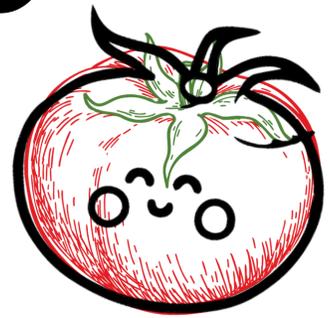




MUTUAL AID GARDENS 2026 SEASON



MAY 24TH 2PM PLANT SWAP

@ THE MEMORIAL CENTRE BY THE PLAYGROUND

JULY 19TH 2PM FREE VEGGIE MARKET

@ COFFEEWAY ON DIVISION ST. / CONCESSION ST.

AUGUST 9TH 2PM FREE VEGGIE MARKET

@ THE FIRELANE - BETWEEN 106 & 140 COMPTON ST.

AUGUST 30TH 2PM FREE VEGGIE MARKET

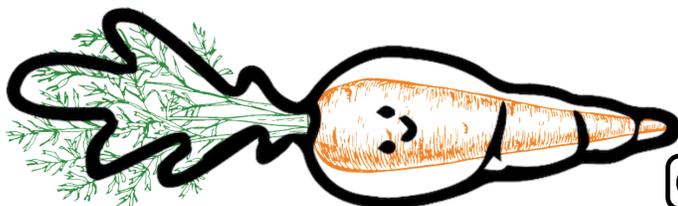
@ 52 BAYSWATER ST. (BEHIND RED LOBSTER)

SEPTEMBER 20TH 2PM FREE VEGGIE MARKET

@ COFFEEWAY ON DIVISION ST. / CONCESSION ST.

OCTOBER 11TH 2PM FREE VEGGIE MARKET

@ THE FIRELANE - BETWEEN 106 & 140 COMPTON ST.



 @mutualaidgardens

 mutualaidgardens@protonmail.com

 opirgkingston.org/mutual-aid-gardens



WE NEED EACH OTHER TO FEED EACH OTHER

ABOUT MUTUAL AID GARDENS

Mutual Aid Gardens is all volunteer run. We started this project in 2020 as part of a broader mutual aid response to the COVID-19 pandemic. One of our inspirations for this project was our experience doing grocery deliveries during the beginning of the pandemic and seeing how many people lack access to fresh produce and how much potential food growing space goes unused. Since 2023 we have been a working group of OPIRG Kingston.

Our initial vision was to match people without access to garden space with others offering their backyards for growing food, and **facilitating a network to share crops with each other.**

Over time, our focus has shifted to larger plot, collectively-managed gardens, which **allows the work of growing food to be more social and gives more opportunities for people to participate regardless of knowledge/experience and/or ability to commit for the whole season.**

Food we grow together is shared by anyone who works in the gardens and distributed to anyone who wants/needs during **Really Really Free Veggie Markets** which we have set up at different locations in town.

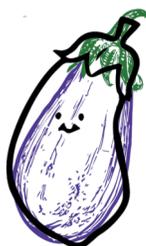
This will be our 7th season of growing and sharing food!

We are experimenting with a different kind of food infrastructure that is:

- Autonomously organized by individuals & communities, not by governments, corporations or non-profits
- Networked, meaning that anyone can help garden, (with us or in your own garden), promote the markets, offer and/or take veggies
- In good relationship with the earth unlike typical farming practises such as mono-cropping and using harmful pesticides and synthetic fertilizer
- In good relationship with each other unlike the colonial food system that relies on exploitative migrant labour, (one example of many)
- Builds collective capacity and power for feeding ourselves
- Open for anyone to participate in the way that works best for their needs/interests/abilities/time/etc.

Beyond what we are trying to achieve as noted above, **we are guided by an opposition to settler colonialism, white supremacy, capitalism and all forms of oppression.**

Currently, we are planning on growing food in 3 gardens: a plot at **Oak street garden** (in Kingscourt, easily accessible via bus), a garden on **Wolfe Island** (a 20 minute free ferry ride + 5 minute drive or 10 minute shuttle + short walk from downtown Kingston --> a bit complicated if you haven't done it but so fun!), and a garden on **Middle Road** (20 minute drive from downtown Kingston).



📷 @mutualaidgardens

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