

# CAN YOU DIG IT!



Join your community in transforming urban areas into food-growing gardens

## Want a garden plot?

New community gardens accessible in your neighbourhood!

*3 food-growing gardens in Port Coquitlam*

- *Wellington St and Lincoln Ave*
- *Salisbury Ave and Coast Meridian Rd*
- *Jervis St and Lougheed Hwy*

*Join us as your neighbours open their backyard to create agricultural bounties where the community can participate!*

*For more information on*

*The Simon Fraser Society for Community Living*

*visit [www.sfscl.org](http://www.sfscl.org)*

*Call Karen or Lurlienne @604-945-6811, Gail @ 604-525-9494 or*

*Carl @ 604-515-9000*

Get involved in planning and coordinating the garden.

Get a plot to grow your own food.

**GROW** food for your family

**CONNECT** with your neighbours

**CREATE** meaningful relationships

**SHARE** your knowledge and your produce

**LEARN** from expert gardeners

**BE** part of your community

For more information, please contact

[canyoudigit@posAbilities.ca](mailto:canyoudigit@posAbilities.ca)

Or call Cinthia at (604) 728-1725

*For more information, please visit*

[www.posAbilities.ca](http://www.posAbilities.ca)

