



BENEFITS OF COMMUNITY GARDENING



Harvesting Food

- Growing wholesome fresh vegetables
- Supplementing your food supply
- Creating food security in the community by donating fresh vegetables

Improving Health and Wellness

- A healthy, outdoor activity that keeps gardeners young
- A rehabilitative activity for people with health challenges
- An activity that reduces stress, lowers blood pressure, reduces muscle tension and restores a sense of well-being

Building Community

- Sharing information and advice on good gardening
- Sharing seeds, tools and other garden supplies
- Meeting and working alongside your neighbors
- Creating a positive community for gardeners and neighborhood residents
- Providing an opportunity for people experiencing social, criminal justice and economic challenges to positively engage with their community.

Partnering between community leaders and community gardeners to build a vibrant and supportive neighborhood.



Learning About Ecological Integrity

- Organic gardening
- Good gardening practices through workshops
- Creating beautiful public green spaces
- Reducing pollution, noise and temperature in dense urban areas
- Supporting the fertility of the land through cultivation and stewardship that would otherwise be left barren.

(Community Garden Network of
Edmonton and Area, April 2006)

