Urban Gardens: Growing Healthy Communities through Gardening

Urban Gardens and Sustainable Landscapes (UGSL) is a comprehensive Urban Extension horticultural education initiative that includes these programming efforts:

- Urban Green
- Urban Gardens
- Water Wheels Outdoor Water Conservation Laboratory
- Urban Home-A-Syst

These programs will:

- Increase availability of local fresh fruits and vegetables for inner-city, limited-resource families, and individuals.
- Increase intake of fresh fruits and vegetables to improve nutrition and human health.
- Educate consumers on the benefits of gardening in limited urban spaces and the opportunities available for gardening with limited resources.
- Enhance management of urban landscapes through improved utilization of space for community aesthetics and health.
- Promote composting, recycling of household waste, and other reusable materials to increase environmental sustainability.
- Promote water conservation and use of other techniques to preserve natural resources.

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Urban Gardens
Urban Gardens & Sustainable Landscapes

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UNP-2088
The *Urban Gardens* program offers educational information via workshops and hands-on training to improve environmental awareness as it relates to natural resource conservation and sustainable food systems.

Residential landscapes and agricultural production are non-point source pollution (NPS) contributors to water. NPS pollution is associated with land uses and the everyday activities of people who live, work, play, or travel within an urban community.

*Urban Gardens* program objectives are to:

- Increase availability of local, fresh fruits and vegetables for inner-city, limited-resource families and individuals.
- Increase intake of fresh fruits and vegetables to improve nutrition and health.
- Educate consumers on the benefits of gardening in urban spaces, and the options and opportunities available for gardening with limited resources.
- Promote water conservation, composting, recycling, use of irrigation alternatives, and other practices that increase environmental sustainability.

**What the program covers...**

Workshops, online educational materials, and videos are used on urban and community garden development, management, and sustainability.

*Urban Gardens* will focus on:

- Urban gardening
- Edible landscapes
- Container gardening
- Pollinator landscapes
- Rainwater for Irrigation

**Participants: Urban Gardens** is ideal for urban property owners, building managers and developers, municipal developers, city planners, and K-12 schools and systems.

Urban regional Extension agents are willing to work with individuals, community groups, and organizations on the development of gardens within urban communities.

**Additional Resources:**

http://environment.nationalgeographic.com/environment/photos/urban-farming/

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