

# 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**



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# 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



**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 Page 12 of 124

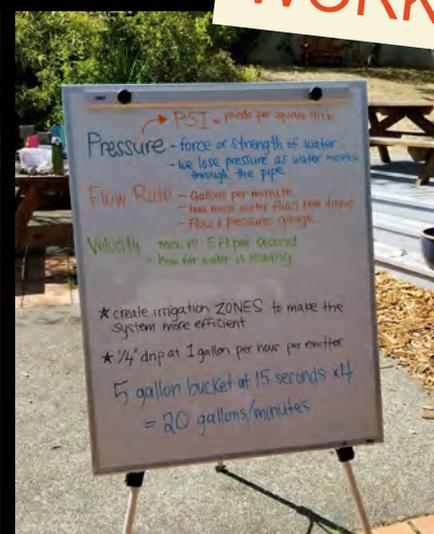
Throughout the season, we planted and harvested the TOPSOIL site and had the opportunity to sell the salad greens we grew at TOPSOIL's on-site market stand at Dockside Green.

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





# WORKSHOPS





VIC HIGH &  
MASON  
STREET FARM



HATCHET & SEED  
EDIBLE  
LANDSCAPING

## FIELD TRIPS



SONGHEES WELLNESS  
CENTER



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:

TELUS

coast digital  
Partnership  
Bakery  
REPCO

To learn more, visit: [LIFECYCLESPROJECT.CA](http://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](http://www.sd61.bc.ca)



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LIFE CYCLES



# THIS PROJECT HAS BEEN MADE POSSIBLE WITH GENEROUS SUPPORT FROM



coastcapital®  
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Harbourside



Supported by the Province of British Columbia



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