# Community Gardens Urban Gardening And Farming For Teens

#community gardens for teens #urban gardening for youth #farming for teenagers #teen agriculture programs #gardening activities high school

Explore the exciting world where community gardens and urban farming connect with the energy of teens. Discover how engaging in hands-on gardening projects can cultivate new skills, foster environmental awareness, and build stronger communities for young people.

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## Community Gardens

In community gardens, people of all ages work together to improve their communities, turning abandoned lots and other plots of land into vibrant green spaces. Community gardens beautify neighborhoods, provide residents with nutritious food and flowers, and serve as places to meet and socialize. This exciting title gives teens the information they need to get a gardening project off the ground, from holding the first community meetings to harvesting what they grow. In accessible text, the author provides useful advice on designing the garden, choosing appropriate plants, and preparing the soil, as well as on planting and tending the garden. Photos will inspire readers, and a wealth of resources is provided for further support.

# Growing a Life

Growing a Life demonstrates just how influential school and community gardening programs can be for adolescents. Readers follow author Illène Pevec as she travels from rural Colorado to inner New York City, and from agrarian New Mexico to urban Oakland, California, to study remarkable youth gardening programs for at-risk teens. Expressive candid interviews with more than eighty students, substantiated by relevant neuroscience research and a framework of positive psychology, explain the life-altering physical and emotional benefits of gardening. As students share their experiences tending the soil and the plants, feeding their families and their communities, and guiding younger children, readers are given the opportunity to examine the largely unexplored topic of mentored urban gardening. Growing a Life will inspire educators, community leaders, and youth to team up and establish community gardens where they do not already exist and to involve youth in existing gardens.--AMAZON.

# Growing a Garden City

Fifteen people—plus a class of first graders—tell how local food, farms, and gardens changed their lives and their community...and how they can change yours, too. Growing a Garden City includes: Fifteen first-person stories of personal and civic transformation from a range of individuals, including farmers and community garden members, a low-income senior and troubled teen, a foodie, a food bank officer, and many more Seven in-depth "How It Works" sections on student farms, community gardens, community supported agriculture (CSA), community education, farm work therapy, community outreach, and more Detailed information on dozens of additional resources from relevant books and websites to government programs and national non-profit organizations Over 80 full-color photographs showing a diverse local food community at home, work, and play Read Growing a Garden City to: Learn how people like you, with busy lives like yours, can and do enjoy the many benefits of local food without having to become full-time organic farmers Gain the information you need to organize or get involved in your own "growing community" anywhere across the country and around the world

# **Entrepreneurial Community Gardens**

Fifteen people—plus a class of first graders—tell how local food, farms, and gardens changed their lives and their community...and how they can change yours, too. Urban Farming Handbook includes: • Fifteen first-person stories of personal and civic transformation from a range of individuals, including farmers and community garden members, a low-income senior and troubled teen, a foodie, a food bank officer, and many more • Seven in-depth "How It Works" sections on student farms, community gardens, community supported agriculture (CSA), community education, farm work therapy, community outreach, and more • Detailed information on dozens of additional resources from relevant books and websites to government programs and national non-profit organizations • Over 80 full-color photographs showing a diverse local food community at home, work, and play Read Urban Farming Handbook to: • Learn how people like you, with busy lives like yours, can and do enjoy the many benefits of local food without having to become full-time organic farmers • Gain the information you need to organize or get involved in your own "growing community" anywhere across the country and around the world.

#### The Urban Garden

"The social history of American cities would not be complete without a full account of the rise of community open spaces. Lawson does exactly this by providing a compelling and poetic account of the history and making of urban gardens. Combining solid scholarship with engaging images of the gardens and stories of their makers, this book sheds new light on the value of urban open space. More important, it explains why community gardens need to stand alongside city parks as permanent open spaces. Essential reading for community developers and landscape architects as well as anyone who ventures outside, enthusiasm and shovel in hand, to improve their local environment.—Mark Francis, author of Urban Open Space and Village Homes "The definitive history of the past hundred years of America's experience with community gardens. A labor of love by a garden activist, the book appears at a most appropriate time—today our city dwellers and suburbanites are retreating onto carpets of passive open space tended by homeowner associations and lawn care outfits. Lawson thoughtfully analyzes the weaknesses of community gardens when used as a response to social crises and, by contrast, investigates community gardens as an alternative to today's managed care of open space. Her history clearly presents a way of community living that we can elect if we choose her wisdom."—Sam Bass Warner, Jr, author of To Dwell Is to Garden "An important book about how the urban gardening movement is transforming our landscape and reconnecting us to the land."—Alice Waters, Owner, Chez Panisse

# City Bountiful

Teens around the country are joining a nationwide movement of urban and suburban gardeners and farmers. They are learning to grow and harvest fresh, healthy food for personal and community benefit. The helpful instruction provided in this series will inspire even ultra-wired teen readers to get unplugged, don work gloves and boots, and enjoy interacting with the natural world. Accessible guides detail the processes involved in a variety of gardening and farming activities, and share useful techniques, terminology, and resources. Colorful photos convey uplifting images of teens successfully greening their communities and forging a closer connection to the food they eat.

# Urban Gardening and Farming for Teens

This guide to community gardening uses case studies to show how to produce safe eco-friendly food, bring neighbors together, offer science lessons for children, and give participants the satisfaction that comes with making things grow.

## **Growing Community**

Full Color Edition. Community Gardens. Grab your shovel, spade and other tools....lets band together and make more Community Gardens. This can help Health for Physical Activity, this can help Hunger for the ever changing face since the 2008 Financial Crisis, this can help various groups in our Nation with Job Skills, form tighter Neighborhood Associations sharing various Vegetables like Tomatoes, Fresh Corn, lots of Greens, Fruits, items from Orchards, etc. Farmers Markets can be formed that can reach various new places in your City or Town. Together, lets Think differently. Lets Help America with Food Insecurity and become more Food Secure. Together, we can do it. Be creative, enjoy the Sunshine for Vitamin D, grab some Seeds, Gloves, get Dirty, lets start planning, planting and get ready for the Fall Harvest! YES!

## Community Gardening

Examines gardens in the city and other places to grow food and herbs, and to raise animals.

## Community Garden Revolution

People have always grown food in urban spaces—on windowsills and sidewalks, and in backyards and neighborhood parks—but today, urban farmers are leading an environmental and social movement that transforms our national food system. To explore this agricultural renaissance, brothers David and Michael Hanson and urban farmer Edwin Marty document twelve successful urban farm programs, from an alternative school for girls in Detroit, to a backyard food swap in New Orleans, to a restaurant supply garden on a rooftop in Brooklyn. Each beautifully illustrated essay offers practical advice for budding farmers, such as composting and keeping livestock in the city, decontaminating toxic soil, even changing zoning laws.

#### Got Dirt?

This edition includes a variety of articles on urban agriculture. Articles discuss urban agriculture as a viable solution to food insecurities; the economic sustainability of urban agriculture; the impact of urban agriculture on specific groups, such as women in developing countries; and the future of urban farming. Includes primary and secondary sources from a variety of perspectives; eyewitnesses, scientific journals, government officials, and many others.

#### Watch Me Grow!

Profiles of sixteen innovative farms in major cities across America, plus basic how-to tips for composting, canning, beekeeping, growing vegetables, and more. Urban Farms takes readers on a journey across the country to sixteen established and emerging urban farm leaders, from Edible Schoolyard NYC in New York to Novella Carpenter's Ghost Town Farm in California. Sarah C. Rich's profiles about each farm, as well as her basic how-to tips on such activities as kitchen composting and beekeeping, offer insight and inspiration. Matthew Benson's photographs, meanwhile, reveal the quirky individuality that is innate in these green spaces tucked among city buildings and empty lots. In addition, five essays by experts in the field examine a variety of roles that urban farms can play in our lives today. Praise for Urban Farms "These snapshots of urban farms reinforce the truth about farming in a city is one of the surest ways to build community, feed our children real food, become fiscally responsible, and support a sustainable future."—Alice Walters, chef, author, and founder of the Edible Schoolyard "Rich's handsome, intelligent Urban Farms . . . chronicles a movement to bring kale to the people, an effort that stretches across the country, from Brooklyn to Oakland. . . . Benson's spirited photographs capture the joy and beauty of urban farming's bounty."—New York Times Book Review

#### The Community Garden Book

Some cities offer their residents lots of cool restaurants, arts activities, and business opportunities—but few green spaces. Poorer areas may have empty lots or abandoned buildings, and no nearby parks. Community gardens are a great idea for either of these scenarios—and so many more! Through inspiring descriptions of the benefits of community gardens, including their positive ecological impact,

readers will run to the nearest plot of land to start a garden! From the science of composting and organic farming to health topics like fitness and healthy eating, the motivating content will introduce readers to the fun of community gardens, which can bring communities together, help the environment, and provide a good use for unused lots. Bright, colorful photographs and descriptive sidebars and fact boxes will draw readers in even more—that is, if they haven't already started planting their garden!

# **Breaking Through Concrete**

Celebrates the innovative and inspiring ways that ubran dwellers are reimagining our cities as places of food production. Original.

# **Urban Farming**

Black and White Version. Community Gardens can be and should be done by EVERY Group possible in your City and Town. Start growing a Vegetable or Fruit Garden in your Backyard. Join a Healthy and Hunger Movement Today. We can be more healthy with Physical Activity working in Gardens, we can help fight Hunger, Jobs can be created with a new Agriculture Economy and mindset. Change your Thinking. Great things can change and Happen in your Backyard. Tear down the Blighted and vacant buildings in your town and add an Urban Farm, Grow some Veggies in beautifully decorated sites downtown and soften the harsh concrete look. Come together as a Community, as a Humane and Human Group. Help yourself, and help others. Do Donate to a Food Pantry and, or, Food Bank, do remember others when you grow your new Community Garden or add to your Homestead. YES!!! we can all make a HUGE difference in our Nation and be more Food Secure. Lets fight Food Insecurity for children, Seniors, the Single Moms and Dads, lets be a Food Stable Nation, YES!!! You can make the difference. Have a Great Community Garden Day! Learn from what is being done in each of the 50 States and Washington, D.C. Help Celebrate the 35th Anniversary of the American Community Garden Association. Congrats! From each book SOLD an amount goes to them to help re-grant FUNDS to help Cities and Towns start Community Gardens. Join in. Grab a Shovel, spade, some gloves, and seeds......lets plant some Community Gardens! Thanks!

### **Urban Farms**

Urban agriculture offers promising solutions to many different urban problems, such as blighted vacant lots, food insecurity, storm water runoff, and unemployment. These objectives connect to many cities' broader goal of "sustainability," but tensions among stakeholders have started to emerge in cities as urban agriculture is incorporated into the policymaking framework. Growing a Sustainable City? offers a critical analysis of the development of urban agriculture policies and their role in making post-industrial cities more sustainable. Christina Rosan and Hamil Pearsall's intriguing and illuminating case study of Philadelphia reveals how growing in the city has become a symbol of urban economic revitalization, sustainability, and - increasingly - gentrification. Their comprehensive research includes interviews with urban farmers, gardeners, and city officials, and reveals that the transition to "sustainability" is marked by a series of tensions along race, class, and generational lines. The book evaluates the role of urban agriculture in sustainability planning and policy by placing it within the context of a large city struggling to manage competing sustainability objectives. They highlight the challenges and opportunities of institutionalizing urban agriculture into formal city policy. Rosan and Pearsall tell the story of change and growing pains as a city attempts to reinvent itself as sustainable, livable, and economically competitive.

## How Community Gardens Work

This title includes a number of Open Access chapters. Urban horticulture, referring to the study and cultivation of the relationship between plants and the urban environment, is gaining more attention as the world rapidly urbanizes and cities expand. While plants have been grown in urban areas for millennia, it is now recognized that they not only provide food, ornament, and recreation, but also supply invaluable ecological services that help mitigate potentially negative impacts of urban ecosystems, and thus increase the livability of cities. This book provides background on key issues in this growing field.

## City Farmer

Growing and harvesting food within city limits is the future of farming. Urban farming has become a way of life for city dwellers who want to feel closer to nature and grow organic food. To be an urban farmer, all you need is soil, seeds, and a bit of space. Join the urban farming revolution while learning operations

with decimals. Packed with factual information and high-interest content, this nonfiction math book uses real-world examples of problem solving to build students' math and reading skills. Let's Explore Math sidebars feature math questions that challenge students to develop their math skills. A problem-solving section at the end of the book prompts students to reflect and apply what they've learned. Demystify math with this leveled book that makes learning math fun and accessible for kids ages 10-12 and is especially appealing to reluctant readers.

## Community Garden Revolution

Community gardens are "cropping" up all over, allowing neighbors to work together, grow together, and reap the delicious rewards of their labor together. As more and more people become interested in getting back to nature and growing their own food, the community-gardening movement is exploding in popularity, giving city and suburban dwellers an opportunity to try out their green thumbs. This colorfully illustrated guide to community gardening offers comprehensive planning and planting advice to those looking to start a community garden as well as to those interested in joining an existing garden. Inside The Community Garden Handbook: -Profiles of different types of community gardens around the world, such as community-supported agriculture, shared plots and individual plots, orchards, rooftop gardens, movable gardens, and more -Getting the whole family involved in the community's gardening efforts -Starting a community garden from scratch, including gathering a team, navigating the legalities, and securing funds -Organizing fun community events, such as seed swaps and workshops, to raise awareness of and draw participants to community gardens -Selecting a site, Planning the garden's layout, irrigation system, and division of plots -A season-by-season schedule of tasks to maximize growing and harvesting and maintain the garden in the off-season -A plant directory featuring detailed descriptions of close to 50 flowers, fruits, vegetables, herbs, and more that will thrive in a community-garden setting

# Growing a Sustainable City?

Combines practical wisdom on ecological design and community-building with a fresh, green perspective on an age-old subject. Activist and urban gardener Heather Flores shares her nine-step permaculture design to help farmsteaders and city dwellers alike build fertile soil, promote biodiversity, and increase natural habitat in their own "paradise gardens." This joyful lifestyle manual inspires readers to apply the principles of the paradise garden--simplicity, resourcefulness, creativity, mindfulness, and community--to all aspects of life. Plant "guerrilla gardens" in barren intersections and medians; organize community meals; start a street theater troupe or host a local art swap; free your kitchen from refrigeration and enjoy truly fresh, nourishing foods from your own plot of land; work with children to create garden play spaces. Flores cares passionately about the damaged state of our environment and our throwaway society. Here, she shows us how to reclaim the earth, one garden at a time.---From publisher description.

#### **Urban Horticulture**

In the wake of urbanization and technological advances, public green spaces within cities are disappearing and people are spending more time with electronic devices than with nature. Urban Horticulture explores the importance of horticulture to the lives, health, and well-being of urban populations. It includes contributions from experts in researc

## The Hidden World of Urban Farming: Operations with Decimals ebook

According to Marin Master Gardeners, "a community garden is any piece of land gardened by a group of people, utilizing either individual or shared plots on private or public land". Community gardens provide fresh products and plants as well as contributing to a sense of community and connection to the environment and an opportunity for satisfying labor and neighborhood improvement. They are publicly functioning in terms of ownership, access, and management, as well as typically owned in trust by local governments or not for profit associations. Community gardens vary widely throughout the world. In North America, community gardens range from familiar "victory garden" areas where people grow small plots of vegetables, to large "greening" projects to preserve natural areas, to tiny street beautification planters on urban street corners. Some grow only flowers, others are nurtured communally and their bounty shared. There are even non-profits in many major cities that offer assistance to low-income families, children groups, and community organizations by helping them develop and grow their own gardens. In the UK and the rest of Europe, closely related "allotment gardens" can have dozens of

plots, each measuring hundreds of square meters and rented by the same family for generations. In the developing world, commonly held land for small gardens is a familiar part of the landscape, even in urban areas, where they may function as market gardens. They also practice crop rotations with versatile plants such as peanuts, tomatoes and much more. Community gardens are often used in urban neighborhoods to alleviate the food desert effect. Food accessibility described in urban areas refers to residents who have limited access to fresh produce such as fruits and vegetables. Food deserts often serve lower-income neighborhoods usually in which residents are forced to rely on unhealthy food options such as expensive processed foods from convenience stores, gas stations, and fast-food restaurants. Community gardens provide accessibility for fresh food to be in closer proximity located in local neighborhoods. Community gardens can help expand the realm for ensuring residents' access to healthy and affordable food in a community. Community gardens may help alleviate one effect of climate change, which is expected to cause a global decline in agricultural output, making fresh produce increasingly unaffordable. Community gardens are also an increasingly popular method of changing the built environment in order to promote health and wellness in the face of urbanization. The built environment has a wide range of positive and negative effects on the people who work, live, and play in a given area, including a person's chance of developing obesity Community gardens encourage an urban community's food security, allowing citizens to grow their own food or for others to donate what they have grown. Advocates say locally grown food decreases a community's reliance on fossil fuels for transport of food from large agricultural areas and reduces a society's overall use of fossil fuels to drive in agricultural machinery. A 2012 op-ed by community garden advocate Les Kishler examines how community gardening can reinforce the so-called "positive" ideas and activities of the Occupy movement. Community gardens improve users' health through increased fresh vegetable consumption and providing a venue for exercise. A fundamental part of good health is a diet rich in fresh fruits, vegetables, and other plant based foods. Community gardens provide access to such foods for the communities in which they are located. Community gardens are especially important in communities with large concentrations of low socioeconomic populations, as a lack fresh fruit and vegetable availability plagues these communities at disproportionate rates.

# The Community Gardening Handbook

CLICK HERE to download two urban farming profiles from Backyard Roots (Provide us with a little information and we'll send your download directly to your inbox) \* An inspiring book that features 35 urban farmers from Northern California, Oregon, Washington and British Columbia \* Stories, advice and tips to help you succeed in growing food, raising animals and building community \* Features over 200 photos \* A follow-up title to the 2012 Nautilus Book Award-winning The Urban Farm Handbook The burgeoning range of people now turning their urban backyards into homesteads is wide and varied, from families with young children, to immigrants recapturing their original culture, to idealistic twenty-somethings seeking community. Many of these farmers have a special lesson or inspiration to share with those who aspire to, or simply appreciate, the urban farm lifestyle. Backyard Roots is a unique project by California-based photographer Lori Eanes that evocatively and intimately explores the lives of 35 urban farmers in Northern California, Oregon, Washington, and British Columbia. In these stories and photos you'll find people like Laura Allen, the Oakland-based cofounder of Greywater Action, a policy and education nonprofit that promotes the use of greywater systems. In Vancouver, aquaponic farmer Jodi Peters sustainably grows and harvests tilapia in sync with her organic vegetable garden. Or meet Jonathan Chen, a young cancer survivor who now manages the Danny Woo Community Gardens in south Seattle, where a group of Southeast Asian immigrants farm in a vibrant mix of cultures. From the elderly to the young, the trendy to the purely functional, here are inspiring stories, ideas on how to make it happen, tips on everything from chicken keeping to community health, and so much more. Find additional pictures, stories and updates from the farmers featured in Backyard Roots at backyardrootsblog.com Winner of the Nautilus Awards 2014 "Better Books for a Better World" Gold Award!

#### Food Not Lawns

This book fills a void in the literature around how urban agricultural education can be used to create opportunities to educate youth and citizens who live in urban areas about growing food. To date, very little has been written about program design and the impact of such experiences on learning outcomes. In fact, most of the journal articles and research to date has focused on access, contextual factors, sustainability, relevance of urban agricultural education, and the intersection of science of agriculture. This book will cover such topics as how urban youth learn science while engaged in urban agriculture

programs, how such programs support youth in becoming interested about healthy eating and science more generally, and how to design urban agriculture programs in support of STEM education. The chapters in this book are written by educational researchers and each chapter has been reviewed by researchers and practitioners.

#### **Urban Horticulture**

Backyard gardens and urban farms have become more important for many reasons. When you taste the vegetables you have grown yourself, you will become aware of the flavor gap between your vegetables and store bought vegetables. This is a health filled activity that is fun, rewarding and satisfying.

# Guide to Community Gardening

In community gardens, people of all ages work together to improve their communities, turning abandoned lots and other plots of land into vibrant green spaces. Community gardens beautify neighborhoods, provide residents with nutritious food and flowers, and serve as places to meet and socialize. This exciting title gives teens the information they need to get a gardening project off the ground, from holding the first community meetings to harvesting what they grow. In accessible text, the author provides useful advice on designing the garden, choosing appropriate plants, and preparing the soil, as well as on planting and tending the garden. Photos will inspire readers, and a wealth of resources is provided for further support.

# **Backyard Roots**

Reclaiming Our Food tells the stories of people across the United States who are finding new ways to grow, process, and distribute food for their own communities. Discover how abandoned urban lots have been turned into productive organic farms, how a family-run sustainable fish farm can stay local and be profitable, and how engaged communities are bringing fresh produce into school cafeterias. Through photographic essays and interviews with innovative food leaders, you'll be inspired to get involved and help cultivate your own local food economy.

# Teaching and Learning in Urban Agricultural Community Contexts

With a basis in environmental history, this groundbreaking study challenges the idea that a meaningful attachment to nature and the outdoors is contrary to the black experience. The discussion shows that contemporary African American culture is usually seen as an urban culture, one that arose out of the Great Migration and has contributed to international trends in fashion, music, and the arts ever since. However, because of this urban focus, many African Americans are not at peace with their rich but tangled agrarian legacy. On one hand, the book shows, nature and violence are connected in black memory, especially in disturbing images such as slave ships on the ocean, exhaustion in the fields, dogs in the woods, and dead bodies hanging from trees. In contrast, though, there is also a competing tradition of African American stewardship of the land that should be better known. Emphasizing the tradition of black environmentalism and using storytelling techniques to dramatize the work of black naturalists, this account corrects the record and urges interested urban dwellers to get back to the land.

# A Handbook of Community Gardening

This is one of those "especially for now" kinds of books, when food security appears on our basic to-do list. It's about growing food closer to where we live, whether it's on a condo deck, in a backyard or in a community garden. The 20-30 Something Garden Guide gives that active, mostly urban, 20-30 cohort a fun, non-intimidating introduction to the basics of gardening. More than ever, they want to know where their food comes from, and they're hip to the importance of good health and the environment. They may not have a lot of free time or change in their pockets, but if they could find a no-fuss, "here's how you can do it" Gardening 101, they'd go for it. This is that book: high graphic appeal, fully illustrated, step-by-step projects and essential tips. Garden expert Dee Nash divides her book into four types and sizes of gardens - starting with Farming Your Patio, Balcony or Deck - and giving incremental goals for the first year, and the second and third. With this guide as a basic roadmap, new gardeners can be as creative and out-of-the-box as they want.

### Landmark Community Gardening & Urban Farming Manual

If you're interested in starting a community garden, this book is an essential guide. Author Claire Nettle offers practical tips on everything from finding land to organizing volunteers, as well as insights into the social and environmental benefits of community gardening. This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work is in the "public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

# **Community Gardens**

Urban agriculture is the global movement that encourages the practice of cultivating, processing and distributing food in the city.

# Reclaiming Our Food

The environment is a complicated issue composed of multiple layers and facets. This interdisciplinary anthology has been compiled to fuel informed conversations that we must have in the face of great environmental challenges.

#### Rooted in the Earth

This book provides comprehensive information on the rapidly developing field of urban horticulture for sustainable use of land resources and creating a better environment. It presents peer-reviewed chapters from leading international researchers in the field of horticulture technologies, environmental issues, urban horticulture, and landscaping and its role in society. It covers a wide array of topics on this subject and constitutes a valuable reference guide for students, professors, researchers, builders, and agriculturists concerned with urban horticulture, city planning, biodiversity, and the sustainable development of horticultural resources. Urban horticultural technologies facilitate the efficient use of available land in urban and residential areas, helping meet the demand for fresh fruits and vegetables to feed ever-growing urban populations. The amount of green space in urban areas is dwindling due to rising land prices, while the climbing numbers of multi-story buildings are producing various environmental and health issues. Technological advances provide tools and techniques for high-density and vertical cropping in small areas, promoting efficient and sustainable resource utilization. As such, urban horticulture is gaining importance in city planning – not only to bolster the food supply but also to improve the aesthetic value, environmental conditions, landscape, and business environment, while also reducing the consumption of fossil fuel in transportation.

# The 20-30 Something Garden Guide

Community planning is starting to include a broader food systems focus, spanning topics such as nutrition and health outcomes, sustainable farming practices, economic and social implications of local food production, distribution, and consumption. Together, these issues are a driving force for the passions of those seeking positive change in their communities through healthy food. The purpose of this book is to explore how and where local food and farms, as part of a local or regional food system, can positively impact both economic development and overall well-being of communities. Across North America, there are good examples of the ways in which innovative local food systems provide opportunities for: increasing job growth and entrepreneurship; retaining local farmers on their land while nourishing their community; and providing communities places to congregate, bond, and become closer-knit. Six such examples are highlighted, each illustrating a novel model offering unique contributions to community economic health and well-being. These important cases offer practitioners, advocates, academics, and students insight into how applications can be built or studied in their own communities.

## **Growing Community**

**Urban Farmers** 

https://mint.outcastdroids.ai | Page 9 of 9