

Benefits of a Community Garden

Social/Economic:

- Get to know your neighbors
- Low-cost/free food
- Learn new skills
- Decrease vacant lots and empty buildings

Environmental:

- Improve air and soil quality
- Increase biodiversity
- Decrease pollution from food transport
- Reduce waste through composting

Health:

- Physical activity through garden work
- Access to healthy food
- Green space can improve mental health and relaxation

<https://www.greenleafcommunities.org/the-many-benefits-of-community-gardens/>