

# 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](http://www.jvuf.org)



## STATE OBESITY TASK FORCE

MISSION: Working toward prevention and reduction of obesity for a healthier Alabama

## RESOURCES FOR COMMUNITY GARDENS

**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](http://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](http://www.communitygarden.org)

[www.extension.org/pages/Community\\_Gardens\\_Offer\\_Rewards](http://www.extension.org/pages/Community_Gardens_Offer_Rewards)

[www.foodnotlawnsinw.com/community-gardens](http://www.foodnotlawnsinw.com/community-gardens)

[www.edcommunitygarden.org](http://www.edcommunitygarden.org)

[www.thegreenestdollar.com/2009/03/how-to-start-a-community-garden/](http://www.thegreenestdollar.com/2009/03/how-to-start-a-community-garden/)

[www.umext.maine.edu/onlinepubs/htpubs/4300.htm](http://www.umext.maine.edu/onlinepubs/htpubs/4300.htm)

[www.aggie-horticulture.tamu.edu](http://www.aggie-horticulture.tamu.edu)

[www.thegardenhelper.com](http://www.thegardenhelper.com)