

## **How Can We Build a Just, Sustainable Community through Urban Gardens?**

Urban gardens or urban farming has become part of communities everywhere. Worldwide, 15-20% of food is grown in cities (The Food and Agricultural Organization of the United Nations, 2019). Urban gardens as cultural and environmental commons are increasingly important for addressing multiple compounding challenges, including food insecurity, environmental degradation, lack of economic opportunities, and more. This conversation will address how communities can use urban gardens to help build a community that is equitable, culturally vibrant, and economically and environmentally sustainable. Changes begin with the kind of communication we have with each other.

### **Round One: Connecting (~5 minutes)**

Share your name with your group AND what is your favorite vegetable.

### **Round Two: The Role of Urban Gardens in a Community (~10 minutes)**

*Choose ONE of the questions below to answer in 1-2 minutes.*

What have your experiences been like with gardening, farmer's markets, or fresh produce stands?

In what ways do you think having urban gardens could contribute to building community relationships?

How could you imagine urban gardens easing environmental problems, food insecurity or public health issues?

### **Round Three: Urban Gardens for a Just Sustainable Community (~15 minutes)**

*Choose ONE of the questions below to answer in 1-2 minutes.*

*When everyone has spoken once, respond to others or address another question of your choice.*

What does a just, sustainable community look like to you?

What would it take to get you excited about planting and maintain an urban garden?

How can we make sure that urban gardens benefit community members, especially historically marginalized populations?

### **Round Four: Reflections (~10 minutes)**

*Choose ONE of the questions below to answer in 2 minutes.*

What role could you play in making urban gardens a part of your community's culture?

What new learning or understanding are you taking away from today's conversation?

Reference:

The Food and Agriculture Organization of the United Nations. (2019). *FAO Framework for the Urban Food Agenda*. FAO. <https://doi.org/10.4060/ca3151en>