



GROW WHERE YOU ARE

WE HAVE THE POWER TO CHANGE THE WAY WE EAT—STARTING IN OUR OWN BACKYARDS

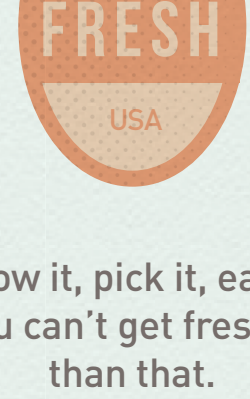
SUSTAINABLEAMERICA.ORG

GROWINGCITIESMOVIE.COM

THE BENEFITS OF FOOD GARDENS



Home gardens save food miles. (Did you know that produce can travel 1,500 miles to get to your store?)



Grow it, pick it, eat it. You can't get fresher than that.



Gardening gives all people the power to eat healthier and revitalize their communities.



By gardening responsibly, you can limit your risk of exposure to foodborne illness outbreaks in the conventional food system.

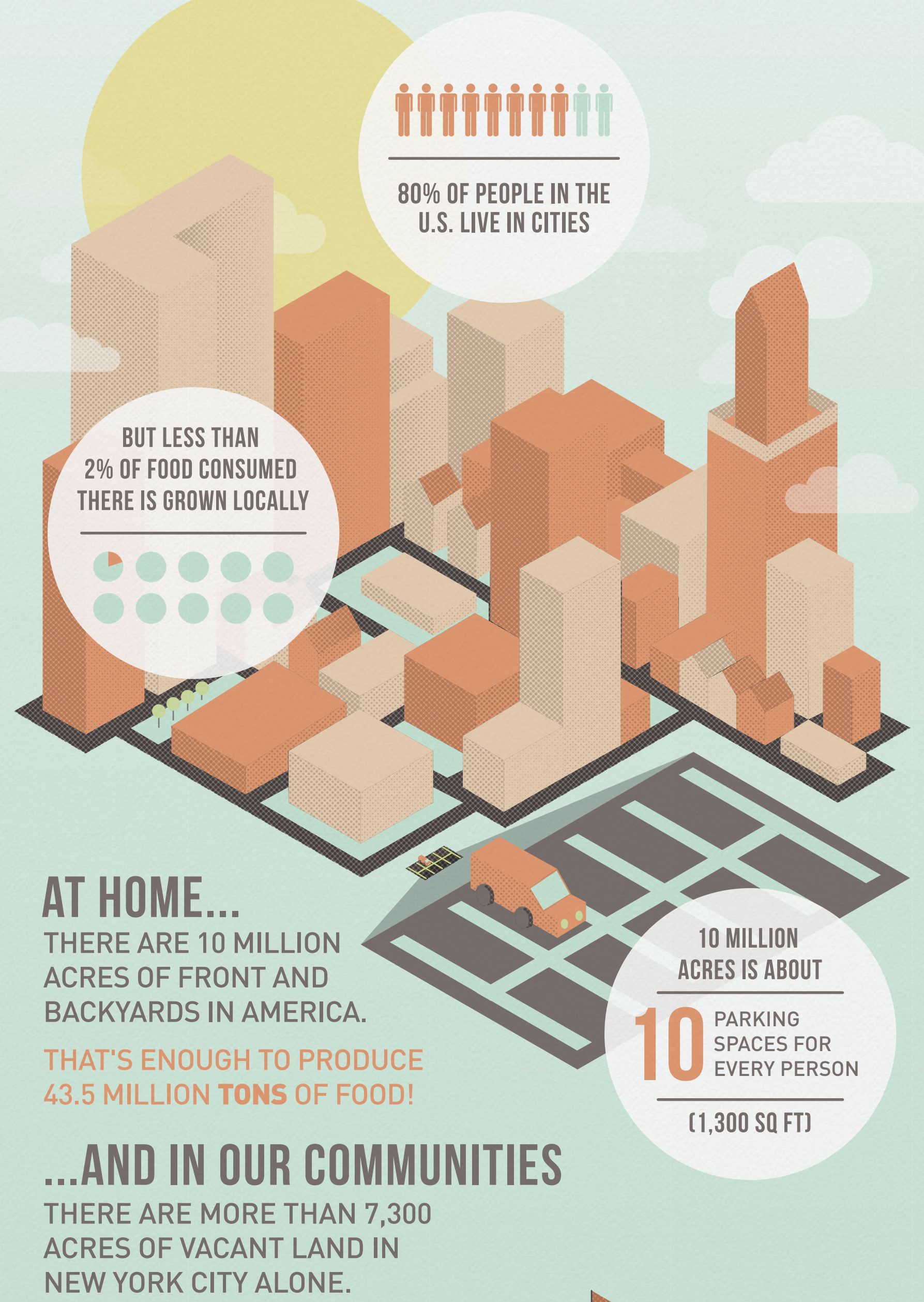


Studies show that gardeners eat more vegetables than nongardeners.



A 600-sq-ft garden costs \$70 to maintain and can produce \$600 worth of food.

WE HAVE THE SPACE



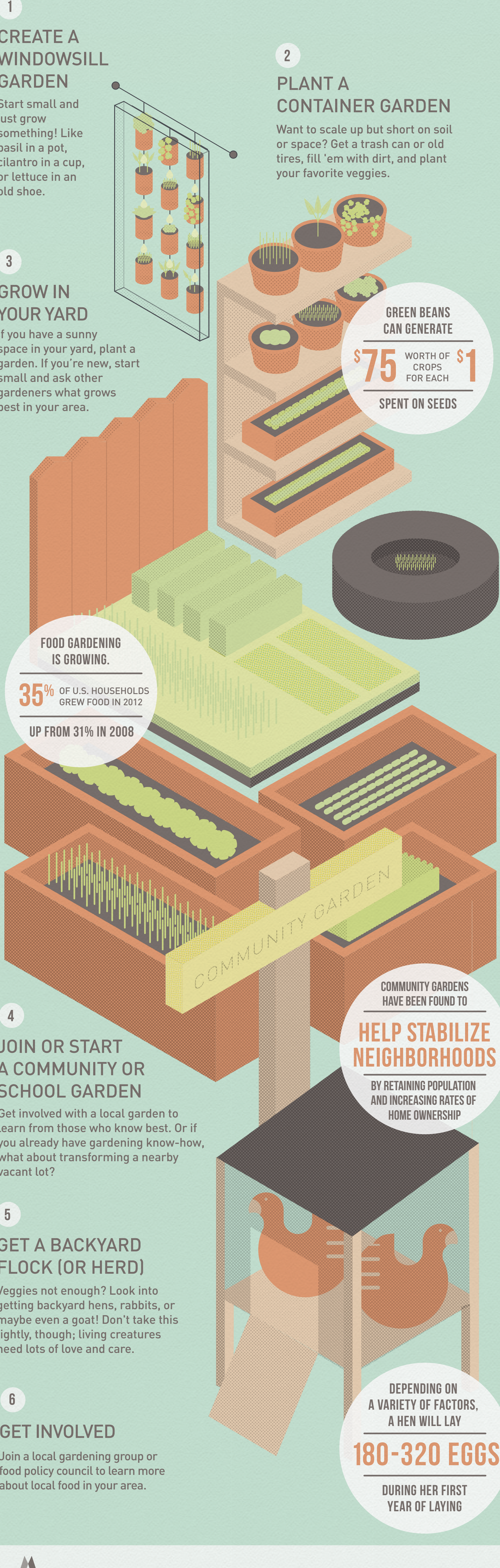
...AND IN OUR COMMUNITIES

THERE ARE MORE THAN 7,300 ACRES OF VACANT LAND IN NEW YORK CITY ALONE.

WE'VE DONE IT BEFORE

DURING WWII, VICTORY GARDENERS PRODUCED 40% OF THE PRODUCE CONSUMED IN THE U.S.

6 WAYS TO GROW LOCAL



SOURCES:

- online.wsj.com/article/SB123983924976823051.html
- cru.cahe.wsu.edu/CEPublications/EM032E/EM032E.pdf
- www.gardensofeden.org/04%20Crop%20Yield%20Verification.htm
- seattletilth.org/learn/resources-1/city-chickens/citychickensfaqs
- articles.latimes.com/2011/aug/05/news/la-heb-community-gardens-health-20110805
- www.garden.org
- www.serve.gov/?q=site-page/toolkits/comm-gardens/index