

Food Forest Team

The Food Forest is a 50ft x 50ft space located at Mission Creek Regional Park, 2363 Springfield Road, Kelowna. It is situated between the Mission Creek Greenway and the Environmental Education Centre for the Okanagan (EECO).

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.

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.

To be a full member of the Food Forest Team, you must attend an orientation session to help familiarize yourself 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.

As a bonus this year, volunteers that assist with at least one maintenance day, are eligible to sign up for some special workshops where they will learn to utilize some of the products in the food forest.

If you would like to volunteer in the Food Forest, please register through our online registration system. New volunteers can sign up for any maintenance session but should follow-up with the next available orientation session to learn more about the theory and practices behind this unique garden.

Events planned for the remainder of 2021 include the following dates and times:

Eligible Volunteers	Activity	Date	Time (Please sign in 15 minutes early)	Workshop Description
Food Forest Team	Maintenance	July 24	10:00 – 11:00	
Food Forest Team	Maintenance	August 14	10:00 – 11:00	
New Volunteers	Orientation Session	August 14	11:00 – 12:00	
Food Forest Team – For eligible team members only	Workshop – For eligible team members only	August 21	10:00 – 12:00	Calendula Oil
Food Forest Team	Maintenance	August 28	10:00 – 11:00	
Food Forest Team	Maintenance	September 11	10:00 – 11:00	
New Volunteers	Orientation Session	September 11	11:00 – 12:00	
Food Forest Team – For eligible team members only	Workshop	September 25	10:00 – 12:00	Seed Collecting
Food Forest Team	Maintenance	October 16	10:00 – 11:00	