

WHY COMMUNITY GARDENS

Community gardens can have many purposes, including:

- Food security

Community gardens can help combat food insecurity by providing fresh, healthy, and low-cost vegetables. They can also provide produce to people who live in food deserts.

- Health

Community gardens can improve community health by increasing physical activity and providing better nutrition. Gardening can also have therapeutic effects on mental health, reducing stress, anger, fear, and sadness.

- Environment

Community gardens can help improve the local environment by preserving and growing green space, and reducing the distance food travels. They also don't contribute to polluting food production practices.

- Community

Community gardens can create social capital and foster a sense of community. They can also provide educational opportunities, such as teaching people how to prepare soil, tend to seedlings, and care for growing plants.

- Economy

Community gardens can boost the local economy by training volunteers and selling food at farmers' markets.

- Safety

Gardens in urban areas can be positively correlated with decreased crime rate