COMMUNITY FOOD SYSTEMS: BACKYARD GARDENING

GOALS

Backyard gardening allows for the **INTEGRATION** of food plants with ornamental plants for an aesthetic setting. By incorporating both types of plants, a garden becomes **PRODUCTIVE** as well as beautiful; leading to added health benefits, stress reduction, and personal financial stability. With the incorporation of fruits, vegetables, herbs and beautiful perennials and annuals, your space is sure to have practical and flavorful results. There are numerous types of gardening that can be used at any scale from the backyard to city streets. Gardening is a great way to introduce healthy, fresh plants into family **LIFESTYLE** at home as well as grow food for those in need.

BENEFITS

- Safe, healthy food
- Exercise
- Beauty + improved environment
- Education
  - Master Gardeners programs
  - How-to seminars
  - Vocational/technical programs
- Earning and saving money
- Increase in home value
- Meet new people
- Be creative
- Show off your skills
- Emotional and spiritual connection
- Lasting memories

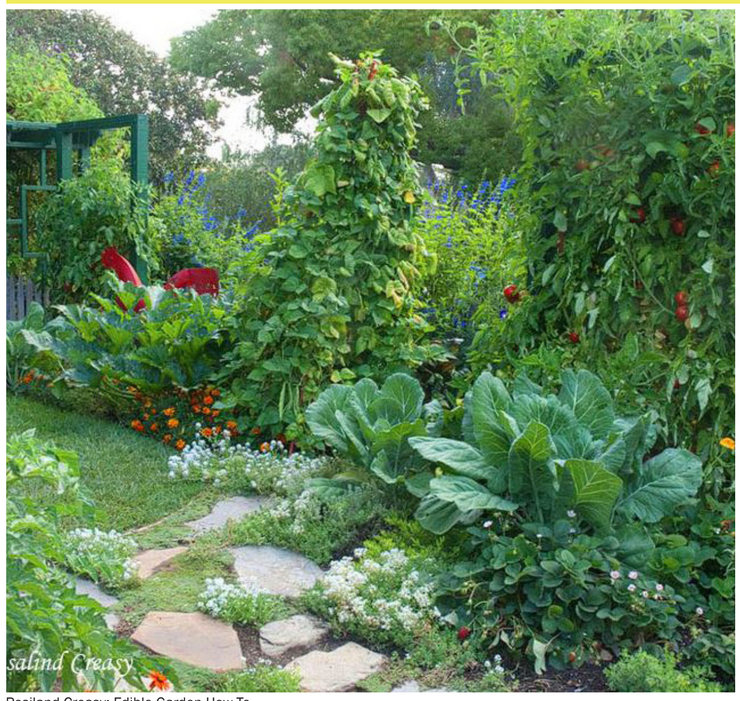
COMMUNITY IMPACT

- **Stress Reduction:**
  It is said that gardening can provide better stress relief than other relaxing leisure activities

- **Consume more fruits + vegetables:**
  Children who eat homegrown fruits and veggies eat twice the amount of these foods than kids who seldom get fresh fruits and vegetables

- **Complete control on what you eat:**
  You know exactly what is going into the food you are consuming

NATIONAL BEST MANAGEMENT PRACTICES



Rosiland Creasy: Edible Garden How-To
http://www.rosalindcreasy.com/edible-garden-how-to/

BACKYARD GARDENING:
Rosiland Creasy:
Having a gorgeous garden and eating it too; an easy, healthy, inexpensive way of incorporating healthy, fresh foods into family lifestyles.

Edible Landscaping: How to Eat Your Yard: Carl Cowan
http://tnhomeandfarm.com/edible-landscaping-how-to-eat-your-yard

EDIBLE LANDSCAPING:
Tennessee Home& Farm:
Edible landscaping, an increasingly popular gardening trend. The idea is to mix and mingle plantings that include edibles in every space available to achieve an aesthetically pleasing landscape design that will also feed a family.

Serenity Garden: Jovial Organic Gardens
http://www.jovialconcepts.org/?page=Jovial-Gardens

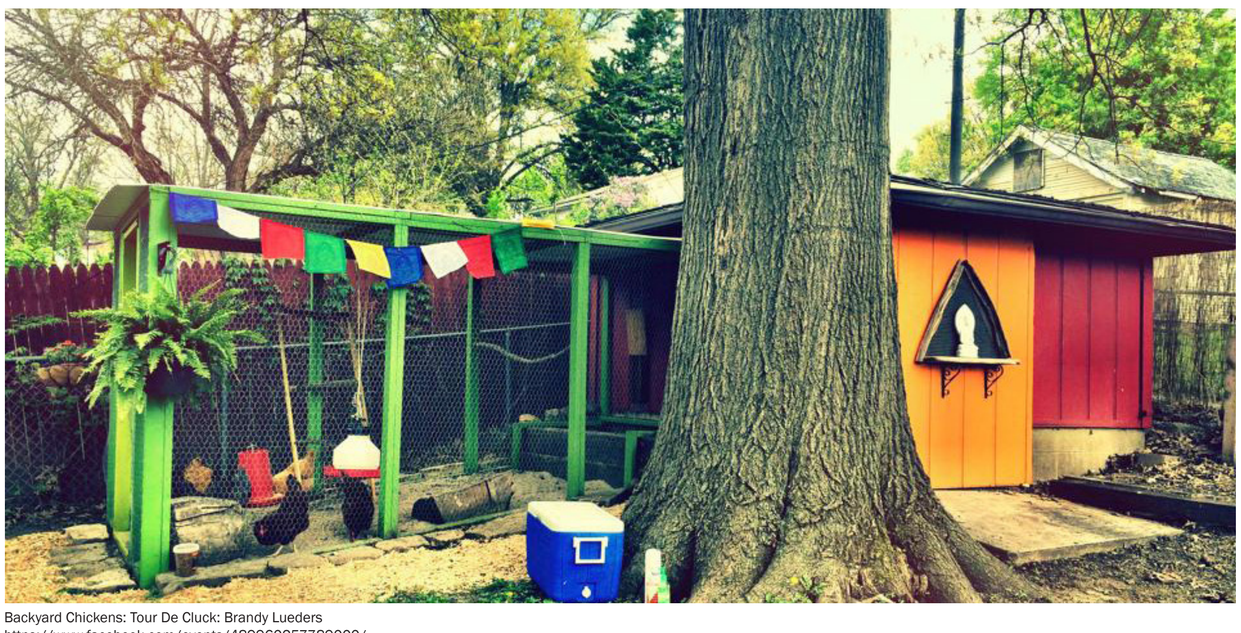
JOVIAL ORGANIC GARDENS:
Serenity Garden:
This garden is an expansive ecosystem often including streams, fountains, rock designs, trees, fedges (edible hedges), edible flowering plants, and so much more. By combining the best permaculture practices, aesthetic designs, and gorgeous landscaping, your garden will become a living masterpiece.

Raised Bed and vertical gardening example
Photo from The Food Project: Build a Garden

TYPES OF GARDENS

- Container Gardening
- Raised Bed
- Salad Bar Gardening
- Children's Garden
- Patio Gardening
- Healing Gardens
- Butterfly Gardens
- Rain Gardens
- Herb Gardening
- Vegetable Gardening
- Square Foot Gardening
- Green house or Hoop house Gardening
- Orchards

LET US KNOW ABOUT YOUR COMMUNITY'S BEST PRACTICES



Backyard Chickens: Tour De Cluck: Brandy Lueders
https://www.facebook.com/events/489960257789000/

NAME:

CONTACT INFORMATION: