

Food Forest Volunteers

Since 2013, there has been a “Food Forest” at Mission Creek Regional Park. The Food Forest is a 50ft x 50ft space located adjacent to the Mission Creek Greenway and the Environmental Education Centre for the Okanagan (EECO). The food grown in the demonstration forest is available freely for harvesting by the public.

A “Food Forest” is a low-maintenance sustainable plant-based food production and agroforestry system based on woodland ecosystems. It incorporates fruit and nut trees, shrubs, herbs, vines and perennial vegetables which have yields directly useful to people and animals. Making use of companion planting, these can be intermixed to grow in a succession of layers, to build a woodland habitat.

Volunteers working in the food forest, help to maintain this area by weeding, pruning, and mulching using regenerative farming methods. There are numerous scheduled events taking place throughout the growing season. As well, once volunteers have attended an orientation session, they are welcome to work in the garden on their own time.

If you would like to volunteer then we will arrange an orientation session to help familiarize you with the design behind the food forest, what the site aims to achieve, the individual plants, and the unique gardening techniques used to help the functioning of a perennial food forest.

Food forest activities are body-kind events and all abilities are welcome. We encourage you to enjoy and soak up the healing sounds and smells of the food forest and to go at your own pace. Please do as little or as much as you would like to do. We also encourage volunteers to take home what they harvest.

Events planned for the remainder of 2020 include the following dates and times:

Sat. Aug. 8th: 9:00 to 11:00am
Sun. Aug. 23rd: 11:00am – 12pm
Sun. September 27th – 11:00am -12pm
Sun. October 18th – 11:00am -12pm

If you would like to volunteer in the Food Forest please contact park.volunteers@rdco.com to arrange an orientation session. Please use ‘Food Forest Volunteer’ in the subject line.