

GROUP VOLUNTEERING 2015

The North Shore Neighbourhood House (NSNH) is a charitable organization that has been operating on the North Shore of Vancouver for over 75 years. The Edible Garden Project (EGP) is a program of the NSNH that builds community through growing, harvesting and sharing local food on the North Shore. The EGP manages Loutet Farm, a half-acre urban farm and social enterprise.

Every year Loutet Farm hosts volunteer opportunities for hundreds of people including team builds, corporate days of giving, student groups, and volunteer blitzes. We are so grateful for all the volunteers that help make our farm a success - many hands make light work!

Why Volunteer at Loutet Farm?

- Have fun working outside with your team members in a beautiful setting
- Contribute in a meaningful way by helping support a community project
- Get your hands in the soil, learn new skills, and be inspired by sustainably grown vegetables and fruit!



Who we are

We believe that everyone deserves access to good food with dignity. We use food as a platform to transform community, address urban environmental and social issues, and empower citizens of all ages to get their hands in the soil and learn to grow their own food. For more complete information on the Edible Garden Project go to: www.ediblegardenproject.com.

Loutet Farm is the first urban farm on public parkland in Canada. We sell the food we grow at Farm Gate Sales twice a week from May to October. Folks gather at the farm to learn about growing food, local food systems, environmental sustainability, and health. Through their participation they develop a connection to the land and their community.



What You Can Do at Loutet Farm

Our staff will orient and guide your group, provide gloves and all the tools you need to have a great time. We have two options available for volunteer groups:

Helping Hands

After an orientation and tour of the farm, volunteers will spend 1 – 3 hours working on various season specific tasks. Depending on the size of your group you'll work as one large group or in smaller groups.

Maximum group size: 30

Suggested honorarium \$25 - \$75

Helping and Learning

After an orientation and tour of the farm, you will participate in a hands-on workshop on one of the topics below, followed by 1 – 2 hours working on various season-specific tasks.

Workshop options:

- soil health
- honey bees & pollination
- building garden soil
- composting
- vegetable growing 101

Maximum group size: 30

Fee: \$5 per participant, minimum total \$25

We can also customize your experience – just contact us!

ACTIVITIES

Because Loutet is a working farm it's difficult to plan exactly what a volunteer day will look like. The range of volunteer activities that are available throughout the year include:

- Turning compost piles
- Weeding
- Preparing vegetable beds for planting
- Moving compost or woodchips
- Raking
- Planting
- Transplanting

The farm has a covered eating area for lunch and snack breaks, and washrooms.

WHAT TO BRING & WEAR

All participants must wear closed toe footwear and weather appropriate clothing. Expect muddy conditions, and that footwear and clothing will get dirty. Bring a water bottle, and wear a hat and sunscreen on summer days.

FOR MORE INFORMATION:

Contact our Community Coordinator: volunteer@ediblegardenproject.com; or 604-987-8138 ext 231

