

Spotlight Series: Organizing Food & Agriculture Projects

the Recap...

This workshop discussed initiatives focused on Food and Agriculture at Concordia University sharing key points in conceptualizing and developing projects and initiatives sustainably. We addressed topics such as acquiring space, funding, partnerships, and advocating for a sustainable food system throughout the seasons.

Guest Speakers:

Andrea Tremblay- Mind.Heart.Mouth

Caleb Woolcot- Coop Cultivation

Eseosa Idemudia- People's Potato

Hunter Cubitt-Cooke- Le Frigo Vert

Moderator: **Sebastián Di Poi**



[Watch the Recorded
Workshop Here:](#)

Youtube channel:
@CU4thSpace



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Spotlight Series:

The Food Organizations Involved

Mind.Heart.Mouth

In 2019, Andrea Tremblay launched the Mind.Heart.Mouth garden on the Loyola campus. With a purposeful humble start and a goal to bring attention to our need for ecological and societal resilience, mind.heart.mouth has shown how it can improve food security in the community. Designed to offer experiential learning through nature-based solutions accessible to all members of the Concordia community, the garden serves as a model for sustainable urban farming on university campuses.

Coop Cultivaction

Their mission is to facilitate transitions towards food sovereign communities by practicing regenerative agriculture to nourish local populations, cultivate urban green spaces and to support sustainable food production. They offer urban agriculture workshops and community service learning opportunities to empower people with the knowledge to grow their own food and participate in a movement to cultivate a more resilient, just and food secure future.

The People's Potato

The People's Potato is a vegan soup kitchen at Concordia University, a student initiated project that was founded in 1999 to address student poverty and the lack of affordable food options on campus. We offer by donation meals every weekday during the fall and winter semesters, excluding holidays. With the help of our dedicated volunteers, we serve more than 500 meals daily to students and community members. Located on the 7th floor of the Hall Building.

Le Frigo Vert

Le Frigo Vert is an anti-capitalist, anti-colonial, anti-oppression, alternative health, food and community space located near Concordia University's downtown Montreal campus. Le Frigo Vert is a worker-run collective devoted to working together and collaborating with other organizations in order to: provide quality vegetarian nourishment to marginalized groups, challenge corporate involvement in food production and distribution, offer education and much more. Le Frigo Vert is supported by Concordia students via a small refundable fee levy. All Concordia students are members, non-student memberships are available on a sliding scale of \$0-100.



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Main Points of the Workshop:

1. Collaborations and inter-personal relationships are a huge part of community based food activism and urban garden management. Taking the time to get to know the people around you can ultimately unify and strengthen the support you share amongst each other. Especially in times of pushback from administrative bodies, this collectiveness is crucial.
2. Finding a professor and/or PhD student to help support your project/organization is extremely useful when dealing with the university and administrative bodies. Unfortunately there are barriers that students face when asking for support such as space, funding, recognition and validity. Therefore having that professor/PhD student streamline the communications and pave the way for the rest of your group is a useful way to conquer those administrative barriers.
3. On the topic of university and administrative barriers, a lot of time we can burn ourselves out with the back and forth of communications. University lingo bureaucracy, although so contrary to urban agriculture's anti-capitalistic nature, is something that all university-based organizations will have to maneuver. This is something in which you must jump the hurdles that come your way and just keep pushing forward.





Spotlight Series: How To Start...

- If you want to get involved in Food Security/ Urban Agriculture initiatives, there is no need to start by “re-inventing the wheel”. You can begin by volunteering at organizations that exist around you and develop connections. You will get to see the gaps needing to be filled and then potentially find a way to fill those needs.
- Collaborate with everyone around you, it’s important to be there for one another and create a wider community between different projects and organizations. Unity is power.
- When you are ready to begin a new project see if there is a professor or PhD student that you can bring on board. This person can help you pass university beaucroatic barriers and streamline communications to the resources you need.



Glossary:

Urban Agriculture: the practice of farming within an urban environment, especially the cultivation of food crops for human consumption. (Oxford Dictionary).

Food Instability: the condition of not having access to sufficient food, or food of an adequate quality, to meet one’s basic needs. (Oxford Dictionary).

