

# Food: Yielding Nourishment & Community

*food and social capital are cultivated, grown, and celebrated together*

## A HEALTHY FOOD SYSTEM



A healthy food system includes: production (at right); processing and preparation (e.g. community kitchen); sales and distribution (e.g. food market); consumption and celebration (e.g. food festivals, restaurants); and nutrient recovery and recycling (e.g. composting).

## FOOD ASSETS IN VANCOUVER



## FOOD AS COMMON GROUND: PRODUCTIVE FOODSCAPES

### PICKING & SNACKING



edible landscaping



allotment (private) gardens



community gardens



urban farm

### HARVESTING & FEASTING

FOOD

## YIELD

COMMUNITY



DECENTRALIZED | INFORMAL GATHERING

CENTRALIZED | COMMUNAL GATHERING

### The Importance of the Food System to Whole Health

Food nourishes, heals, sickens, relaxes, and rouses. It is deeply rooted in our cultural tradition, ritual, and identity. Its flavours bring us together in celebrating our similarities, as well as our differences. Food is intensely sensual, delighting us with colour and texture, and emanating scents that can leave our mouths watering and evoke childhood memories. Food creates destinations. It creates jobs. Food can help cause or prevent climate change, and can build resilience or vulnerability to rising energy prices. It can protect or erode habitat, water quality, and ecosystem health. It is vital to the health and well-being of individuals and communities.

### Community Health and the Food System

The food system is alive and well at Pearson Dogwood. The current urban farm consists of a market garden; a wheelchair-accessible community garden; and teaching gardens for students, residents, and low-income newcomers to Canada. The weekly Garden Club, led by horticultural therapists, matches Pearson gardeners with volunteers, and a monthly community kitchen uses its produce. The future Pearson Dogwood neighbourhood will offer diverse food spaces and activities, each of which fosters community in different ways - ranging from informal gathering and chance meetings (e.g. edible landscaping in parks and along paths) to more formal programs and gathering (e.g. shared gardens).

### Individual Health and the Food System

As a significant health determinant, diet is one of the biggest factors in major non-communicable diseases. The presence of healthy food at the future Pearson Dogwood Neighbourhood is vitally important to its success as a place of health and well-being. Also, since nearly 1/4 of all trips in cities are associated with purchasing and consuming food, food destinations at the Pearson Dogwood neighbourhood can support active living by encouraging residents and neighbours to access food by foot, wheelchair, and bicycle.

# Urban Forest

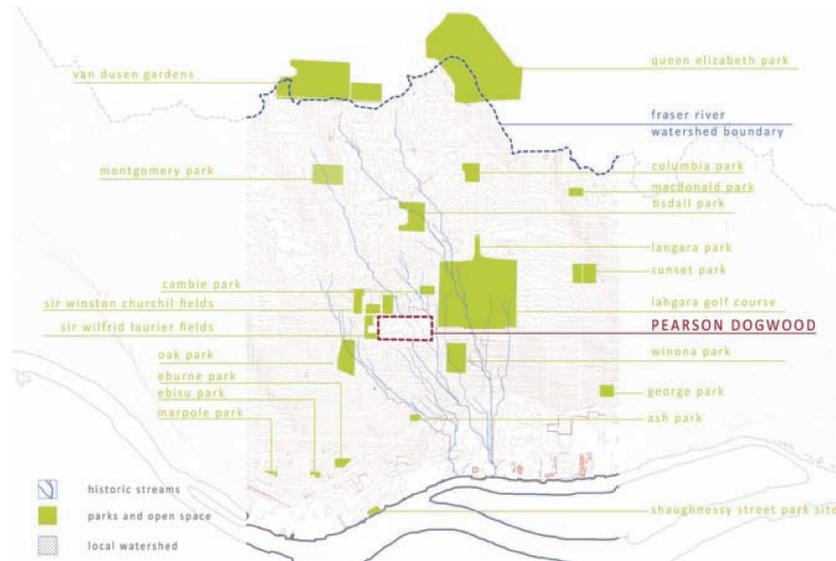
green trees and other landscaping provide beauty, weather-protection, and habitat

## TREES AT PEARSON DOGWOOD



The major grove of trees in the centre of the site (above) will be preserved, and others will be preserved as much as possible.

## NEARBY LARGE GREEN SPACES



Pearson Dogwood is part of a larger network of spaces that provide habitat and permeable surfaces that support Vancouver's urban forest.

## TREE RETENTION STRATEGY



Trees have intrinsic value, connecting us to habitat, seasonality, and ecological processes. They offer protection from the rain in the winter, and they offer shade in the summer. They are also the lungs of Pearson Dogwood, cleaning the air and breathing beauty into the site. Wherever possible, trees will be retained during the redevelopment process. What follows is the Tree Retention Strategy for the future neighbourhood:

- 1. Retain Significant Grove:** The basis of all three Concept Plans is to retain the most significant grove of trees located in the centre to the greatest extent possible.
- 2. Retain Street Trees:** All street trees will be retained with the exception of locations chosen for entrances to the neighbourhood. With infill replacement, there will be a net increase of street trees.
- 3. Retain or Relocate Other Healthy Trees:** Other healthy trees will be retained wherever possible, however some will not be able to remain in their current locations. Where feasible, those trees can be relocated to other locations on the site.
- 4. Re-Use Other Trees:** For those trees that cannot be retained or relocated, a strategy will be developed for possible use elsewhere on the site. For example, trees can be incorporated into habitat, storm water systems, materials for art pieces, outdoor furniture, play structures, and more.

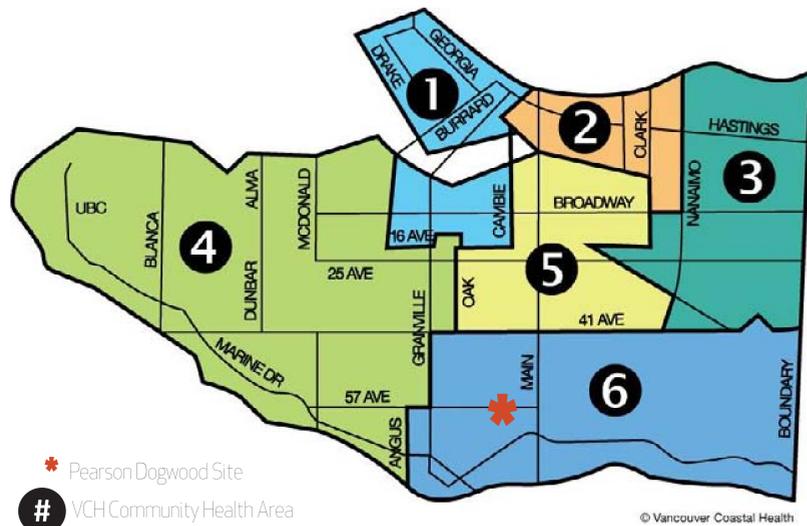
# Healing Landscape

*living well in spaces and places that are sensual and enriching*



Open spaces, connections, services and public amenities will be designed to nourish people in all facets of their being. In addition to offering treatment, they will be designed for health prevention by encouraging active transportation and active lifestyles.

## VCH SERVICES AREAS



The Pearson Dogwood lands are located in Community Health Area 6, which is the second largest and the largest and most culturally diverse in terms of population.

## SENSESCAPES: WELLNESS WALKWAYS & THERAPEUTIC GARDENS

	Rejuvenating	Way-Finding / Seeing	Stinging/Relieving	Calming
	Awakening	Evoking		
	Connecting	Engaging	Relaxing or Invigorating	Connecting
	Delighting	Soothing		
	Mouth Watering	Treating	Nourishing	Boosting

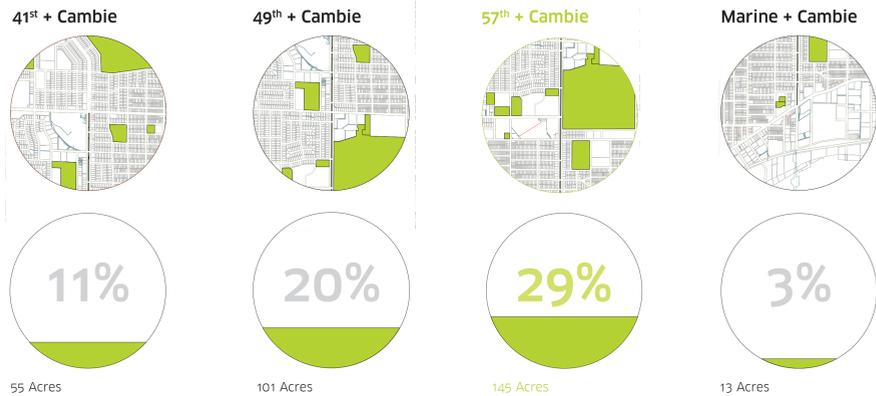
Places that support vitality help create an awareness of our bodies, engaging all of our senses and helping us to feel deeply. Open spaces such as "therapeutic gardens", and physical connections such as "wellness walkways" will be designed to be sensual places that touch our bodies, minds, and spirits.

Examples provided above (left to right): **TOUCH** - reflexology labyrinth/path | braille hand railing that allow blind people to read and enjoy the landscape without seeing it | stinging nettle, which both stings and offers pain relief | still water | **SMELL** - fragrant herbs (basil shown here) | flowers (lilacs shown here) can evoke memories | **HEAR** - insects (pollinating bee shown here) connect us with ecosystems and seasonality | amenities that engage our voices (singing stone shown here) | moving water | wildlife (hummingbird shown here) connects us with other beings and the larger ecosystems of which we are a part | **SEE** - plants (Dogwood tree shown here) offer visual delight | plants (lavender shown here) are also noted for their soothing qualities | **TASTE** - edible landscaping (berries from the Urban Farm shown here) | planting plant species used in treatment can be a powerful symbolic gesture (Red Clover, which is used to treat cancer, shown here) | nourishing produce | therapeutic plants (Echinacea, which is immune-boosting, shown here)

# Diverse Open Spaces

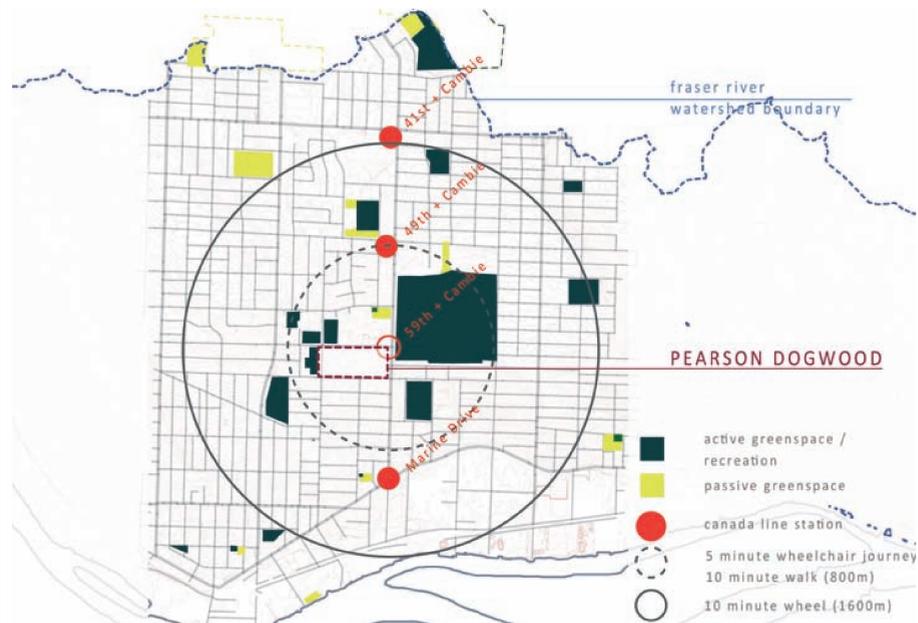
a myriad of open spaces foster whole health in people and community

## PLENTY OF NEARBY GREEN SPACE



Pearson Dogwood is well-situated, surrounded by a significant amount of open green space within a 10-minute walk of 57th and Cambie.

## ACTIVE & PASSIVE GREEN SPACES



There are spaces for both active and passive use within a 10-minute walk and 10-minute wheelchair journey of Pearson Dogwood.

## DIVERSE SPACES FOR DIVERSE ACTIVITIES

MIND • BODY • SPIRIT • COMMUNITY



### INTROVERTED ENGAGEMENT



### EXTROVERTED ENGAGEMENT

The future Pearson Dogwood Neighbourhood will include diverse public spaces that encourage a myriad of activities, each contributing to whole health of individuals, communities, and ecologies.

#### Passive and Active Spaces

Passive spaces offer opportunities for serenity, quiet relaxation, and tranquility. They also offer habitat and can provide natural storm water management services. Active spaces offer opportunities for active living, including exercise, performance, and play.

#### Private and Shared Moments

Spaces will include opportunities for more inward, private activities, as well to more outward, social activities, each contributing differently to whole health for individuals and community.