Benefits of Community Gardening

More than just growing food, community gardening gives you the opportunity to be part of a meaningful network, share your skills, celebrate your abilities & give back to those in need. Amongst the benefits:

Environment

- Community gardens offer a sustainable way to use the land. They help to the beautification of a neighbourhood and can reduce noise and visual pollution.
- By reclaiming ownership of under-utilized and empty space, community gardens can benefit the community by converting these neglected spaces into green growing spaces for the community.

Health

- Gardening is considering a moderate physical exercise and involves walking, bending, stretching and reaching. Getting outside also gets you the benefits of sunshine and fresh air.
- Gardening provides you with nutritious easily accessible fresh produce. People with home gardens eat more fruits and vegetables and express a preference for those foods compared to people who don’t have the chance to grow their own food.
- Gardening is therapeutic. It reduces stress and positively impacts mental health and well-being. The simple fact of being in a garden lowers your blood pressure, and people who interact with plants recover more quickly from everyday stress and mental fatigue (seriously!).

Building communities

- Gardening is a universal language that brings people together. Conversations and common activities melt differences between people. Community gardens are a valuable social venue where neighbours can get to know one another, and build a sense of community and belonging.
- By working together for a common purpose, community gardeners learn to make communal decisions, solve problems and negotiate with one another.
- Community gardens increase community security through community involvement. They foster a sense of mutual respect among community members, lead to the formation of social networks, and increase the number of eyes on the street.
- Giving back part of your produce to those in need can provide nutritious options to individuals and families in your community who don’t always have access to fresh produce.

Empowerment

- Gardening allows you to learn new skills and knowledge, and offer a “hands-on” learning opportunity. It can be an occasion to become an expert and a leader in your community.
- Gardening with your community provides you a chance to share your skills and celebrate your abilities.
- Gardening gives a sense of accomplishment and pride, and is a great way to experience the joy that comes from community work.
- Giving back part of your produce to those in need is empowering and puts you in the giving end an social transaction, placing you as a civic exemplar.
- Community gardening can just change the perception you and others have of yourself!