WHAT COMMUNITY GARDENS OFFER?

A community garden can be in the metropolitan/urban city or in the suburban or rural town. It can be one community plot or can be many individual plots. It can be at a school, hospital, or in a neighborhood.

There are many types of community gardens, but they all offer access to healthy foods, sustainable agriculture, and local food marketing.

Benefits of a Community Garden:
- Increases availability of healthy foods
- Supports local farmers’ markets
- Increases and promotes physical activity
- Teaches appreciation for the land
- Creates community togetherness
- Teaches, implements, and makes science and math skills fun

Community Gardens Can Benefit Citizens:
- Many community gardeners take advantage of food production in community gardens to provide a significant source of food.
- Community gardens allow families and individuals without land of their own the opportunity to produce food.
- Community gardens provide access to nutritionally rich foods that may otherwise be unavailable to low-income families and individuals.
- Community gardens can donate produce to food pantries and involve people in the processes that provide food security and alleviate hunger.

Alabama success story-Jones Valley Urban Farm.
The Jones Valley Urban Farm (JVUF) is a community-based non-profit organization in Birmingham, Alabama. JVUF grows organic produce and flowers and educates the community about healthy food. - www.jvuf.org
Alabama Department of Agriculture and Industries: The goal of the Department of Agriculture and Industries is to serve the farmers and consumers of Alabama. Information on school interventions to encourage gardens and fresh produce is provided. - www.agi.state.al.us

The following sites provide step-by-step instructions on how to start a community garden. Information includes forming a planning committee, choosing the garden site, preparing the site, organizing and planting the garden, and maintaining the garden.

www.communitygarden.org
www.extension.org/pages/Community_Gardens_Offer_Rewards
www.foodnotlawnsinw.com/community-gardens
www.edcommunitygarden.org
www.thegreenestdollar.com/2009/03/how-to-start-a-community-garden/
www.umext.maine.edu/onlinepubs/htpubs/4300.htm
www.aggie-horticulture.tamu.edu
www.thegardenhelper.com