

A photograph of a community garden with several raised garden beds. The beds are bordered by wooden planks and contain various plants, including green leafy vegetables and a small tree with red leaves. A blue tarp is visible in the foreground. In the background, there are trees, a brick building, and a blue car parked near a fence.

Community Gardens

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Gardening Benefits



- Produces Nutritious Food
- Reduces Family Food Budgets
- Improves the quality of life for people in the garden
- Provides a catalyst for neighborhood and community development
- Stimulates Social Interaction
- Encourages Self-Reliance
- Beautifies Neighborhoods
- Creates opportunity for recreation, exercise, therapy, and education
- Reduces Crime
- Preserves Green Space
- Creates income opportunities and economic development
- Provides opportunities for intergenerational and cross-cultural connections

Community Gardens



- Gardens build individuals
- Gardens build families
- Gardens build community
- Gardens build economies

Value of a garden

- 1600 sq. ft. garden (40'x40')
 - Can yield over \$2000 in produce.
- Family with household income of 40k
 - Total food budget of 8% - \$3200.



Community Gardens

- Starting a garden
 - Find partners
 - Organize
 - Plan
 - Location
 - Plant
 - Build support



Gardening Resources

- Department of Agriculture
 - 10,000 Garden Challenge
 - Matching Grant
- University of Missouri Extension
 - C.G. Tool-kit
- Lincoln University Extension
- Missouri State University

- Local Organizations
 - Master Gardeners, Garden Clubs, FFA, 4-H
- American Community Gardening Association