



WHAT'S SPROUTING THIS MONTH AT THE FARM?

SUMMER UPDATES

Youth Farmer Program



In July, youth learned urban farming through hands-on **culinary and bouquet making workshops** and **field trips**, including visits to **Maloca Community Garden** and **The Bowery Project**.

'The Mocktails Are On Us!'



On July 18, we **raised over \$4,000** at our "The Mocktails Are On Us!" Fundraiser & Farm Tour. Guests **enjoyed delicious inspiration** straight from the farm, including an **ancient grains salad** and a **mulberry parfait**, plus **fresh pesto recipes** and **mulberry cooking tips** shared by Chef Fields.

UPCOMING EVENTS



Common Table Farm

Harvest Open House

Learn about our urban farm through our farm passport!

Collect stamps as you travel around the land at different workshop stations

Featuring:

- ✦ Culinary workshop with sumac and purselane
- ✦ Learn about the 3 sisters
- ✦ Farm workshop
- ✦ Kid Friendly activities
- ✦ Silent Auction

Veggie Market Stand
Proceeds support our farm operations

Saturday, Sept. 12 2026

12pm - 4pm

1 Laurentide Dr.
North York, ON



OUR COMMUNITY SPOTLIGHT

"I have been volunteering at Flemingdon Park Ministry since 2015!"
Esther

