

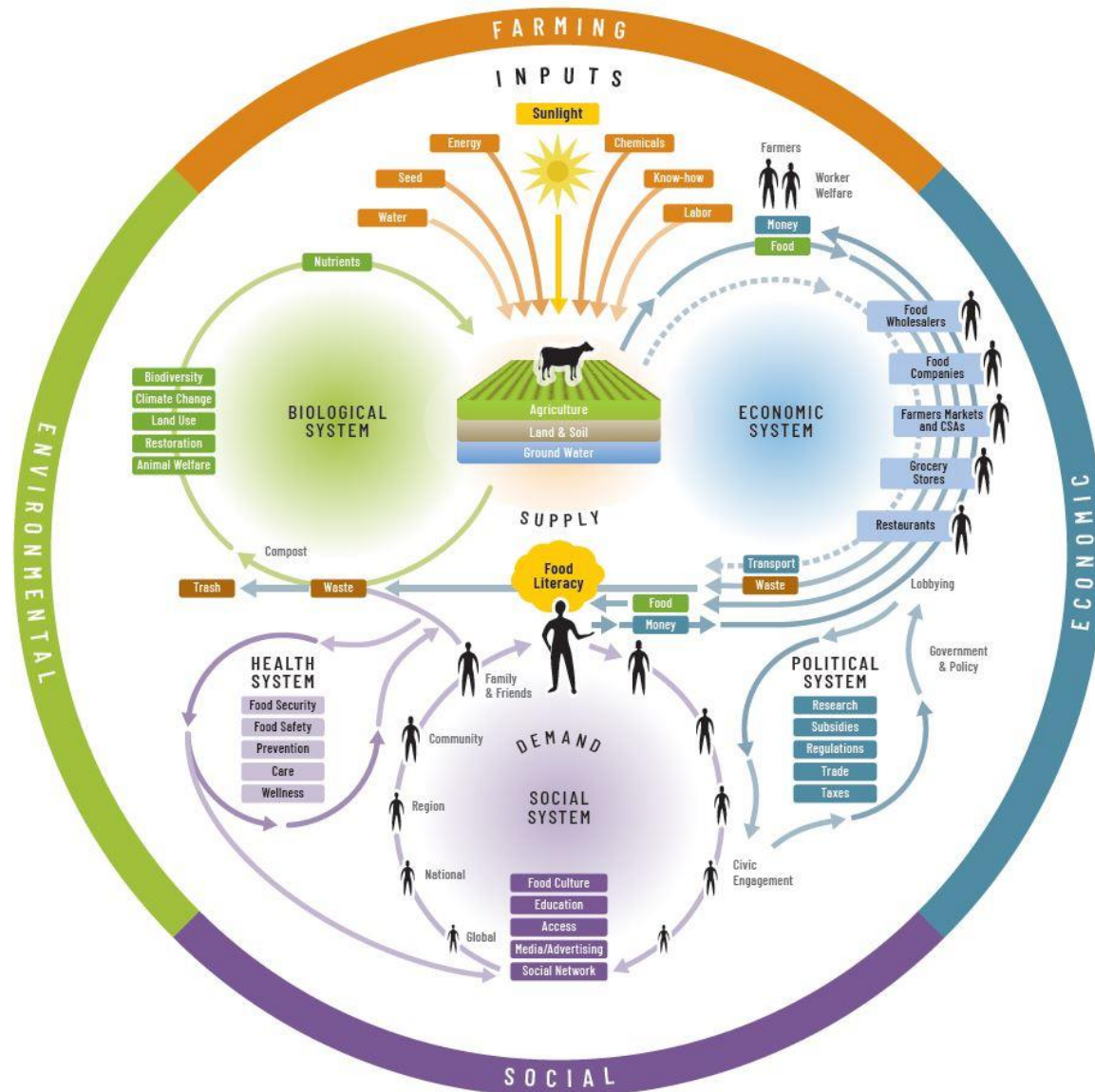
Critical Overview of Global/Local Food Systems and Diverse Economies

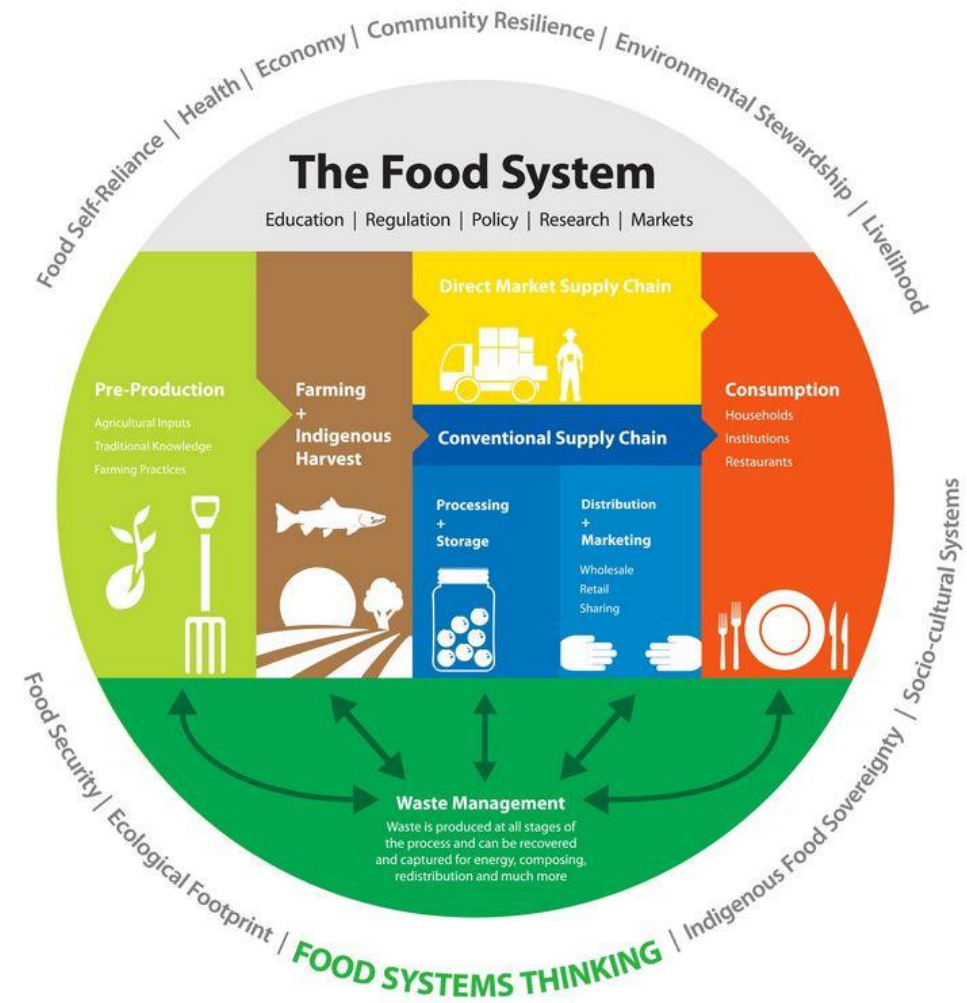


Food Systems and Cycles



Figure 1. Food System Sectors





Discussion

What interventions in the food system could help reduce social, ecological, and economic problems?



Ecological Cycles

- Seasons & Planting Calendar
 - [Planting Calendar](#) – For Montreal (Great Resource)
 - [Planting Chart](#) – West Coast Seeds
- Seed saving/sewing
- Building soil/nutrient replenishing
- Running water
- Harvesting/culling
- Succession planting
- Attracting pollinators/beneficial insects
- Crop rotations
- Balance and biodiversity

What other cycles can you think of?



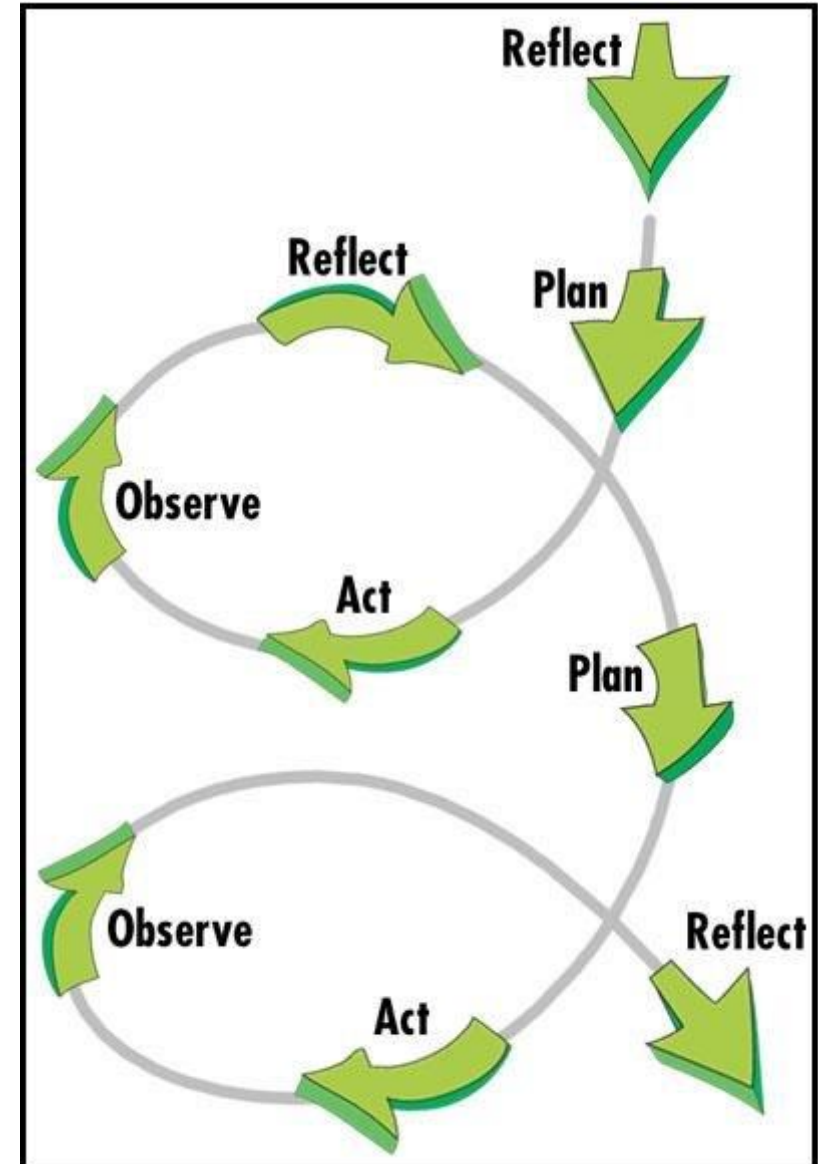
Polycultures

How to create polycultures (Hemenway)

- 1 – Seed several varieties of each species
- 2 – Don't sow seeds too thickly
- 3 – Begin harvest early
- 4 – Mix plant families, not just species
- 5 – Include many seeds of fast-growing, shallow-rooted species
- 6 – Overlap harvests
- 7 – Avoid root and light competition
- 8 – Harvest whole plants
- 9 – Save a few plants for seed
- 10 – Examine your polyculture every day

Designing an Ecological Garden

- Observation
- Visioning
- Planning
 - Conceptual design
 - Schematic design
- Development
- Implementation



Diverse Economies

[KATHERINE GIBSON INTERVIEW PLAYLIST](#)





Aristotle

Aristotle in 23 Volumes, Vol. 21, translated by H. Rackham. Cambridge, MA, Harvard University Press; London, William Heinemann Ltd. 1944.

Chrematistics – art of acquisition – limitless accumulation unnatural and problematic

Oikonomia – management of the household – true form of an economy



Karl Polanyi

Polanyi, K. (2001) The Great Transformation; The Political and Economic Origins of Our Time, Beacon Press

- Types of economic practices:
 - Markets (exchange)
 - Household economy
 - Redistribution
 - Reciprocity

Take back the Economy

Gibson-Graham, J.K., Cameron, J., Healy, S. (2013) *Take Back the Economy: An Ethical Guide for Transforming Communities*, University of Minnesota Press

LABOR	TRANSACTIONS	PROPERTY	ENTERPRISE	FINANCE
Wage	Market	Private	Capitalist	Mainstream Markets
ALTERNATIVE PAID Self-employed Reciprocal labor In-kind Work for welfare	ALTERNATIVE MARKET Fair trade Alternative currencies Underground market Barter	ALTERNATIVE PRIVATE State-managed assets Customary (clan) land Community land trusts Indigenous knowledge (Intellectual Property)	ALTERNATIVE CAPITALIST State owned Environmentally responsible Socially responsible Non-profit	ALTERNATIVE MARKET Cooperative Banks Credit unions Community-based financial institutions Micro-finance
UNPAID Housework Volunteer Self-provisioning Slave labor	NON-MARKET Household sharing Gift giving Hunting, fishing, gathering Theft, piracy, poaching	OPEN ACCESS Atmosphere International Waters Open source IP Outer Space	NON-CAPITALIST Worker cooperatives Sole proprietorships Community enterprise Feudal Slave	NON-MARKET Sweat equity Family lending Donations Interest-free loans

Types of Urban Agriculture

- For-Profit
- Not-For Profit
- Subsistence Farms
- Cooperatives
- Hobby Farms
- Squat Gardens
- Edible Foraging
- Community Gathering Places
- Edible Landscapes

Market Farm Practices

- Direct sales
 - CSA
 - Farmers market
 - Other markets
- Wholesale
 - Distributers
 - Restaurants
- Other sales
 - Transformed goods
 - Compost and other values
 - Education
- Contradictions
 - Labour vs food price
 - Soil regeneration time vs market readiness
 - Growing time vs productivity
 - Food donations vs sales
 - Farmers markets vs increased labour
 - Food waste!
- Market Secrets
 - Cash crops
 - Reduce inputs
 - Reduce labour necessities
 - Holistic approach

Non-Market Farm Practices

- Volunteer labour
 - Community involvement
 - Foraging
 - Soil building
 - Incorporating animals
 - Funding sources
- Contradictions
 - Free labour vs viability
 - Free food vs revenue
 - Community involvement vs community interest
 - Soil building vs time
 - Animals vs care
 - Funding sources vs stability
 - Non-Market Secrets
 - Sweat equity
 - Stable funding
 - Improved community space
 - Building a sense of community

Alternative Market Farm Practices

- Cooperative ownership
- Different types of membership
- Hybrid of markets and non markets
- Ethical principles (social economy)
- Fair treatment of employees
- Rooted in community
- Market viability and non-market advantages
- Contradictions
 - Community value vs profit
 - Volunteers and paid workers
 - Markets vs donations
 - Internal conflicts
- Alternative Market Secrets
 - Community support
 - Can take positive elements of both
 - More resilient to market failures
 - Provides community benefits

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Mapping Community Food Systems

PRODUCTION	PROCESSING	DISTRIBUTION	WASTE MANAGEMENT	SUPPORT
Food	Cook	Market	Compost - Soil Building	Funding
Tools	Prepare	Redistribution	Water saving - Irrigation	Space
Knowledge	Ferment	Reciprocity	Seed Saving - Seed Sewing	Labour
Social Capital	Preserve	Self/community provisioning	Re-purpose food	
	Transform			
	Freeze/store			
	Dehydrate			
	Can			

Snap-Shot of the Student-Run Food System at Concordia

NOVEMBER 2018

SUPPORT & ADVOCACY

- Sustainable Concordia
- Sustainable Action Fund
- Concordia Student Union
- Graduate Student Association
- Concordia Food Coalition
- Centre for Gender Advocacy
- Q-PIRG Concordia
- Food Autonomy Campaign

PRODUCTION

FOOD

GROWING FOOD ON CAMPUS

- Concordia Greenhouse
- City Farm School
- Campus Potager
- HydroFlora
- People's Potato Garden

GROWING FOOD OFF CAMPUS

- *City Farm School (Green Club) ***
- *Hudson Land Trust Project ***

FORAGING

- Sensorium

KNOWLEDGE

EDUCATIONAL ACTIVITIES

- Concordia Greenhouse
- City Farm School
- Season Jars
- HydroFlora
- Coop les brasseurs illuminés
- le Frigo Vert
- Waste Not, Want Not Compost
- Sprouting Minds
- Cooking at Concordia

CONFERENCES

- Bite Me! Food Week
- Concordia Transitions

PROCESSING

FOOD TRANSFORMATION

- Cooking at Concordia
- People's Potato
- Hive Café Solidarity Coop
- Hive Free Lunch
- Reggies Coop
- Season Jars
- Coop les brasseurs illuminés
- Mother Hubbard's Cupboard
- Food Against Fascism
- *Burritoville **

DISTRIBUTION

CAFÉ / RESTO / CAFETERIA

MARKET BASED

- Hive Café Solidarity Coop
- Reggies Coop
- *Café X **
- *G Lounge **
- *Burritoville **

NON-MARKET BASED

- People's Potato
- Hive Free Lunch
- Hive Café (pay it forward)
- Mother Hubbard's Cupboard
- Food Against Fascism

PRODUCE / GROCERY OUTLETS

MARKET BASED

- Greenhouse (Seedling sale)
- City Farm School Market
- Concordia Farmers' Market
- Campus Potager Pop-Up Market
- le Frigo Vert

NON-MARKET BASED

- Greenhouse (seedling donations)
- People's Potato (food bank)
- Mother Hubbard's (vouchers)
- City Farm School (NDG Food Depot)

WASTE MANAGEMENT

INITIATIVES

EDUCATION / COMPOSTING

- Waste Not, Want Not Compost
- City Farm School
- Concordia Greenhouse
- Vermicycle

REUSABLE DISHES

- R4 Dish Project
- People's Potato
- Hive Free Lunch
- Hive Café Solidarity Coop
- Mother Hubbard's Cupboard
- Concordia Greenhouse
- Food Against Fascism

COMPOSTABLE PACKAGING

- Hive Café Coop

B.Y.O. DISH INCENTIVES

- People's Potato
- Hive Café Solidarity Coop
- Waste Not, Want Not Compost
- le Frigo Vert
- Food Against Fascism

** No longer in operation*

*** Now independent community project*

CONCORDIA (OUR) FOOD SYSTEM

PRODUCTION

*Growing food, plants
& seeds*

- Coop CultivAction
- People's Potato Collective Garden
- Hamidou Horticulture
- mind.heart.mouth
- Concordia Greenhouse
- HydroFlora
- Concordia Pollinators
- Sankofa Farm Coop

PROCESSING

*Transforming
food*

- Hive Café Co-op
- Hive Free Lunch
- The People's Potato
- Reggie's Co-op Bar
- Le Frigo Vert

DISTRIBUTION

*Selling &
Giving food*

- Resto/Cafeteria:
 - Hive Café Co-op
 - Reggie's Co-op Bar
- Community Kitchens:
 - The People's Potato
 - Hive Free Lunch
- Produce & Grocery:
 - Concordia Farmers' Market
 - Coop CultivAction
 - Megan's Fridge
 - Hamidou Horticulture
 - The Refugee Centre

WASTE MGMT

*Recuperation
Initiatives*

- Composting:
 - enuf
 - ABCompost
 - Loyola gardens & farms
- BYO, Reusable & Compostable Dishes:
 - Hive Café & Free Lunch
 - Reggie's Coop Bar
 - The People's Potato
 - The Dish Project
 - Zero Waste Dish Project
 - Cano Cup Program

SUPPORT & ADVOCACY

- Concordia Food Coalition
- Sustainability Action Fund
- SEIZE
- Concordia Student Union

- Sustainable Concordia
- Q-PRG Concordia
- Centre for Gender Advocacy

WHAT'S THE GOAL? LOCAL CONTROL!

Le Frigo Vert



The People's Potato



The Hive



The Concordia Greenhouse



CultivAction Solidarity Cooperative



The Concordia Food Coalition?

Our Vision

Food sovereign communities at Concordia University and beyond.

Our Mission

The CFC brings together students, faculty, staff and community members to co-create campus-community food sovereignty. Through education, incubation and innovation, we collaborate to build sustainable, accessible and democratic local food systems.

Our Values

Community, Cooperation, Inclusion, Solidarity, Innovation and Regenerative Practices.

The Communal Lunch Project

- Campus Food Group Events
- DevOur Campus
- National Food Survey
- Mapping George Brown College
- National Food Coalition
- National Campus Mapping Exercise



**DEVOUR
CAMPUS**

**JUNE 5-7
2025**

George Brown College Campus- Community Food Systems Map

Production	Transformation	Distribution	Waste Management	Support & Advocacy
FOOD GROWING FOOD ON CAMPUS <ul style="list-style-type: none"> • SNAP Community Garden • Sustainability Squad (Growing Grounds) • Second Nature Apiary • CHCA Café • Chefs' House Restaurant PROCURING FOOD ON CAMPUS <ul style="list-style-type: none"> • CHCA Café • Chefs' House Restaurant • SNAP PROCURING FOOD OFF CAMPUS <ul style="list-style-type: none"> • Communal Lunch Program • Good Food Market • CHCA Café • Chefs' House Restaurant • Chef on the Run (via ICC) • Second Nature Apiary • SNAP • Organic Campus Project (via ICC) PRODUCING EQUIPMENT TO GROW FOOD <ul style="list-style-type: none"> • CHCA Café • Chefs' House Restaurant • Second Nature Apiary GROWING FOOD OFF CAMPUS <ul style="list-style-type: none"> • Enactus GLEANING <ul style="list-style-type: none"> • SNAP Community Garden KNOWLEDGE EDUCATIONAL ACTIVITIES <ul style="list-style-type: none"> • Communal Lunch Program • Good Food Market • CHCA Café • Chefs' House Restaurant • Chef on the Run • Second Nature Apiary • Sustainability Squad • SNAP • SNAP Community Garden • Organic Campus Project SOCIAL CAPITAL <ul style="list-style-type: none"> • Communal Lunch Program • Good Food Market • CHCA Café • Chefs' House Restaurant • SNAP • SNAP Community Garden 	FOOD TRANSFORMATION <ul style="list-style-type: none"> • Communal Lunch Program • Good Food Market • CHCA Café • Chefs' House Restaurant • Chef on the Run • Enactus • Second Nature Apiary • Sustainability Squad • SNAP 	CAFÉ/RESTO/CAFETERIA MARKET BASED <ul style="list-style-type: none"> • CHCA Café • Chefs' House Restaurant • Chef on the Run NON-MARKET BASED <ul style="list-style-type: none"> • Communal Lunch Program • Sustainability Squad PRODUCE/GROCERY OUTLET MARKET BASED <ul style="list-style-type: none"> • Good Food Market • Second Nature Apiary NON-MARKET BASED <ul style="list-style-type: none"> • SNAP • SNAP Community Garden • Enactus 	INITIATIVES EDUCATION <ul style="list-style-type: none"> • Sustainability Squad REUSABLE DISHES <ul style="list-style-type: none"> • Communal Lunch Program • Good Food Market • CHCA Café (beginning Fall 2024) • Second Nature Apiary COMPOSTABLE PACKAGING <ul style="list-style-type: none"> • Communal Lunch Program • Good Food Market • CHCA Café • Second Nature Apiary RE-PURPOSE FOOD PACKAGING <ul style="list-style-type: none"> • Good Food Market • SNAP FOOD LOSS/WASTE REDUCTION <ul style="list-style-type: none"> • Good Food Market • SNAP • CHCA Café • Chefs' House Restaurant • Chef on the Run • Enactus (food waste into new products) • Second Nature Apiary SEED SAVING <ul style="list-style-type: none"> • Second Nature Apiary 	<ul style="list-style-type: none"> • Good Food Market) • Enactus • Sustainability Squad <div>  </div>

What Diverse Economic Food Practices Exist in Your Community

LABOR	TRANSACTIONS	PROPERTY	ENTERPRISE	FINANCE
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Thanks!

Questions, Concerns, Comments?

