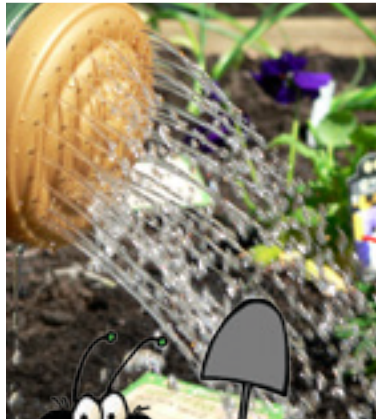


# CAN YOU DIG IT!



# TOGETHER, WE CAN ALL PLANT A SEED.



Like us on Facebook  
[canyoudigitca](https://www.facebook.com/canyoudigitca)



Follow us on Twitter  
[@canyoudigitca](https://twitter.com/canyoudigitca)



Find us on YouTube  
[CanYouDigItProject](https://www.youtube.com/CanYouDigItProject)

[www.cydi.ca](http://www.cydi.ca)

We invite and support individuals to establish inclusive food growing gardens together with their neighbors and members of the community. We transform urban land into spaces where individuals cultivate relationships and give back to their communities through food donations! To learn more about how to get involved, please visit [www.cydi.ca](http://www.cydi.ca) or email [info@cydi.ca](mailto:info@cydi.ca).

### Quotes from around the Can You Dig It community:

*"In our community garden, community comes first. It doesn't matter where you come from or what you do for a living, we all can garden together."*

*"Every individual has a contribution to make. It is easy to celebrate our gifts and abilities when the community garden is built around them."*

*"I have learned so much about gardening by interacting with others. But what is more, is that I have learned so much about the beautiful people that I got to meet while gardening!"*

