

Thank You to Our Sponsors



American First National Bank

- * Sponsoring 4 years of Beauty's Community Garden's, MLK PEACE through PIE Events & Fundraiser.
- ** Supporting year-round youth Garden programs.



- * Sponsoring 7 years of Beauty's Community Garden's MLK PEACE through PIE Events & Fundraiser.
- ** Printing the event program provided by Frost Bank



Helping Here



- * Sponsoring Beauty's Community Garden's 8th Annual, MLK PEACE through PIE Event & Fundraiser.
- ** Supporting the Garden Opportunity Zone: Cooking Classroom.



- * Sponsoring Beauty's Community Garden's 8th Annual, MLK PEACE through PIE Event & Fundraiser.
- ** Healthy Outdoor Communities is a collaborative of community members and organizations that works to support good health and wellbeing in children, youth, and families of historically undervalued communities by utilizing free, safe, and easily accessible neighborhood parks and green spaces. Info: HOC@neoproject.org.

Thank you!

for joining Beauty's Community Garden's
8th Annual MLK PEACE through PIE Event & Fundraiser

Welcome

Beauty's Community Garden's 8th Annual MLK PEACE through PIE COMMUNITY EVENT & FUNDRAISER

Celebrating the work of Dr. King's legacy toward
a harmonious place for all humankind at the table!



Sat, Jan 13, 2024

9:30AM-12:30PM



Booker T. Washington High School
4204 Yale Houston, TX 77018



WWW.BEAUTYSCOMMUNITYGARDEN.ORG

PROGRAM

- 9:45 AM : **Processional**
- 10:00 AM - **Opening Prayer** Pastor Jaime Villa,
City on a Hill Church
- 10:05AM - **Color Guard**Booker T. Washington ROTC
- 10:15AM - **Garden Video**Cultivating Community:
Beauty's Community Garden
- 10:25AM - **Orator** Xavier Holmes
- 10:35AM - **Karate Kickstart Kids**.....Frank Black Middle School
- 10:50AM - **Lunch Served**
- 11:05AM - **Pie Winner**.....*Judges Choice*
- 11:20 AM - **Pie Winner** - *Community Choice*
- 11:25AM - **Closing Remarks** - Yvette Leno, Founder Beauty's
Community Garden

Pie Contest: Who will win the Community Choice & Judges Choice Awards?
 Come taste and vote for your favorite sweet and/or savory pie(s). Pies will
 be judged on presentation, taste, crust, creativity, and bonus points for a
 memorable taste.

Workshops

Two 30min sessions (5x classes each per workshop):

- Session 1: Gardening & Cooking Healthy starts at 11:35AM
- Session 2: Gardening & Cooking Healthy starts at 12:10PM

PARTNERS



SPONSORS



**American First
National Bank**
 Expertise. Efficiency. Excellence.



In-Kind Event Supporters

Food & Donations

- Alladin Mediterranean Grill
- BB's TX Orleans
- Buff Burger
- Chick-fil-a (Northline)
- Daddy's Chicken Shack
- Gatlin's BBQ
- Jax Grill
- McAlister's Deli
- Panera Bread
- Pinkerton's Barbecue
- Sam's Club
- Sprouts
- St. Julian's Crossing
- Suzie's Fusion Cuisine
- Walmart

Instructors

- Cindy Meredith
- Jasmine Carey
- Chef John De Leon
- Kroger's Chef
- Nathan Hermond
- Rhonda Radford Adams
- Ricki McKenna
- Robin Yates
- Stephanie Gray
- Chef Whitney

Pies, Pies & More

- 3 Brothers Bakery
- Baking Butterfly's Sweet Tingz
- Black Bear Diner
- H-E-B
- Luby's
- Marchese's Kitchen
- Pappas Restaurant
- Uncle Honey's Homestyle Desserts

Special Thank You

- **Booker T. Washington High School:** Dr. Carlos Phillip, II and school administrators and staff, for their facility and support.
- **Frost Bank** for printing the event program.
- **Precinct 11 Constables** for security.

ACKNOWLEDGEMENTS

Pie Judges

John Henry - Chef/Owner, John Henry's Seasoning

Lataya Simpson - Pastor, St. Matthew's United Methodist Church

Pamela Tatum - Service Learning Coordinator, Harris Co. Juvenile Probation

Event Support

Lance Guess, Wraparound Specialist

Ms. Cindy, Facilities Manager

Emily Hernandez, Agriculture Teacher

Ms. Bianca, Kitchen Staff

Ms. Toni, Kitchen Manager

Translators and Photographers

Special **Thank You** to all our volunteers. Without your time and effort this event would not have been possible.

Beauty's Community Garden Supporters

Board Members

Yvette Leno, President

Chef Crys Himes, Vice President

Mallory Saxtons, Secretary/Treasurer

Garden Volunteers

Daniel Rutledge

Jim King

Anna Schulte

Event Team

Yvette Leno

Nina Edwards

Richanda Morgan

Chef Crys Himes

Leslie Mattison

Chaney Johnson

Anna Sams

Kryisia Lynes

WORKSHOPS

Session 1

STARTS: 11:35AM

(Length - 30 Minutes)

Session 2

STARTS: 12:10PM

(Length - 30 Minutes)

Note: Some workshops are in both English and Spanish!

Garden Workshops

- G1** TOPIC: Herbs in Everyday Living and Health
Instructor: Cindy Meredith, The Herb Cottage, (Eng/Spa)
- G2** TOPIC: Creative Art Pots for the Garden
Instructor: Rhonda Radford Adams, Artrra Mantra, (Eng/Spa)
- G3** TOPIC: Benefits of Gardening with Native Plants
Instructor: Robin Yates, Texas A&M Agrilife Extension & Harris County Master Gardener, (Eng/Spa)
- G4** TOPIC: Container Gardening
Instructor: Jasmin Cary, Texas A&M Agrilife Extension, (ENG)
- G5** TOPIC: Entomology
Instructor: Ashley Hadley, Beauty's Community Garden, (ENG)

Rooted in Wellness Workshops

- HG1** TOPIC: Organic Salads and Culinary Techniques
Instructor: Chef John De Leon, H-E-B, (Eng/Spa)
- HG2** TOPIC: Healthy Stuffed Chicken Breast
Instructor: Chef Irv, Kroger, (Eng/Spa)
- HG3** TOPIC: Kroger's "Chef Junior" Cooking Class
Instructor: Chef Cherie, Kroger, (Eng/Spa)
- HG4** TOPIC: Black Bean Tostadas & Zucchini Enchiladas
Instructor: Chef Whitney, (Eng/Spa)
- HG5** TOPIC: Root 'n Toot'n Bounty from the Earth
Instructor: Chef Ricki, Ricki's Kitchen, (ENG/SPA)



Beauty's Community Garden is recognized by the IRS and Texas as a charitable organization under its parent organization Beauty's Community Corporation. It is a nonprofit neighborhood garden, providing garden education, nutrition education, and

provides fresh produce to the community. Beauty's Community Garden is located in Independence Heights, the first African American municipality in Texas. It has proudly served the community since 2012 through the support of committed volunteers, community partners, donors and grant support.

Today the Garden exists in Independence Heights, one of 40+ food desert communities, in the greater Houston area. A food desert (food apartheid) is an area lacking, close accessibility to supermarkets and fresh produce, and is usually heavily populated with poor nutritional food sources i.e., convenience stores and fast-food establishments. The impact of diet's low in fresh produce has shown to contribute to a higher percentage of residents developing heart disease, type 2 diabetes, obesity, high blood pressure, and susceptibility to strokes. For more information, go to: BeautysCommunityGarden.org.

Our Mission

To close the gap on food access and inequities by achieving a community culture of health and wellbeing.

How We Achieve It!

Designing the garden focused on expanding year-round access to plants, the community wants to eat. Provide instruction on how to

- 1) become your own food source through gardening, and
- 2) the benefits and impact of eating health on one's physical and emotional wellbeing.

BCG-U6
ALUMINIUM
FENCING & GATING
\$7,000

This zone funds the installation of aluminum fencing on two sides of the (9,000 sq. ft. garden) New fencing will be adjacent to street traffic on Airline Drive and 32nd Street.

BCG-U7
GARDEN BED
CONSTRUCTION
\$10,000

This zone focuses on creating six (4 x 8' x 36") and ten (4 x 10 x 36") above-ground garden beds. These beds will be at a more accessible height for all ages, expands garden seating, and support crop health.

BCG-U8
COMPOST BIN AREA
IMPROVEMENT
\$650

This compost area upgrade includes a more efficient compost drum. Composting keep soil healthy and biologically active, helps to reduce greenhouse gas emissions and recycles nutrients, used by plants.

BCG-U9
GARDEN
SIGNAGE
\$3,500

As an educational community garden we will be standardizing how plants are labeled. Signs will help visitors learn about the plants, and how to grow and care for the plants.

BCG-U11
GARDEN ENTRI-WAY
& WELCOME SIGN
\$6,000

This easy-to-open, secure front gate rolling structure will be the main entry-way to the garden, appointed with a *Welcome to Beauty's Community Garden* sign.

BCG-U12
GROUND COVER
THROUGHOUT GARDEN
\$7,500

Throughout the garden we are raising funds for a ground cover that will repel weeds, provide for good drainage, and be comfortable as a walking path throughout the garden.

BCG-U14
GARDEN BEDS WITH
GREEN HOUSE COVERING
\$7,500

This zone funds a "hoop culture" throughout the garden providing year-round protection to crops against Houston's harsh elements (sun, high temperatures, and rain).

BCG-U15
THE GARDEN'S HUB
AND BULLETIN BOARD
\$1,200

This zone covers a communication hub for the Garden. This stand-alone all-weather structure will showcase events, workshops, garden and plant information, and highlights people and sponsors.

BCG-U18
PORTA-POTTY
FOR THE GARDEN
\$5,250

This zone brings a handicap, accessible porta-potty to the garden for volunteers, workshop attendees, and on-site youth classes. This costs covers a three year, once -per week service.

Link to information, and opportunity to support an opportunity zone:

<https://bit.ly/44UYnYW>



Be a Donor

Link to donor page:
bit.ly/44VsL5h

Your donation helps to support

- Increased access to plant-based foods year-round
- Garden educational programs
- Food & health programs
- A Community Garden space

One-Time Gift Donation

A single donation of any amount helps us meet an immediate need.
<https://square.link/u/O4Qo9vvG>

Steady Stream Donation (Monthly)

A steady stream of support allows us to maintain the organization, and plan ahead with confidence.
<https://square.link/u/DG8wdvo6>

Quarterly Sowing:

This regular contribution assists us in planning the organization's future programs, events and improvements. <https://square.link/u/WyUoabyv>



Support one of the Garden's Opportunity Zones

Link to Support: <https://bit.ly/44UYnYW>

We have a vision for Beauty's Community Garden. We've divided the garden into 12 Opportunity Empowerment Zones, and you can help us make one of the zones a reality. Consider donating toward a zone, underwrite the full cost, or providing the full service and materials to complete the zone? if Yes, Great! We, and the community, would love your support.

BCG-U3
RETROFIT & BUILDOUT OF 20' FT SHIPPING CONTAINER
\$50,000

This zone focuses on a retrofit and buildout of the 20ft. container, already on-site at the garden. This new space will provide shelter, an indoor, air-conditioned space, restroom facilities and storage that will support garden programs and visitors.

BCG-U4
POWER ENERGY SOURCE & SOLAR
\$15,000

As an organic environmentally conscious garden, this zone brings electrical power to the garden by installing a solar system atop the onsite, 20ft. container.

BCG-U5
RAIN BARRELS AND WATER SYSTEM
\$10,000

The best environmentally-friendly source of water for crops is rain water. This zone pays for a full rain water system, support all crops throughout the garden.

Beauty's Community Garden is optimizing its impact to the community and its residence through:

- **Developing** and providing educational material focused on
 - Breaking barriers to planting foods you can eat
 - Investing in eating healthy now for healthy life tomorrow.
- **Empowering** the community to make healthy choices, and increase their consumption of fresh fruit and vegetables.
- **Expanding** our reach to other communities through partnerships and materials, both in-person and online.
- **Creating** garden and health food programs that inspire and excite people of all ages.
- **Providing** an oasis of fresh sustainable produce to Independence Heights and surrounding neighborhoods.
- **Facilitating** an environment for neighbors to commune and build a stronger sense of community.

Beauty's Community Garden's Project & Programs & Events
<https://beautyscommunitygarden.org/projects/>

- **Rooted in Wellness (formerly, Cooking Healthy)** Year-round programs focused on learning about healthy foods, and how to prepare them..
- **Sowing and Reaping Programs**
 - Volunteer In-the Garden (Saturday's Morning)
 - Year-round Garden themed programs
- **Garden Education** Young Urban Gardener's Programs
- **Food Desert to Beauty Project**
 - Green Seedling Magazine
- **Historic & Cultural Roots**
 - Annual PEACE through PIE Event & Fundraiser
 - Black History Month Program
 - Juneteenth at the Garden

BEAUTY'S COMMUNITY GARDEN'S

Founder & Director

SPONSOR



Yvette Leno is a native Houstonian and the founder and director of Beauty's Community Garden. She was raised by her grandparents in the beloved community of Independence Heights. In 1991 her family's home was demolished by fire. Yvette wanted to create a meaningful legacy for her homestead. Although the community had a rich history and a vibrant culture, she watched over the years the decline of

retail establishments, i.e., grocery stores with fresh produce, crucial to the sustainability of a strong thriving community, move away, and fast food establishments, convenience stores, liquor stores, and check cashing establishments, (to name a few) move in. These are the characteristics of what is called today 'food deserts.' All of these barriers, that have been reinforced by statistics, negatively impact the health and wellbeing of its community members. Twelve years ago, in 2012, Yvette, The garden is named after her

grandmother "Beauty," and has become a place for Yvette to realize her vision-- to create a place where residents learn how to plant foods they can eat and learn how to eat to lead healthier lives. Over the next few pages you will get a snapshot of these programs and projects, and an opportunity to support the vision of Beauty's Community Garden as a teaching garden, by contributing to one of the Desert to Beauty program's Opportunity Zones, listed on page 20 or on our website -

(832) 910-8261, Contact@beautysgarden.org

www.beautyscommunitygarden.org

Garden Address: 3201 Airline Drive, Houston Tx. 77022

恆豐銀行
American First National Bank
Expertise . Efficiency . Excellence

TEXAS
Dallas Area
Houston Area

NEVADA
Amargosa Valley Branch
Pahrump Branch
Las Vegas Branch
Henderson Branch

LOUISIANA
New Orleans Branch
Coming soon

CALIFORNIA
Alhambra Branch
City of Industry Branch
Arcadia Branch

Branch Locations

Houston Area	Dallas Areas	Nevada Area	California
Main Office	Richardson Branch	Las Vegas Branch	Alhambra Branch
First Colony Branch	Harry Hines Branch	Amargosa Valley Branch	City of Industry Branch
Sugarland Branch	Legacy Branch	Pahrump Branch	Arcadia Branch
Spring Branch	Carrollton Branch	Henderson Branch	
Katy Branch	Piano Branch	Louisiana Area	
Harwin Branch	Arlington Branch	New Orleans Branch	
	Garland Branch	In the future	

At American First, our customers come first.

Welcome to contact us
713-596-2888
877-473-1888

www.afnb.com

FDIC

WE'RE IN THE PEOPLE
BUSINESS. WE JUST HAPPEN
TO BE A BANK.



Unmatched service. Sound advice. And peace of mind
knowing your money is well cared for. Now, how can
we help you today?

Visit us at frostbank.com or call (800) 51-FROST.



MEMBER FDIC



PEACE through PIE is a national grassroots peace movement, focused on the role of food as a crucial ingredient in growing more connected, healthier and stronger communities.

Throughout the United States, individuals, faith groups, schools, and both nonprofit and for profit businesses, organize PEACE through PIE Events, throughout the year and around the MLK holiday, focused on:

- Creating a 'welcoming' environment that draws people from diverse background's to the table.
- Exposing the community to programs and events that encourage growth in knowledge, health, and our unique cultural diversities.
- finding ways to connect with one another, and to reach for the principle "We are stronger together."

MLK PEACE through PIE COMMUNITY EVENT & FUNDRAISER

This year's 8th annual MLK PEACE through PIE Community Event and Fundraiser, is the culminating celebration, and fundraising event, for the community to show support for Beauty's Community Garden's year-round programs, projects, events, and the garden.

Since 2020, PEACE through PIE has been an integral. Community Partner, by providing Beauty's Community Garden consulting and support with the:

- Creation and managing brand development and marketing cohesion
- Developing systems that streamline marketing, program, and funding,
- Supporting the development of the garden to health, Green Seedling Magazine.

To support and find out more about PEACE through PIE
go to: www.ptpie.org Contact@peacethroughpie.org (501) 548-1240

SOWING & REAPING

Our Year-Round Garden Program

DESERT TO BEAUTY

A Revitalization of People & Communities



Beauty's Community Garden's Sowing & Reaping program focuses on the fundamentals of sustainable urban farming while sharing resources with aspiring gardeners. Starting with the complex, underground world of soil, we

focus on nurturing plants with an ecological approach. At Beauty's Community Garden, we don't just grow food, we cultivate biodiversity, protect our precious resources, and nourish the earth that feeds us. The garden is an ecosystem, and as farmers, it is our job to learn and practice our role within it. Whether you volunteer through the Tending the Garden program on Saturdays or sign up for one of the year-round Garden Workshops, you'll get hands-on experience and will grow with us!

IMPACT

4,800

Number of Participants in the Workshops

100%

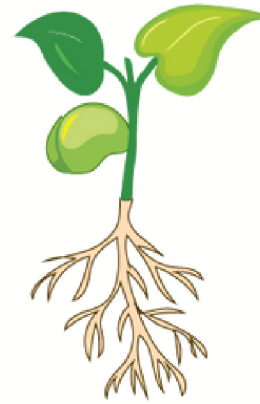
Learned something new that contributed to being a successful home Gardner

92%

Participated in more than one Garden Workshop

YOUR experience

- Best plant variety for Houston's climate
- Propagating methods of seeds, transplants, and cuttings
- Soil and bed preparation
- Horticultural practices such as pruning and harvesting
- Ecological pest management
- Vegetable fruit, and herb production



Closing the Equity Gap on Food Desert Communities

Planting Seeds that right wrongs that have perpetuated systemic structures of inequities in Food Desert Communities. Our goal is to disrupt the generational legacy of disease and poor health on people who live in these communities.

This Food Desert to Beauty project centers around expansion of food access and education with the goal of participants achieving healthier outcomes.



Enriching Beauty's Community Garden

What better place to start creating the experience we imagine for our community, than right here at Beauty's Community Garden. You can help us achieve our goals by supporting one of the Opportunity Zones on pages 20-21 of program or via our website at bit.ly/44UYnYW



Planting Beauty Seeds

We've joined hands with organizations like Prairie View A&M University to expand access to fresh plant-based foods and gardening education in the Acres Homes community.



Green Seedling Magazine

This family-friendly, garden-to health digital magazine, focuses on how to become your own food source by learning about the best plants to grow in Houston. Each



issue covers the care of plants, and the positive health benefit, eating a diet, rich in nature's *real*

foods, pulled from the garden, have on our health and wellbeing. Sign up for your copy today.



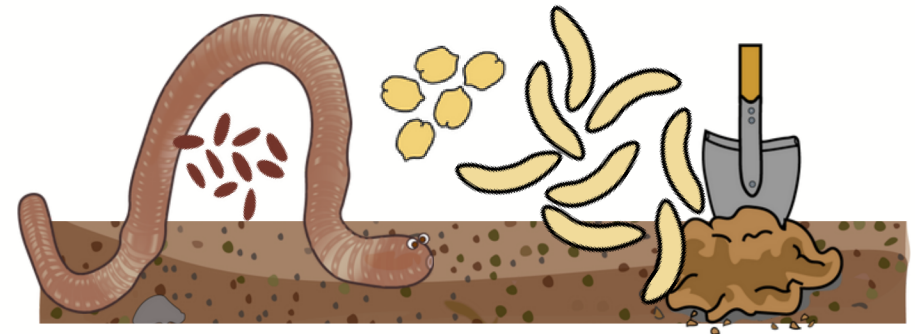
Beauty's Community Garden is providing year-round access to plant based foods by installing two hoop structures.



Ashley Hadley, Garden Coordinator (in coveralls) with volunteers at the Garden

The Food Desert to Beauty project centers around expansion of food access and education with the goal of participants achieving healthier outcomes. Our vision for Beauty's Community Garden is to be a model garden focused on expanding the visitor's knowledge in urban farming and the nutritional benefits of a healthy diet.

We also plan to expand our cultural and geo lens to include awareness and exposure of food origins while acknowledging food preparation and use. Our goal is to share our garden's programs, and influence communities in need.



2 ways to get your hands in the dirt!

TENDING THE GARDEN

Volunteer Saturdays in the Garden

Tending the Garden is our year-round volunteer at the garden program - usually to hours Saturday mornings. Volunteers are at the heart of what we do, and it takes each and every hand to successfully care for the plants through the seasons. Beauty's Community Garden doesn't rent out our plots, we instead share with anyone who tends the Soil with us. For more info go to: https://beautyscommunitygarden.org/projects/sowing_reaping/

Sign up here

<https://bit.ly/3qwhxGv>

FREE GARDEN WORKSHOPS

Our Garden Workshops are our specialty programs hosted, monthly, usually on Saturdays at the Garden. The program times are based on each workshop's focus, and will be determined per event. An updated listing of upcoming program are on th BCG event's calendar. All classes requireRSVP and are usually free, or are at a nominal cost. **The calendar link** - <https://beautyscommunitygarden.org/events/>

Sign up for our mailing list to stay updated

<https://beautyscommunitygarden.org/contact/>

ROOTED IN WELLNESS

Formally the Cooking Healthy Program



Beauty's Community Garden's Rooted in Wellness program explores innovative ways to include healthy food alternatives from the garden. Each program highlights a specific food, meal, and the

nutritional connection to our bodies. We know that our diet is often handed down through generations and holds many memories and cultural significances. Our program's goal is to introduce you to alternative ingredients that put a healthy twist on your favorite foods. A program is only as good as the impact people feel in their lives. Impact is energy in action. Here are the results we've been tracking from our Cooking Healthy participants.

Impact

92%

Are including new healthy recipes into their diets.

65%

Started using new veggies, fruits and herbs in diet.

79%

Using plant-based ingredients to lower salt intake

85%

The % of youth and adults with medial issues.

You'll Experience

- New plant-based foods that put a healthy twist on the recipes you love
- How to prepare new recipes with ingredients from the garden
- The nutritional value of ingredients pulled from the garden.
- How these ingredients positively impact your physical and mental health and wellbeing.
- Being in-tuned with the best time to eat for the best impact
- A bit about the ingredients, where they originated from and how they are used in other cultures.

FOOD DESERT

Desert o Beauty Program

There are

39.5 million [THAT'S 12.8% OF THE U.S. POPULATION]

people living in food desert communities

They want healthier alternatives to the packaged, processed, store-bought, and restaurant foods they buy within their communities.



That is why it matters

by **NOT** eating a healthy nutritious diet, these are the risks and stats in the US.

Houston has 40+ food desert communities!

That's important, because you may live in one.

if you do, this is what we found:

- ✓ that the closest full-service grocery store or supermarket, is at least one mile away.
- ✓ If you don't have a personal car, public transportation is limited.
- ✓ Residents want to learn about nutrition and eating healthy to make better diet decisions.

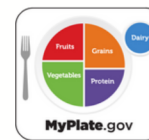
overweight **19%** (2-19yr.) / **40%** Adults

brain **mental & behavior delays**

pre-diabetes **88 million**
8 out of 10 don't know they have it
increased in heart disease, high blood pressure and strokes

THE CHOICES YOU MAKE TODAY, AFFECT THE HEALTH AND WELLBEING OF YOU AND YOUR FAMILY TOMORROW.

Good nutrition is essential to living a longer and a healthy life.

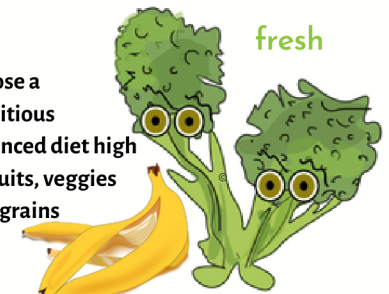


Expand your nutrition knowledge through www.myplate.gov



Become your own food source by learning to grow your own foods.

choose a nutritious balanced diet high in fruits, veggies and grains



FRUITS VEGETABLES

ADVERTISER



Don't miss out on the final days of Open Enrollment

If you don't have health insurance through a job, Medicare, Medicaid, the Children's Health Insurance Program (CHIP), or another source, you can find coverage through the Marketplace.

Open Enrollment period is a window of time that happens once a year when you can sign up for health insurance, adjust your current plan or cancel your plan. It's usually limited to a few weeks. If you miss it, you may have to wait until the next open enrollment period to make any changes or qualify for a Special Enrollment.

Marketplace Open Enrollment Period ends January 16 2024

Plans chosen by January 16, 2024 will start February 1, 2024

How to contact a Navigator

- 713-374-1282
- nav_ckc@civicheart.org
- www.civicheart.org



We are offering extended hours (9am-9pm Mon-Fri) and weekend appointments throughout the Open Enrollment Period

The Navigator project is supported by funding Opportunity Announcement CMS-CA-NAV-18-0011s supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,626,413 with 100 percent funded by CMS/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by CMS/HHS, or the U.S. Government.

YOUTH PROGRAMS

Customized Youth program on and off site

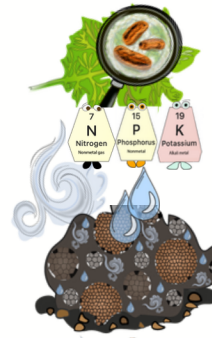
CUSTOMIZED GARDEN YOUTH PROGRAMS

Special Topic interactive programs

BEAUTY'S COMMUNITY GARDEN'S

YOUNG URBAN GARDNER'S

PROGRAMS FOCUS ON



Growing Veggies, Fruits, and Herbs

These lessons focus on what plants need to be healthy, and how they get what they need to survive. Although each plant is unique, there are general requirements for all plants that go beyond food and water.



Where do the Plant's you Eat Grow?

These lessons focus on comparing produce bought at the grocery store to where the plant is harvested. Included is what parts of the plant are edible and how they are prepared to sell. And identifying them in the dishes they eat at home.



Is it a Fruit, Veggie or Herb?

These lessons focus on plant identification. Is it a veggie? Is it fruit? Is it an herb? What food group is it in? How do we know the difference, and what do we usually think they are when we buy them?



Creating a Healthy Plant Environment

These lessons focus on the different plant environments for seeds, seedlings, and transplants. We cover garden, containers, above ground containment structures, why you will use them and when you shouldn't. They will learn what are 'buddy' plants and how to create their own eco friendly pots.

DESERT TO BEAUTY

Urban Gardening & It's Benefits

Urban gardening, also known as urban horticulture or urban agriculture, is the process of tending and cultivating a garden in an urban environment. It encompasses several unique gardening concepts, including:

- **Container gardening:** Common for people with small patios, yards, or balconies. Container gardening makes use of a variety of containers for growing all manner of plants for food or beauty.
- **Indoor gardening:** Plants can be grown in containers similar to those in container gardening, as well as in indoor greenhouses or solariums (sunrooms).
- **Community gardening:** This is a method of using outdoor public or private spaces to cultivate gardens for food or pleasure as a group and is a great choice for those with no outdoor space.
- **Guerilla gardening:** guerilla gardening is a way of adding plants to public spaces that don't technically belong to the gardener such as a vacant lot, median, beside a highway, or in little strips of dirt.
- **Green roofs:** Roofs designed with a growing medium for the purpose of cultivating plants are also a form of urban gardening and can be used to grow food, trees, and many other types of plants.



Urban gardening provides many environmental, social, and health benefits:

1. **Provides a local source of food:** Fruits and vegetables grown in urban gardens are typically eaten locally. This removes the need for long-distance transportation, reducing the carbon footprint of the end product.
2. **Brings communities and families together:** By providing a shared space for people to grow and tend to their own plants, community urban gardens can create a sense of community.
3. **Educates urban children about the origins of food:** Engaging urban children in the process of growing their own food can help teach them a valuable lesson about where food comes from and how it is grown.
4. **Adds greenspace to cities:** In built-up areas that would otherwise be all concrete, urban gardeners can create greenspace, which is essential not only for wildlife but also for schoolchildren and adults alike.
5. **Helps prevent soil erosion:** Soil erosion is a major problem in urban areas. Guerilla gardening tactics can help keep soil in place, green up your cityscape, and add nutrients to the soil.
6. **Mitigates storm water runoff:** A well-designed urban garden can help reduce the amount of stormwater runoff and flooding in cities by reducing the number of impervious surfaces and by absorbing stormwater.
7. **Helps filter air and rainwater:** Plants in urban gardens can help filter pollutants from the air and rainwater, providing clean air and water for local ecosystems.

Despite these benefits, urban gardening comes with its own set of challenges. Some of the challenges of urban gardening include limited space, soil quality, water scarcity, lack of sunlight, and environmental issues¹.

1. Urban Gardening: What It Is & Reasons to Try It - Ecolife.
<https://ecolife.com/dictionary/urban-gardening/>.