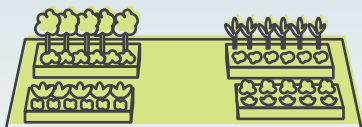


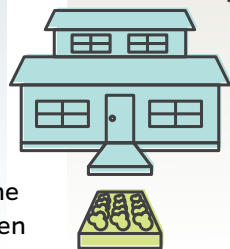
# BENEFITS OF URBAN AGRICULTURE

## SOCIAL & CULTURAL

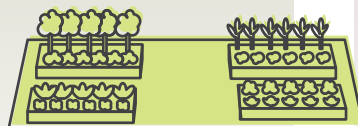
- Creates community cohesion
- Provides green space for community members to gather
- Can strengthen social connections and intergenerational relationships
- Cultural expression and maintenance of cultural heritage
- Can help immigrants to develop gain a sense of belonging



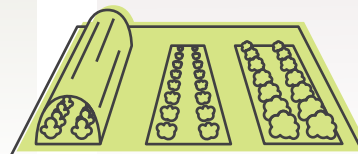
Community garden



Home garden



Market garden



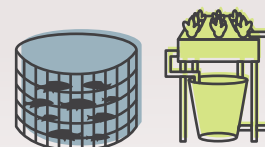
Urban farm

## HEALTH & WELLBEING

- Increases access to fresh, organic, and culturally appropriate produce
- Increases preferences for and consumption of fruits and vegetables
- Mitigates food insecurity
- Increases food system resilience by maintaining access to food in times of crisis
- Source of physical activity
- Mental health & therapeutic benefits

## ENVIRONMENT

- Increases biodiversity, including pollinator habitat
- Reduces energy and resource inputs
- Reduction in greenhouse gas emissions and air pollution
- Carbon sequestration by vegetation and crops
- Temperature regulation in urban areas



Hydroponics, aquaponics, and aquaculture.

## ECONOMIC & COMMUNITY DEVELOPMENT

- Creates opportunities for youth education and development
- Increases property values
- Employment training & opportunities
- Entrepreneurial urban agriculture activity can attract capital and create business opportunities
- Creates opportunities to learn about agriculture, nutrition and sustainability



Farmers markets and community supported agriculture

School garden

