

What is Lotus Community Garden

Lotus Community Gardens (LCG) is an extension of Bahamas Lotus (BL) a nonprofit organization dedicated to increasing local knowledge about food-growing and the natural environment. The Lotus Community Gardens will be edible green spaces, containing vegetables, herbs and edible flowers and occasionally honey even a chicken or two. As gardeners will be able to harvest their crops after fruiting or when they have reached maturity, the fruits and vegetables are to be harvested and shared with the community or cooked into delicious dishes for community events.

"I always wanted to create this community where people can come and tell their story, through gardening. The idea is to not have one entity who creates the work, the project, and another entity who consumes it; the idea is to collectively create and work together to cultivate the garden and break bread."

Ms. Dwina Higgs
BL - Founder



Stats

- Community gardens increase surrounding property values by up to 9.4%.
- Community gardens can lower household food security concerns by up to 90%.
- Every \$1 invested in a community garden yields around \$6 worth of produce.
- Community gardens have a positive impact on neighborhood security.
- Community gardeners eat 37.5% more fruits and vegetables than non-gardeners.
- Common reasons for garden participation are access to fresh foods, health benefits, and to enjoy nature.
- Women community gardeners are 46% less likely to be overweight than their neighbors.



@lotuscommunitygardens

You are encouraged to participate and be involved. Real and effective action starts small and it starts with our communities.



Lotus Community Gardens



www.bahamaslotus.com

242-603-0446

46 Bernard Road

Nassau, The Bahamas



To plant a garden is to believe in tomorrow.

Audrey Hepburn

Mission

1. To enrich the community by partnering with individuals and groups to provide plots of land in central gathering places to plant vegetables, herbs and edible flowers, and enjoy the fruits of their labor.
2. To offer an opportunity for individuals and groups to “adopt” families-in-need, shelters, transition homes, homeless people, food banks, etc. to share their crops.
3. To provide the community with sustainable produce in times of natural or man-made disasters as well as during hard economic times.
4. To foster “green” programs, environmental awareness, healthy organic living, and a sense of community.

 Grow fresh, healthy food and support a resilient, local food system.

 Teach people how to garden using sustainable practices.

 Nurture habitat for pollinators and wildlife, and greenspace for neighbors to gather and enjoy.



Why Garden

In our efforts to mitigate the effects of Climate Change, Bahamas Lotus advocates for the increase of backyard farming and community farming for all age groups, ethnicities, races, incomes, and education levels. This will increase community ties, fellowship, and help sustain neighborhoods and improve families' health while building relationships among community members and creating a place to share information about bush medicine and Bahamian culinary dishes. In the hopes that this will increase food security, reduce food costs, and provide a more extensive quality and quantity of local fruits, vegetables, herbs, medicinal plants, and edible flowers.

Lotus Community Gardens are intended to be in every subdivision and managed by the neighboring community for the benefit of local residents. The aim of this initiative is to acquire allotment within the different subdivisions to encourage local residents to grow their own food in their community.

- Allotment Gardens should be 20' x 20' plots (minimum)
- Communal Gardens should be one (1) acre (minimum)

Gardening isn't a new idea people have been growing their own food for thousands of years."



Benefits

- **Good food access:** This initiative will provide hundreds of people living in the immediate areas, including families, children and youth, and seniors, resources to grow their own fresh, nutritious food.
- **Promotion of diverse food:** Through this initiative, we help keep the indigenous agriculture tradition alive, along with foreign produce. Which will represent the community's vibrant cultural diversity e.g., kiwi, strawberries, carrots and garlic, which grow alongside Indigenous healing and ceremonial plants such as cerasee and sage.
- **Physical health and community engagement:** Gardening promotes good nutrition and physical health for all ages. Community volunteers play an integral role, with the gardening, seed exchanges, and compost programs which will run year-round.

This initiative will be open to everyone it's for kids and adults of all ages to learn to grow food together. It's an exciting, creative edible laboratory where we're experimenting with organic, climate-friendly growing techniques, and harnessing local knowledge to experiment with produce.