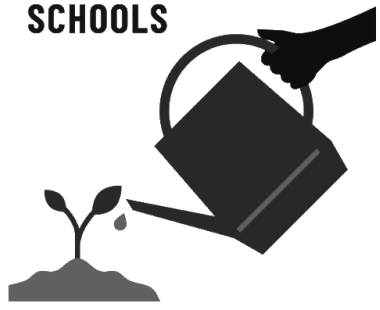


SEED THE CITY

GROWING SCHOOLS



SEED THE CITY is a program for high school students where they can gain pre-employment skills, explore career pathways in urban agriculture, and become part of the local food movement in their city. In 2019, we installed a micro-farm at Reynolds Secondary, delivered a summer mentorship program, and provided educational workshops during the school year.



"It is really important to have programs like this available to youth because it gives us access to a whole new world, it gives us experience in an area that is otherwise difficult to get a handhold in, and it gives us a reason to spend more time outdoors." Grade 11 Student

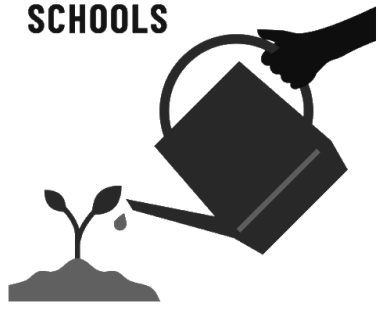
"I have gained a ton of really useful skills that will allow me to make healthier choices for my whole life." Grade 10 Student

"Mental health is a huge issue, especially in teens, this REALLY helps." Grade 10 Student



SEED THE CITY

GROWING SCHOOLS



2019 PROGRAM HIGHLIGHTS

In five months,
we harvested

565 lbs

of salad greens from
the micro-farm at
Reynolds Secondary

That is equal to
approximately

3,400

servings of salad
worth over \$5,500

From Sept - Dec,
we have produced

100%

of the greens needed
for the weekly Salad
Bar program at
Reynolds Secondary
which feeds 120
students and teachers
each week

From September to December

125 students

have participated in hands-on learning at the
garden and micro-farm through workshops
with Food Studies and Flexible Studies classes

Reynolds
Secondary
students have
participated in
100% of the
harvests at the
micro-farm

100% of students from the 9-week
summer work experience program
replied yes to these statements:

- I connected with new adult mentors.
- I gained skills that will make me more employable.
- I learned about new career or job opportunities that I didn't know about before.

5 of 13
summer program
participants have
made presentations
to the public about
Seed the City and its
impact on them

SEED THE CITY

GROWING
SCHOOLS



TOPSOIL®
Innovative Urban Agriculture



Greater
VICTORIA
School District

LIFE  **CYCLES**

SEED THE CITY

is a program where high school students in the GVSD can gain work experience in urban farming and gardening, explore career pathways in horticulture, and become part of the local food movement in our city.



IN THE SUMMER, WE PARTICIPATED IN A 9-WEEK PROGRAM

where we received a Grade 12 Work Experience credit or Service Hours towards graduation.

As part of this project, we helped install a micro-farm at Reynolds Secondary to test out TOPSOIL's above-ground farming methods for large scale food production on school grounds.



IN JUST 2 DAYS WE TRANSFORMED AN UNDER-UTILIZED
LAWN INTO A PRODUCTIVE URBAN MICRO-FARM.



BEFORE

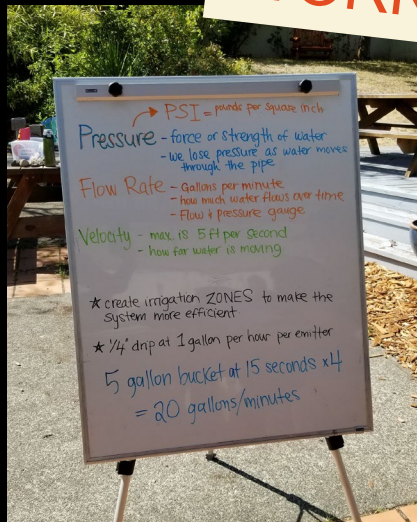
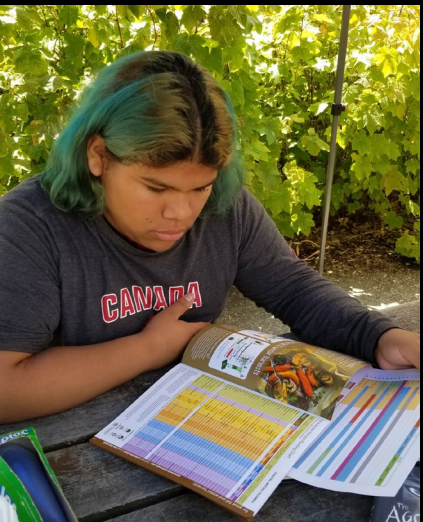


AFTER

Throughout the season, we planted and harvested the TOPSOIL site and had the opportunity to sell the salad greens we grew at TOPSOIL's on-site market stand at Dockside Green.

We also gained skills in many aspects of food production through workshops, field trips, and caring for the school's large raised-bed garden.







VIC HIGH &
MASON
STREET FARM



HATCHET & SEED
EDIBLE
LANDSCAPING



SONGHEES WELLNESS
CENTER

FIELD
TRIPS



BANFIELD COMMONS



PRESERVING THE HARVEST

FIELD

THE COURTYARD GARDEN

Throughout the program, the courtyard garden was our home base.

This raised bed garden mirrors that of a kitchen garden. It gave us the opportunity to grow more diverse crops and to learn ways to grow food that are more easily applied in our own lives.



TOPSOIL MICRO-FARM

The micro-farm has
200 containers

The fenced-in area is
750 square feet



Over the past 5 months,
this site has produced

565 lbs
of salad greens

That is equal to
approximately

3,400
servings of salad

At fair-market value,
this would be worth over

\$5,500





School Garden Program

Welcome to Reynolds Secondary's
MICRO-FARM!



At this site, students are gaining skills and work experience in urban agriculture by growing nutritious food on school grounds. We are producing greens for the school's weekly salad bar program and selling fresh produce to the school community and local neighbourhood.

This project is a partnership between:



TOPSOIL

LIFE CYCLES

Made possible with generous support from:



Greater Victoria School District



coastcapital



Patterson-UTI



Rotary



LIFE CYCLES

To learn more, visit: LIFECYCLESPROJECT.CA

The Greater Victoria School District wishes to recognize and acknowledge the Esquimalt and Songhees Nations, on whose traditional territories we live, we learn, and we do our work.

One Learning Community

www.sd61.bc.ca



Greater Victoria School District



SEED THE CITY

GROWING SCHOOLS



TOPSOIL®
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LIFE CYCLES



THIS PROJECT HAS BEEN MADE POSSIBLE WITH GENEROUS SUPPORT FROM



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SAVINGS



Victoria
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Victoria
Harbourside



Capital Region
Food and Agriculture
Initiatives Roundtable