



MICROHABITAT IMPACT REPORT 2022



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LET'S CULTIVATE
CHANGE

Introduction

At MicroHabitat, our mission is to bring change to businesses and institutions by transforming unused or underutilized spaces in cities into urban farms.

These initiatives contribute to the greening of spaces, create local, ecological and resilient food systems, help support local communities and encourage biodiversity in urban areas.

To launch an urban farm project, is to help build a healthier community, society, city and world.

Together, we are cultivating change!



The impact of your MicroHabitat farm

ENVIRONMENT

- Greening your outdoor spaces
- Reducing your environmental footprint
- Reducing rainwater runoff
- Reducing heat island effects
- Improving local biodiversity
- Supporting pollinators with the presence of melliferous (honey producing) plants
- 100% ecological cultivation
- Holistic approach with natural fertilizers, ecological automatic irrigation system, no use of chemicals
- Ultra-local production that reduces food loss and greenhouse gas production by limiting transportation

The impact of your MicroHabitat farm

SOCIAL

- Mobilizing teams around a sustainable development project
- Raising awareness and promoting healthy, local and sustainable food
- Improving the feeling of well-being and performance at work
- Supporting the Breakfast Club of Canada



ECONOMIC

- Added value to the property
- Employee engagement
- Team-building opportunity
- Innovative and sustainable positioning
- Improvement of eco-responsible practices

Your urban farm in numbers

MicroHabitat urban farms go beyond the simple vegetable garden!

By launching such an initiative, you have chosen a concrete and beneficial action for the environment, the members of your community and the society as a whole.

Your urban farm also means :

500

Edible plants have been grown in your MicroHabitat urban farm. Local wildlife thanks you!

Edible flowering plants provide food and shelter for pollinators and other beneficial insects.

103.64

Pounds of vegetables, edible flowers and herbs were harvested from your urban farm for the 2022 season!

All of the produce was donated to local food banks.

155

**Meals offered to the
Breakfast Club of Canada**

A donation of meals will be provided to children through our partnership with the Breakfast Club of Canada. We choose to support this organization which, like us, wants to eradicate food insecurity and give people access to healthy food.

Your farm, an engaging initiative

Over the course of a season, your members experience stimulating activities aimed at creating deeper and more meaningful interactions with nature and the environment around food.

Practical tips, sustainable consumption awareness and team building opportunities are the focus the workshops you select.

The activities you choose each season allow us to cultivate change further. We are able to inform, inspire, empower, share skills, knowledge, and build meaningful collaborative relationships with people by reconnecting them with nature through great team bonding experiences.

Project schedule



APRIL - MAY PLANNING FOR THE COMING SEASON

Setting up an urban farm takes a lot of work beforehand! We will contact you in April to plan the season's schedule and your educational activities.



JUNE INSTALLATION OF THE URBAN FARM

A very exciting moment! Our team of experts will be on site at the agreed time to set up your urban farm



JULY - SEPTEMBER WEEKLY MAINTENANCE & HARVESTS + PHOTO SESSION

Watch your garden grow and taste the fruits of your initiative. With us, you are cultivating change (and healthy, nutritious vegetables!)



OCTOBER CLOSING & POST-SEASON MEETING

our team will winterize your garden and organize a virtual meeting to debrief the season with you.



**SHARE THE
KEY MOMENTS
OF YOUR GARDEN**

**...WITH MEMBERS
OF YOUR
COMMUNITY...**

AND OURS!



microhabitat.ca



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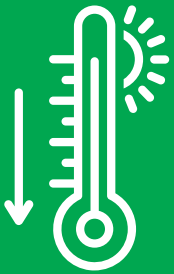
microhabitat

#togetherletscultivatechange

#microhabitat

Did you know?

Your MicroHabitat urban farm is becoming a rich, nurturing ecosystem where life flourishes. Here are some facts to share with your community!



Cities have an average temperature of 5 to 10 degrees Celsius higher than the outlying areas. This phenomenon, known as a "heat island", is due to the high concentration of built-up areas that absorb and re-emit heat from the sun. In contrast to urban environments, natural areas such as forests and vegetable gardens remain cool thereby reducing heat in the area.



Urban agriculture offers concrete solutions to combat climate change because it promotes water infiltration through the root system and it also reduces the risk of flooding because runoff water is reduced and excess water can be stored.



Several studies have shown that contact with nature reduces stress and anxiety, as well as increasing well-being and performance at school and work.

Urban agriculture improves air quality in our cities because it acts as a natural carbon capture system.



Urban farms help preserve biodiversity in cities while contributing to the development of rich and diverse ecosystems.



MicroHabitat urban farms are an ideal solution to act as an oasis for pollinators.

Share the news

Here are some professional photos you can include in your publications to promote your urban farm and your sustainable initiative!



JPEG VERSIONS TO DOWNLOAD [HERE](#).

Photo credit MicroHabitat



TIPS & TRICKS FOR OPTIMAL MOBILIZATION!

Communicate your urban farmer's weekly visit schedule to your members

Encourage your members to participate in educational activities

Share the good news in your elevators!

[GET THE VISUAL HERE](#)

Or print the following poster!
This is a great way to generate interest in your urban farm!

A MICROHABITAT URBAN FARM IS TAKING ROOT HERE

This building is home to an urban farming project.

Here, we grow ecological vegetables, fine herbs and edible flowers. This is a concrete action in sustainable development to reduce our environmental footprint and improve local biodiversity.

Together, let's cultivate change!

www.microhabitat.ca
[#cultivatingchangetogether](https://twitter.com/cultivatingchangetogether)



Let's cultivate change

Make your organization shine for what it is: an actor of change towards a greener and more sustainable society.

By choosing to develop a MicroHabitat urban farm project, you are promoting a sustainable development initiative and highlighting your organization's social responsibility.

Let's cultivate our cities for better consumption and better living.

Let's transform the urban landscape and citizens' habits, one urban farm at a time.

Together, let's cultivate change.



MicroHabitat
180 Rue Bellarmin Suite E,
Montreal, Quebec H2P 1G5
(438) 476-5273
www.microhabitat.ca