WHAT DOES YOUR GARDEN MEAN TO YOU?

I HAVE VEGETABLES TO FEED MY FAMILY

“I was very happy to go and get some vegetables from my garden. It’s something that helps. I get healthy food from the garden, healthy food for my family.”

Photographer: Judith Mawazo ~ Country: Democratic Republic of Congo/Zambia ~ Garden: Glen Forest
I have access to healthy food I can’t otherwise afford

“I grow tomatoes and kale in my garden. It makes me very happy. It helps financially. If you don’t have money, you can take the vegetables from the garden and feed your family.”

Photographer: Menso Kipili ~ Country: Democratic Republic of Congo/Zambia ~ Garden: Glen Forest
What does your garden mean to you?

I can save money

“In the Congo, kale and pumpkin leaves are favorite vegetables, the staple in many recipes. Here, kale is expensive. Growing these in my garden means I can use my money for other things.”

Photographer: Tabu Kapita ~ Country: Democratic Republic of Congo/Zambia ~ Garden: Glen Forest
I AM HAPPIER

“In my home country Nepal, we had a lot of land and grew a lot of things. Here we don’t have a lot of land, but we have a small garden and it makes us very happy -- it reminds us of home.”
What does your garden mean to you?

I can teach my children about our culture

“To have a garden here is a very good thing for me. It is good to grow the pumpkin leaves that I can’t buy at Sobey’s. My daughter will grow up here and having something she used to eat in Africa is important to me. I cannot stop eating what I grew up eating.”
WHAT DOES YOUR GARDEN MEAN TO YOU?

I FEEL CONNECTED TO FAMILY FAR AWAY

“I enjoy going to my garden. It reminds me of my childhood back in Bhutan and my family. My parents and siblings are not with me in Canada.”

Photographer: Chhani Maya Bhandari ~ Country: Bhutan/Nepal ~ Garden: Mosaic
I GET MORE EXERCISE

“We can grow our favorite organic vegetables that are good for health and help save money as well. In addition, it helps us to remain active when we do something in the garden everyday. When I miss my brother and sister, I feel loneliness, so I go to my garden and enjoy gardening.”

Photographer: Kharga Bahadur Rai ~ Country: Bhutan/Nepal ~ Garden: Mosaic
WHAT DOES YOUR GARDEN MEAN TO YOU?

I FEEL MORE RELAXED

“My family is spread all over the world. Most of the time when I stay alone at home I worry about them and I get distracted. After I got this garden, I started to plant those crops that I know from my childhood. This helped me to not worry. I go to the garden, water the plants and talk with my friends from the community. It is very relaxing.”

Photographer: Dhan Maya Chhetri ~ Country: Bhutan/Nepal ~ Garden: Mosaic