

LUSH VALLEY
Food Action Society
Comox Valley, BC

Our Mission

We seek to respond holistically to hunger, malnutrition and food insecurity in the Comox Valley, focusing on using local resources to meet local food system needs. We implement and support partnership with practical community food-related projects to educate, encourage and empower the people of the Comox Valley towards personal wellness, community health, and environmental stewardship. We believe that public health, social justice and ecological sustainability are inextricably linked.

Our Goals

Our goals are to work with food-related projects: deliver experiential education for ecological literacy and healthy food training for community and individual self-reliance; support local agricultural economic opportunities; and support innovative [profit and non-profit] distribution and marketing of locally grown food.

“While not everyone is a gardener even the most season “brown thumb” can grow some of their own food. “ The mission of “Every Lawn a Garden” is for every household in BC to have a food garden, and for every community in BC to increase the capacity of its food supply through a system of community and local gardens.

The model is for municipal governments, community organizations, employers and citizens to and others to promote food producing gardens at a local level. This newly launched initiative is promoting local food security with citizen participation. A few suggestions for a quick start, Pot up clump of oregano, a patio tomato plant, and pots of nasturtiums to add zest to salads. Look for the ABC easy grow labels on seeds, ask a gardener, and experience the joy of picking plump strawberries, crisp green beans, succulent radishes and winter kale.

Every “brown thumb” turns green with a little practice and love. .
“A garden is an expression of faith, and the embodiment of hope..”
everylawngarden.ca/