

BENEFITS

OF COMMUNITY GARDENS



PHYSICAL EXERCISE

increase and improvement of overall health of the gardener.



SENSE OF COMMUNITY

gardens provide a place for people of diverse backgrounds to interact and share cultural traditions, increasing the well-being of its members, breaking the isolation.



QUALITY TIME

Time with kids and family and introduction to self-sufficiency and food quality to youth.



THERAPEUTIC

stress relief and mental relaxation leading to mental health.



SUNSHINE/OUTDOORS

connecting with nature, increasing mental health.

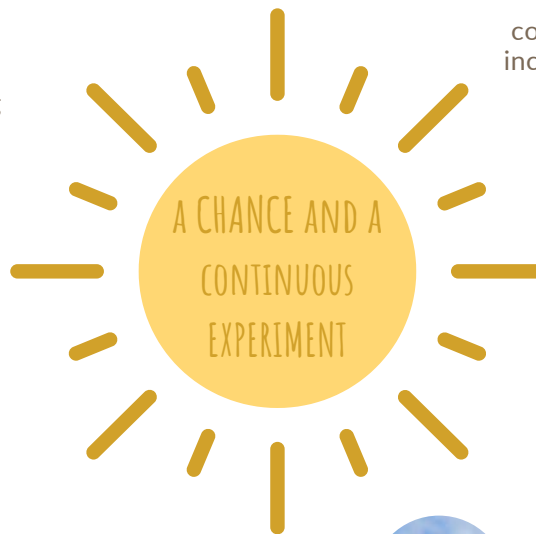


A chance to share **surplus produce**.



ECONOMICAL FOOD

more affordable food produce through growing high quality fruits and vegetables.



BIODIVERSITY

increased biodiversity through creation of new habitats for flora and fauna in urban areas.



NUTRITION

increased consumption of vegetables and fruit. Closer to the source of food.



ENVIRONMENTAL

reducing food kilometrage, reducing fossil fuel use from long-distance food transport, Recycling waste or local organic material, reducing runoff from rain and erosion. Contribution to reduction of overall temperature.



NATURAL BEAUTY

in urban spaces, increasing property value in the area.



NEW SKILLS

acquiring and sharing skills and knowledge related to gardening, cooking, nutrition, health, culture, increasing self-confidence.