

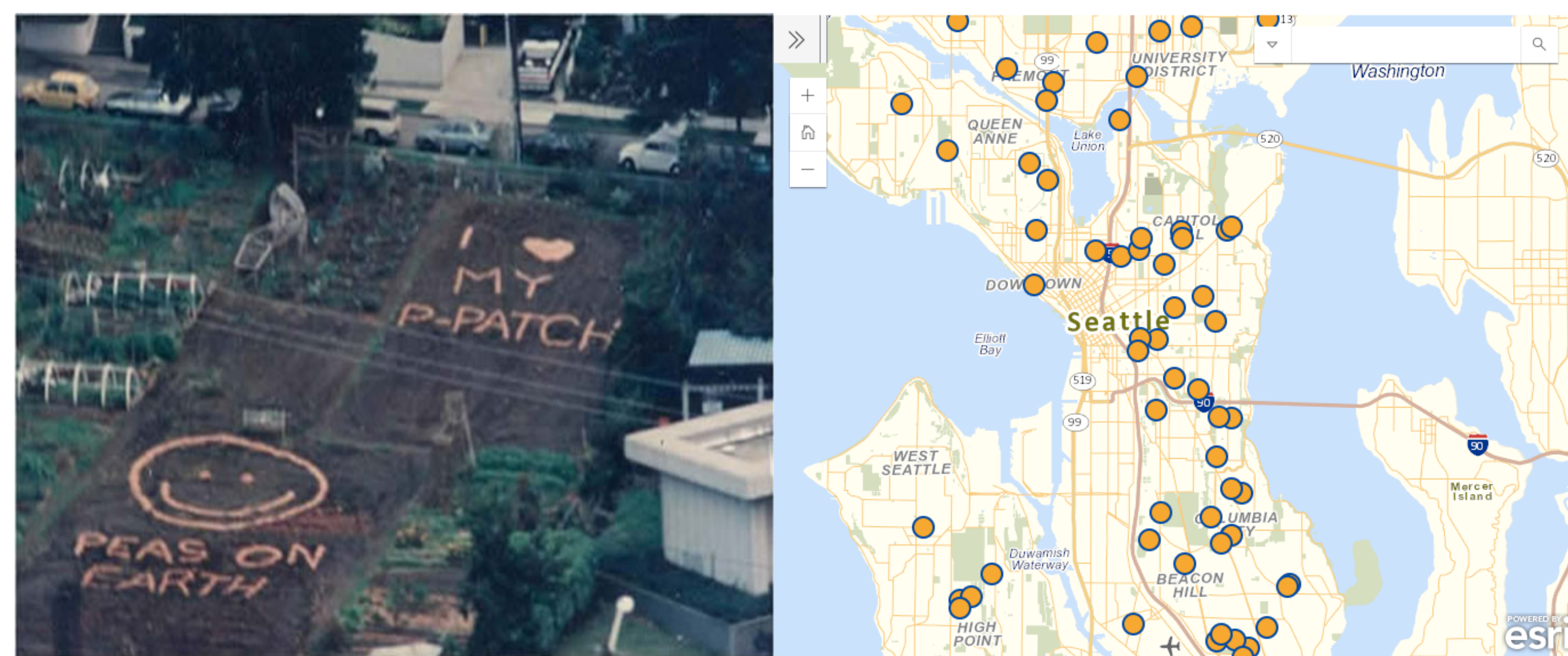


D3, GSPS, Ritsumeikan University


Cases of American Community Gardens

- ## 1. Seattle, Washington

- Seattle enjoys its national reputation as one of the largest municipally supported community gardening programs. The Seattle P-Patch program for community garden plots began in the early 1970s during an economic downturn.
- Currently, Seattle Department of Neighborhoods' P-Patch Program oversees 89 P-Patches (1900 plots) in 68 locations throughout the city. Community gardeners grow food on 14.9 acres and provide stewardship for an additional 18.8 acres of public land for a total of 33.7 acres. P-Patch Community Gardens come in many shapes, sizes, and ownerships, but all spring from the desire of neighbors wanting to make connections and improve their surroundings.
- All P-Patch gardens are open to the public to enjoy and are used as restorative spaces, learning and idea incubators, and gathering spaces. Moreover, the gardens provide a way to give back to the community through volunteer hours and by supplying fresh, organic produce to Seattle food banks and feeding programs.




1. Health Effects

- Community gardens benefit community food access by enhancing nutrition and physical activity as well as promoting the public health. community gardens benefit community food security by providing residents with safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice.
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2. Environmental Effects

- Community gardens have the potential to positively impact the areas around them. If gardeners employ organic and environmentally conscious techniques, the community gardens can be a step away from chemically dependent and wasteful food systems. Organic community gardens also utilize large quantities of kitchen scraps and yard waste through the process of composting, which decreases greenhouse gas emissions.
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- A close-up photograph showing a pair of hands gently holding a small, young green plant with two leaves. The plant is growing out of a mound of dark, rich soil. The background is a soft, out-of-focus green, suggesting a garden or natural setting.



3. Social Effects

- Community gardens appear to provide an opportunity for social contact and expansion of neighborhood social networks, thus decreasing isolation through sharing of seeds, tools, knowledge, ideas, produce, and culture. They also offer a participatory approach to community development, which serves as a foundation for building community.



- The American community gardens are often run and managed by non-profit organizations, community groups, and local residents, and sometimes with municipal support.
- These gardens have more diverse effects and values, and their function as a “third place” is greater than the initial function of food production. In general, American community gardens have three main effects, with health effect as the most direct effect, environmental effect as the indirect effect, and social effect as an increasingly prominent effect. Furthermore, “growing community” or “giving back to community” is the center of American community gardens. Therefore, this study encourages more research to pay attention to the social effect and community level of community gardens, and meanwhile appeals community research experts to pursue community gardening as an emerging area of research, practice, and policy, which is already underway in many communities.

2. Salt Lake City, Utah

- Community gardens are available through the non-profit organization Wasatch Community Gardens. This organization has served Wasatch Front residents since 1989 with the belief that the quality of a community is directly related to the quality of its food. Currently, there are 16 community gardens under the management of Wasatch Community Gardens. There are five main programs: Community Garden Program, Youth Garden Program, School Garden Program, Community Education Program, and the Green Team Farm. All these programs offer garden space, educational programs, and community events to empower people to grow, harvest, and preserve, fresh, healthy food, to reimagine the relationship to the environment and cities, and to inspire future innovation in the urban landscape.
- The mission of Community Garden Program is to empower people of all ages and incomes to grow and eat healthy, organic, local food, and to envision an inclusive, robust and vibrant community that is nourished by healthy and affordable food. There are three core values: 1) “community”: to practice inclusion and cultivate connections between diverse people around a shared community gardens mission-related purpose; 2) “sharing”: to recognize that everyone has knowledge and experience to contribute that enlivens and strengthens our mission and community; 3) environmental stewardship: from site design, to sustainable sourcing, to organic garden management, community gardens act as a part of an interconnected ecosystem.

