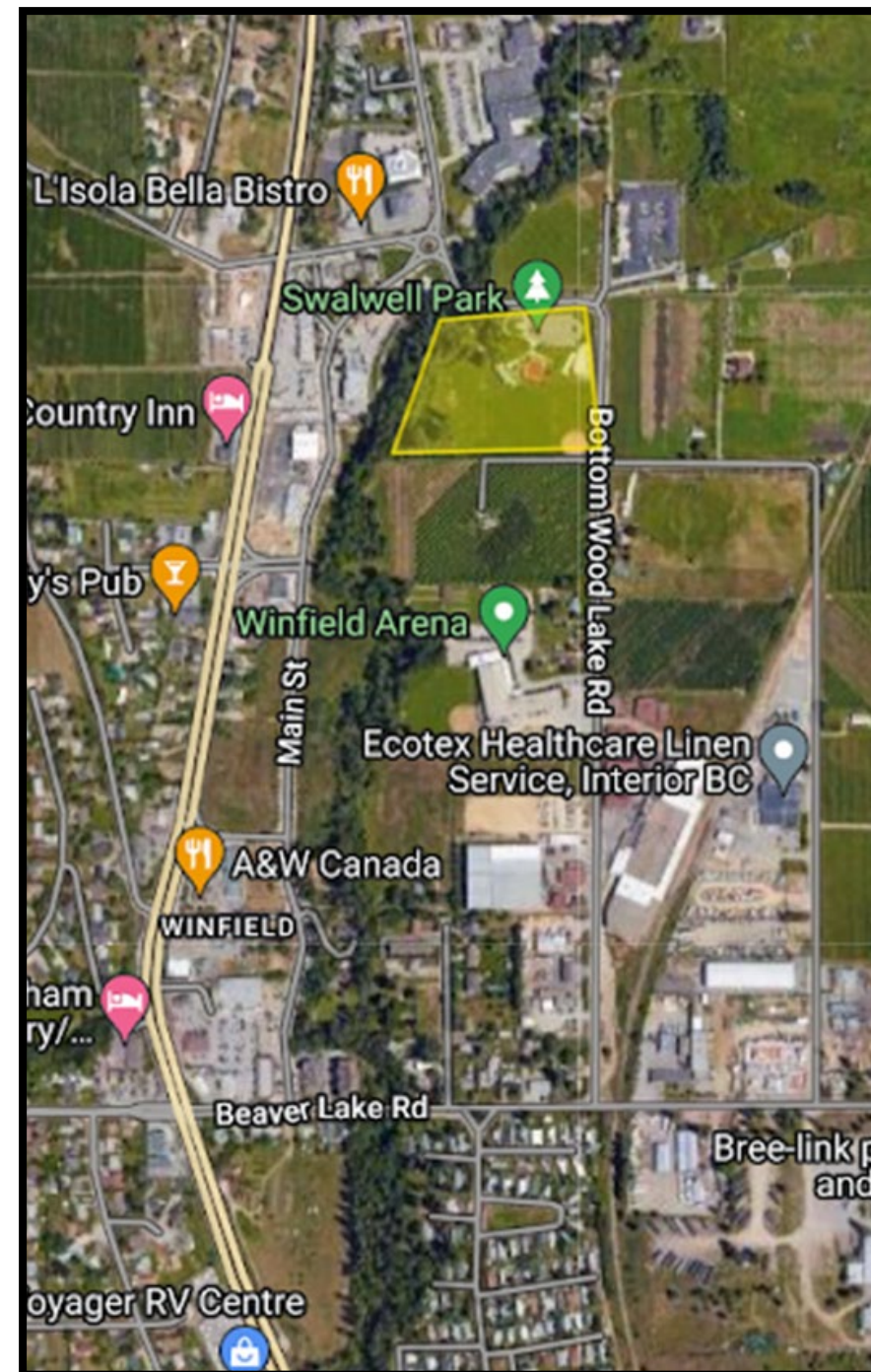
- Highly dense neighbourhood + Several multi-unit residences.

- Other parks nearby that can fulfil other recreational activities.





# Why Put a Community Garden in Swalwell Park?



- Close to HS Grenda and George Elliot schools.

- Several mobile homes and multi-unit residences nearby.

- Lots of parking space available.
- Public washrooms.<sup>14</sup>



# Why Put a Community Garden in Okanagan Centre Park?



- Surrounded by several small, shaded properties.

- May bring more business to Lake Country Museum and Archives.

- Adequate parking available.
- Public washrooms.<sup>15</sup>





# Common Elements for Support

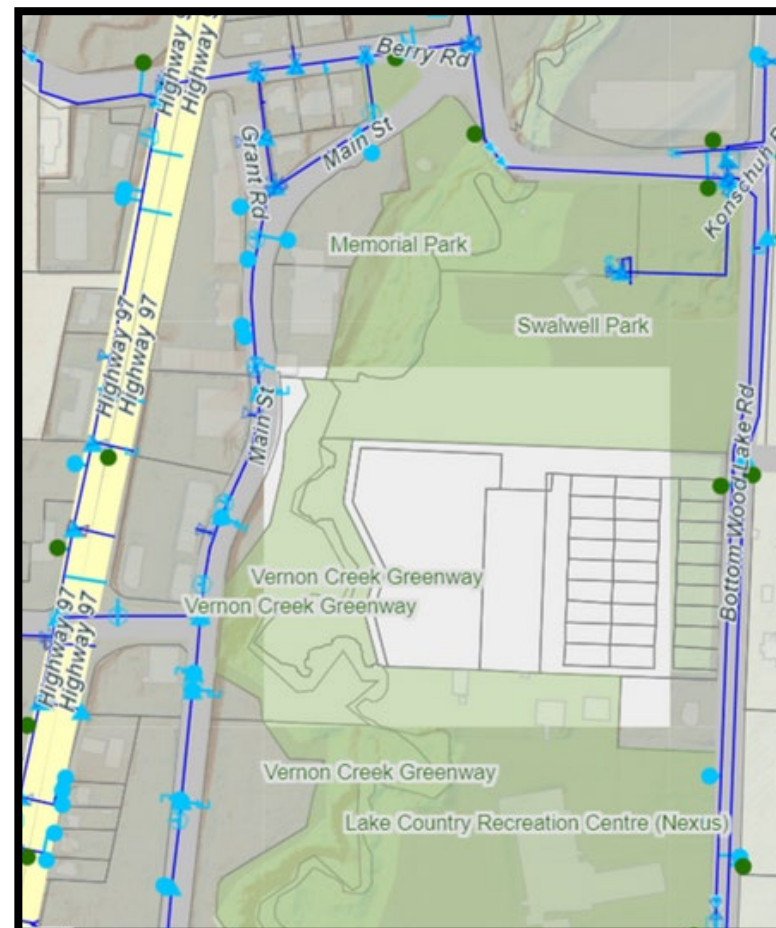
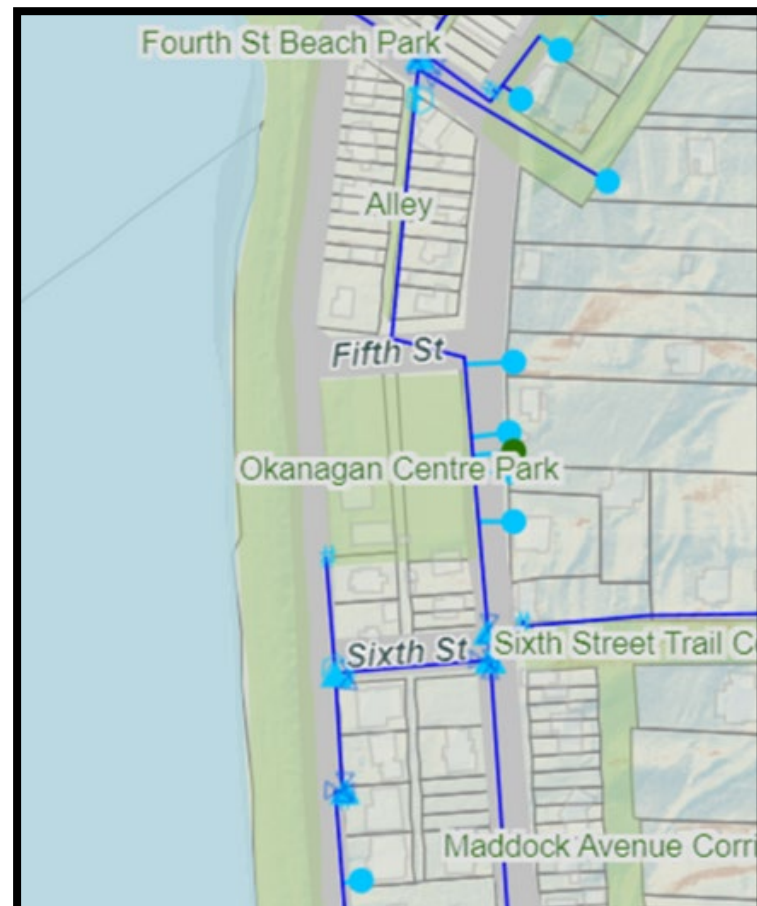
## Okanagan Centre Park



## Swalwell Park



## Apex Playground & Park







## Conclusion:

- Community gardens can simply, yet effectively help meet the demands of Lake Country's ageing, growing, and increasingly urbanized population.
- Placing them within a short walking distance of several residences is the best way to ensure they are most effective at meeting these demands.
- Placing community gardens in the Apex, Swalwell, and Okanagan Centre parks well support their long-term security and allow more Lake Country residents to easily access this socially and economically beneficial activity.







Thank you for Listening.

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