

## Nutrition

Alaimo, Katherine PhD 1, Elizabeth Packnett MPH, Richard A. Miles BS and Daniel J. Kruger PhD, Fruit and Vegetable Intake among Urban Community Gardeners, Journal of Nutrition Education and Behavior, Volume 40, Issue 2, March-April 2008, Pages 94-101

“Adults with a household member who participated in a community garden consumed fruits and vegetables 1.4 more times per day than those who did not participate, and they were 3.5 times more likely to consume fruits and vegetables at least 5 times daily.” 1 Department of Food Science and Human Nutrition, Michigan State University, East Lansing, Michigan 2 Prevention Research Center of Michigan/University of Michigan School of Public Health, Ann Arbor, Michigan

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Jill S. Litt, Mah-J. Soobader, Mark S. Turbin, James W. Hale, Michael Buchenau, and Julie A. Marshall. 2011. The Influence of Social Involvement, Neighborhood Aesthetics, and Community Garden Participation on Fruit and Vegetable Consumption. American Journal of Public Health: August 2011, Vol. 101, No. 8, pp. 1466-1473.

Community gardeners consumed fruits and vegetables 5.7 times per day, compared with home gardeners (4.6 times per day) and nongardeners (3.9 times per day). Moreover, 56% of community gardeners met national recommendations to consume fruits and vegetables at least 5 times per day, compared with 37% of home gardeners and 25% of nongardeners. The qualities intrinsic to community gardens make them a unique intervention that can narrow the divide between people and the places where food is grown and increase local opportunities to eat better.

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## Community Development

Been, V. and I. Voicu. 2006. The Effect of Community Gardens on Neighboring Property Values, New York University School of Law, New York University Law and Economics Working Papers Paper 46. “We find that the opening of a community garden has a statistically significant positive impact on residential properties within 1000 feet of the garden, and that the impact increases over time. We find that gardens have the greatest impact in the most disadvantaged neighborhoods. Higher quality gardens have the greatest positive impact. Finally, we find that the opening of a garden is associated with other changes in the neighborhood, such as increasing rates of homeownership, and thus may be serving as catalysts for economic redevelopment of the community.”

Schukoske, Jane E. 2000 Community Development Through Gardening: State and Local Policies Transforming Urban Open Space. *Legislation and Public Policy*. Vol.3:351 This article has addressed the beneficial influence that gardens can have in curbing the problems associated with vacant lots and urban blight. It has also highlighted the other social benefits that can be reaped from establishing a community garden. Further, this article has examined the state and local laws that govern community gardens as well as the role of intermediary organizations such as land trusts. By extracting those factors which have made garden programs successful in communities throughout the country, this article has set forth the elements of a model local ordinance.

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## Multiple Benefits

Teig, E., et al., Collective efficacy in Denver, Colorado: Strengthening neighborhoods and health through community gardens. *Health & Place* (2009), doi:10.1016/j.healthplace.2009.06.003 The social organizational underpinnings of gardens give rise to a range of social processes, including social connections, reciprocity, mutual trust, collective decision-making, civic engagement and community building, all important processes associated with improving individual health and strengthening neighborhoods (Twiss et al., 2003; Armstrong, 2000; Cohen et al., 2006; Landman, 1993). Such processes can be fostered through community gardens through key activities such as volunteerism, leadership, neighborhood activities and recruitment. The place-based social processes found in community gardens support collective efficacy, a powerful mechanism for enhancing the role of gardens in promoting health.

Read more at: <https://nccommunitygardens.ces.ncsu.edu/resources-3/nccommunitygardens-research/>

Draper, C and D. Freedman. 2010. Review and Analysis of the Benefits, Purposes, and Motivations Associated with Community Gardening in the United States. *Journal of Community Practice*, 18(4) 458 – 492 Community gardens have been a part of modern American culture since the late 19th century. Participation in community gardening has ebbed and flowed in response to changing socioeconomic conditions, and thus the current economic recession has reheightened public interest. In a review of the scholarly literature from 1999 to 2010, rigorous quantitative research studies on the effects of community gardens are found to be sparse; however, a larger body of qualitative data is available. Eleven themes related to the purposes, benefits of, and motivations for participating in community gardens are identified. Community gardens can serve as an effective tool for community-based practitioners in carrying out their roles within the arenas of organizing, development, and change.

Eleven themes were identified: (a) health benefits; (b) food source/food security; (c) economic development; (d) youth education, employment, and skill development; (e) open space use and preservation; (f) crime prevention; (g) leisure and recreation; (h) neighborhood beautification; (i) social interaction/cultivation of relationships; (j) cultural preservation and expression; and (k) community organizing and empowerment.

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## From the UK

Chris Firth, Damian Maye & David Pearson (2011) Developing “community” in community gardens, *Local Environment*, 16:6, 555-568, DOI: [10.1080/13549839.2011.586025](https://doi.org/10.1080/13549839.2011.586025)

Community gardens are enjoying a renaissance, thought to be due to people's desire to reconnect with food, nature and community. This paper presents results from an exploratory investigation of two community gardens in Nottingham, supported by regional and national contextual analysis. It examines the nature and construction of “community” in community gardens and how they benefit their local communities. Results from case-study work show how community gardens help to build cohesion and vitality in a community, contributing to the generation of bonding, bridging and linking social capital. The composition of these capitals varies between the case-study gardens, dependent on the type of community formed. Two categories of community garden are identified in the paper: “place-based” and “interest-based”. The former are more territorially embedded in the local community, while the latter may span across diverse communities, with the social capital generated remaining within an “interest community”. These categories may not always map neatly on to one community garden, although one category may be more immediately evident. The article also suggests directions for future, including complementary research frameworks to further develop understandings of social capital metrics.

## Native American perspective – clam garden at Swinomish

The cultural and spiritual aspects make recent momentum to revitalize sea gardening especially meaningful. “All of these practices, I think, are centered around this idea of growing food and growing community,” says Hatch. A community focus – passing on traditional knowledge between generations and improving health through access to local foods – is at the heart of the effort to build what is likely the [first modern clam garden](#) in the United States.

