



# SP0185 Final Report

Please answer the following questions and return the completed form to the [SPF Staff](#) via e-mail.

**Project Title:** Gardens Inside 365

**Final Report prepared by:** Teri Phillips

**E-mail:** teri.phillips@mcgill.ca

**Actual Project Start Date:** 10/1/2018

**Actual Project End Date:** 9/1/2019

**1. Please summarize the project and its key accomplishments in 1-2 sentences.**

(400 characters maximum)

Gardens Inside 365 aimed to install infrastructure (hydroponic vertical grow towers) within the McGill community that would facilitate year-round, accessible, sustainable food production. Secondly, the project aimed to increase wellness in our built environment through the introduction of vegetation and daylight spectrum light. Both of these objectives were achieved, and the towers have become important vehicles for organic community building and networking around the issues of sustainability and accessibility.

**2. Your team listed the following goal in your application:**

To obtain 3 hydroponic indoor grow-towers, and with volunteer labour, grow fresh produce to donate to the Midnight Kitchen for their free-meals program, while improving office environment with vegetation and light.

**Did your team achieve your project's goal? In your answer, please describe the impact your project had on McGill's structures, processes, and/or systems. Also, please specify how this positively transformed people's behaviors/perspectives/habits on McGill campus(es).**

(Unlimited characters, suggested minimum ½ page or approximately 250 words)

Our team achieved the goal of installing three hydroponic vertical indoor gardens in the following locations on the downtown campus: 1010 Sherbrooke, Brown Building and First Peoples' House. The intended partnership with Midnight Kitchen did not materialize, as we were not generating an amount of produce that was valuable to their large-scale efforts. However, this change created an opening for us to directly make our produce available to students and staff within these three locations. The towers have positively contributed to increasing wellness within these spaces, and provide a daily opportunity for education regarding accessible, sustainable food production, and food security. The towers have also organically produced connections with other areas on campus who are interested in implementing this form of sustainable wellness within their domains (SSMU, SHHS). This project has also allowed us to create continuity between our accessible indoor and outdoor gardening projects, seeing plants moved between the gardens based on season.

One of the key benefits of this project, that was not predicted, was the opportunities created for ongoing, casual, organic connections with others. Because the towers are naturally interesting, they have created informal opportunity to discuss accessibility, food security and sustainability, on a daily basis. In my opinion, it is these naturalized opportunities for conversation on these topics which present the greatest ongoing value to our campus community, given that they occur cross populations. While a non-conventional means by which to engage our campus community in discussion regarding disability and accessibility, it has proved highly successful and has allowed us to introduce this topic to individuals who may not otherwise engage in this particular dialogue. By the sheer nature of this being a garden, it also creates renewed and sustainable opportunity to facilitate this dialogue going forward.

**3. Please describe the key successes and challenges of your project. (Minimum of two examples for each)**

(Unlimited characters, suggested minimum ½ page or approximately 250 words)

**Key Successes:**

1. Implementation of sustainable, accessible, year-round food growing infrastructure
2. Organic network formation providing opportunity for informal education and information exchange related to accessibility, disability, sustainability and food security.

Please note: These successes are described in detail above.

**Challenges:**

1. Staffing changes which impacted SP0185 the project team and team lead for this project. This was described in the progress report, and it is my opinion that a dedicated project lead would have made for a more streamlined experience.
2. Events out of the control of the project team (complete AC shutdown in Brown Building; power interruptions) have impacted the project in unanticipated ways and required additional planning and effort to reestablish project viability.
3. Regularizing the care and maintenance of the towers in three separate environments, under differing conditions, has taken some additional effort.

**4. What key points of advice or *lessons learned* would you give to other SPF teams either regarding your experience managing your project or the project itself?**

(Unlimited characters, suggested minimum ½ page or approximately 250 words)

1. Be prepared to address changes which may arise based on changes in personnel, unforeseen circumstances or constraints, opportunities you had not anticipated, etc. Had we have not been able to both be internally flexible, and to work with the SPF staff to address changes to our project, our project would not have been as successful as it has been.
2. Create redundancies in the project team in order to be able to easily adapt to loss, absence, workflow, etc.
3. If your project involves equipment, work with a local vendor. Having a local vendor meant they became part of our project team and supported us throughout the process and in times of challenge.
4. Capitalize on all the non-conventional and serendipitous ways to engage the community in your project. Formal involvement and events only apply to some, yet there is often organic opportunities to engage people, if you are open to responding in the moment.

**5. What recommendations do you have for the future of this project to be continued and are there any opportunities for complementary projects? Who will take responsibility for the project's future and how can interested persons be in touch? The SPF team will also be in touch with this contact for updates on the project's progress in coming years, if ongoing.**

(Unlimited characters, suggested minimum 1 paragraph)

Because the funding provided for the investment in infrastructure, the project will continue into the future. We see integration of our inside and outside gardening projects continuing to develop, along with a more predictable use of the produce generated by the garden (currently the produce is used on an ad hoc basis by students and staff). It is my understanding that additional Nutritowers have been funded and are being installed elsewhere on campus, given this, I think it would be interesting for our respective groups to form some sort of network and perhaps explore the notion of collaborative events and/or support. Additional collaboration between OSD and Nutritower, Inc. are in discussions related to education in this area, which is a direct result of this project.

Teri Phillips may be contacted with regard to this project in future (see contact details below).

**6. Would you or your project team member(s) be willing to serve as a mentor to SPF project teams?**

**Please choose one. If yes, SPF Staff will contact you with more information.** (800 characters maximum)

Yes  No

Teri Phillips, Director, OSD; [teri.phillips@mcgill.ca](mailto:teri.phillips@mcgill.ca); 514-398-6009

**7. In your application, you listed the following sources of funding: N/A**

**Please confirm if you received this funding in the space below. In your response, please list the actual amount (in dollars) that you received. Note: If you received funding from a McGill Department or Unit, please attach a letter from its Financial/Budget Officer confirming the actual amount of support.**

(1,800 characters maximum)

n/a

**8. Did you purchase equipment or make an installation on campus?  Yes  No**

**If yes, please briefly describe how these items will be maintained and used in the future.**

(1,800 characters maximum)

Ongoing maintenance of this equipment will be taken on by the Office for Students with Disabilities as well as our Student Services partner units.

**9. The following Key Success Indicators were indicated in your project application and selected for tracking. Please indicate the actual results that you have achieved in the “Actual” column.**

Selected Key Success Indicators	Target	Actual
# of volunteers committed to the project for a semester	5	15
# of survey responses received from students and staff	15	0*a
# of donations made to Midnight Kitchen by the end of summer	12	0*b

**If there is a significant difference in the target numbers and the actual numbers achieved, please explain. If you have any additional information to share about these success indicators, please also include it below.**

(1,800 characters maximum)

- a. We did not formally survey students and staff however received weekly, and sometimes daily, feedback regarding the project and the vertical garden.
- b. As noted above and in our mid-review, the partnership with Midnight Kitchen did not materialize as we had conceptualized it would. Instead, what emerged was the opportunity to organically share the bounty of the gardens with students and staff as produce became ready for harvest. This created the collateral benefit of fostering ongoing dialogue with members of our community in a spontaneous and joyful way, thus creating greater wellness in our immediate environment.

**10. Please report on your results for the standard SPF Key Success Indicators in the “Actual” column.**

Standard SPF Key Success Indicators	Actual #
# of volunteers directly or indirectly engaged in the project	15
# of people (student, staff, or other) trained in the context of the project	8
\$ raised for project activities subsequent to SPF funding	\$250
# of partnerships or collaborations developed between the project team and other McGill administrative units, student groups, community groups, other universities, and/or other groups/organizations.	4

**Regarding the last Key Success Indicator, please list the groups and/or organizations that you counted.**

(Unlimited characters; point form acceptable.)

SSMU, First Peoples’ House, Student Services Communications, Nutritower Inc.

**If you have any additional information to share about the Standard SPF Key Success Indicators, please include it below.** (1,800 characters maximum)

The dollar amount stipulated above relates to in-kind donations and direct support received from the vendor of the vertical grow tower, Nutritower Inc. The vendor played a key role in the success of this project, as they maintained contact throughout, facilitated educational opportunities, and supported the implementation and maintenance of all three towers.

**11. Please indicate the McGill stakeholder groups that were involved with your project as a team member or collaborator/partner. Choose all that apply.**

- Undergraduate
  Postgraduate
  Administrative Staff
  Academic Staff
  Alumni

**12. Please rate your project team’s overall satisfaction with the support provided by the SPF Staff. Choose only one response.**

- Very Dissatisfied
  Dissatisfied
  Neither Satisfied Nor Dissatisfied
  Satisfied
  Very Satisfied

**13. Please provide any feedback or recommendations regarding your team’s experience with the SPF.**

(Unlimited characters, suggested minimum 1 paragraph)

The flexibility allowed for change during the course of this project was appreciated given our changing staff compliment. This allowed us to adapt to internal changes, while maintaining project viability. Second, this flexibility permitted to project to maintain impact when original conceptions did not manifest in the expected manner.

**14. If there is additional information you would like to share about your project, please use the field below.**

(Unlimited characters)

Working with a locally based startup company was of significant value to this project and was of particular impact given the company holds very similar, if not shared, goals of SPF, specifically related to sustainability and community. In this instance, I feel it important to note that this project would not have been as successful as it was without the direct support and knowledge sharing of the vendor.

**15. Has involvement in this SPF project positively impacted your team in the area of professional growth?**

**Please choose one. If you would like to elaborate, please use the field below.** (800 characters maximum)

- Yes
  No
  Prefer Not to Share

**16. Has involvement in this SPF project positively impacted your team in the area of personal growth?**

**Please choose one. If you would like to elaborate, please use the field below.** (800 characters maximum)

- Yes  No  Prefer Not to Share

**17. Which of the following skills or attributes has your team improved through involvement in your SPF project? Choose all that apply.**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Budgeting                 | <input checked="" type="checkbox"/> Networking         | <input type="checkbox"/> Systems Thinking                          |
| <input checked="" type="checkbox"/> Communications | <input type="checkbox"/> Planning                      | <input checked="" type="checkbox"/> Teamwork                       |
| <input type="checkbox"/> Conflict Resolution       | <input checked="" type="checkbox"/> Problem Solving    | <input type="checkbox"/> Technology                                |
| <input checked="" type="checkbox"/> Leadership     | <input checked="" type="checkbox"/> Project Management | <input type="checkbox"/> Time Management                           |
| <input type="checkbox"/> Listening                 | <input type="checkbox"/> Public Speaking               | <input type="checkbox"/> Writing                                   |
| <input type="checkbox"/> Mentoring                 | <input type="checkbox"/> Stakeholder Engagement        | <input type="checkbox"/> Other (Please specify in the field below) |
| <input type="checkbox"/> Negotiating               | <input type="checkbox"/> Stakeholder Identification    |  |

Other:

**18. Since starting your SPF project, has your team improved its knowledge of sustainability?**

**Please choose one. If you would like to elaborate, please use the field below.** (800 characters maximum)

- Yes  No  Prefer Not to Share

**19. (Optional) If applicable, please list the total number of team members voluntarily self-identifying as members of marginalized communities: 8**

**Please identify the represented communities below. (e.g. women, Indigenous people, people of colour, LGBTTQI, student parents, members of ethnic minorities, immigrants, people with disabilities)**

(1,800 characters maximum)

Women; Indigenous people; People of Colour; Immigrants; People with Disabilities.

**Thank you for completing your Final Report!**

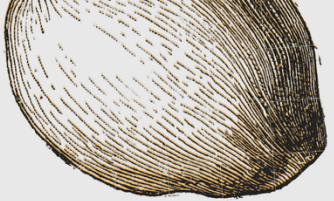
Please e-mail your report to the [SPF Staff](#) attaching any additional information that you would like to share about your project (e.g. other reports, research, documents, photos, etc.). Please note that this Final Report will be shared publicly on your SPF project's webpage.





# Gardens Alive 365 SP0185

Funding provided by  
Sustainability Projects Fund



# Welcome to our Garden!

SUPPORT PROVIDED BY:  
THE MCGILL SUSTAINABILITY PROJECTS FUND

## ABOUT THE SUSTAINABILITY PROJECTS FUND (SPF)

The Sustainability Projects Fund (SPF) aims to build a culture of sustainability across the campuses of McGill University through the development and seed funding of interdisciplinary projects. Since its creation in 2010, the SPF has allocated over \$7 million in funding and has approved 192 projects, which have yielded dramatic and lasting improvements to the social, economic, and environmental dimensions of McGill's sustainability performance.

The SPF is one of the largest dedicated campus sustainability funds of its kind in North America and is uniquely committed to collaboration between students and staff in its financing, decision-making, and project leadership.

In 2018, the Gardens Inside 365 project was one of 7 initiatives funded in the Under \$5,000 Stream, and one of 21 initiatives funded in total by the Sustainability Projects Fund. In 2019, two additional Nutritowers will go into the Brown Student Services Building, and the First People's House. Ongoing community lunches will be hosted as a way to connect with our campus, and enjoy fresh, year-round produce, grown right here on the Nutritower!

## ABOUT THE NUTRITOWER

At just over 5.5 feet tall, the Nutritower is a gardening system that lets us grow and harvest fresh fruit, vegetables and herbs anywhere indoors all year round. The gardening system grows plants hydroponically rather than in soil, and can grow 32 plants simultaneously. The base of the tower holds a water nutrient mixture, while an electric pump sends water through the Nutritower to nourish the roots of the plants. The Nutritower also provides consistent light to enable efficient plant growth, while still being a low power consumer, making it sustainable, efficient, and easy to care for.

### LUMINOTHERAPY

With the Nutritower's innovative full spectrum lights, it can bring the power of luminotherapy right into our indoor space. Luminotherapy is the exposure of the body to specific wavelengths of full spectrum light to mimic daylight. On average, an office space outputs 500 Lux. With only one Nutritower in your space, this output can increase over five times to 2817 Lux. This exposure to bright light at work for as little as 15 minutes per day can help you refocus, revitalize, and energize, leading to an increased level of happiness, creativity, and productivity.

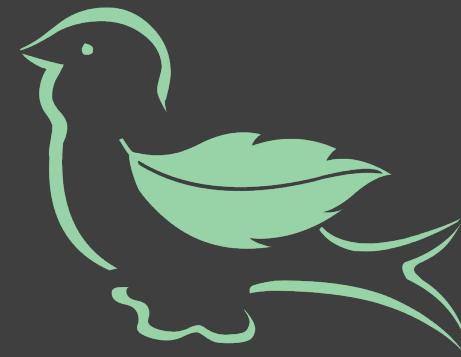
### FIVE BENEFITS OF HAVING A NUTRITOWER IN YOUR SPACE

- Increased productivity
- Cleaner air
- Healthy food
- Increased creativity
- Reduction of stress

### WANT TO KNOW MORE?

Contact Us!  
[disabilities.students@mcgill.ca](mailto:disabilities.students@mcgill.ca) or  
[info@nutritower.com](mailto:info@nutritower.com)

Follow Us!  
<https://www.facebook.com/McGill.OSD/>



# Sustainability Projects Fund







### Looking for a relaxing activity to help you unwind?

Take a break, sow some seeds, and learn about accessible, sustainable food production.

Brown Student Services Building, 1<sup>st</sup> floor Lobby  
Monday, April 15, 2019  
1:00 - 2:00PM

McGill

SPONSORED BY THE SUSTAINABILITY PROJECT FUND

## HYDROPONIC GARDENING 101 LUNCH & LEARN

*bring your lunch and learn about year-round, indoor, hydroponic gardening from the folks at Nutritower!*

21 February 2019, noon - 1pm  
OSD Office 1010 Sherbrooke, Suite 410

nutritower

More info and sign up at [www.facebook.com/McGillOSD/](http://www.facebook.com/McGillOSD/)  
or e-mail [disabilities.students@mcgill.ca](mailto:disabilities.students@mcgill.ca)



### Hydroponic Gardening

Take a break, sow some seeds and learn about accessible, sustainable food production.

Friday, May 3<sup>rd</sup>

Brown Student Services Building,  
5<sup>th</sup> floor hallway  
12:00 - 1:00PM

First Peoples' House,  
3505 Peel Street  
1:30 - 2:30PM

# Event Promotional Materials





# Stages of Growth

---





Harvest Time





New garden  
prep







Gardens expand!