

# gardens growing healthy communities

a research partnership of:  
Colorado School of Public Health & Denver Urban Gardens

## an ecological place

to grow food, be active and enjoy nature in an urban setting



## a social place

to work together to improve the quality of individual and community lives



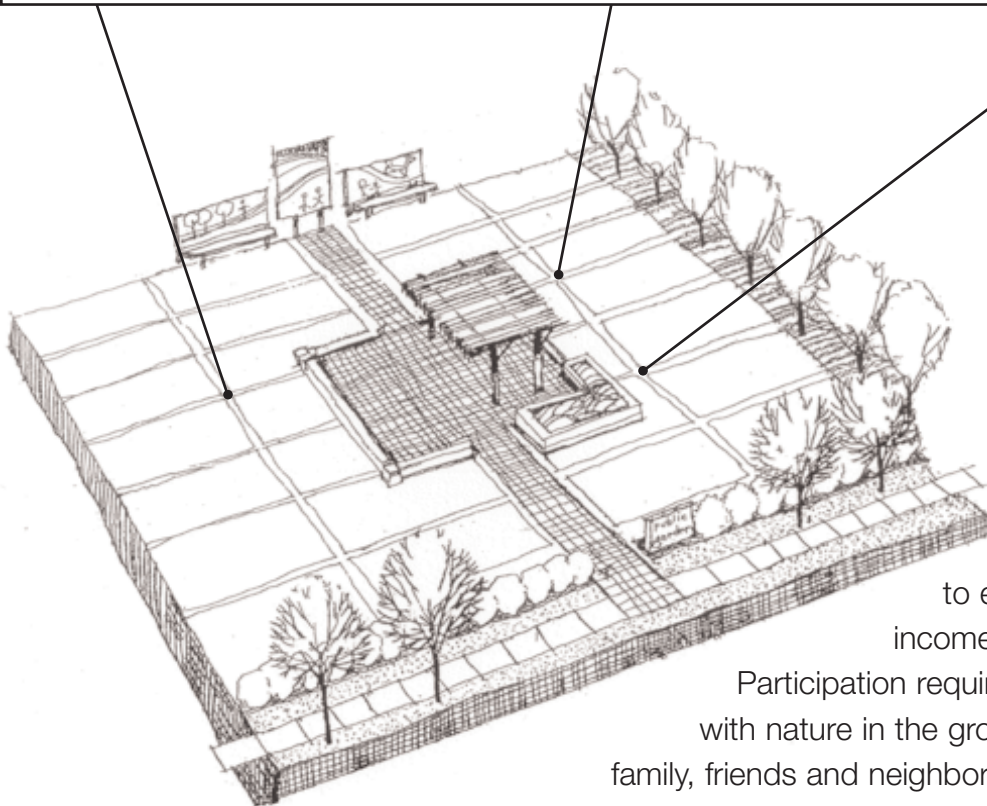
## a cultural place

to develop and express place-based aesthetic, spiritual and environmental experiences and values



## an individual place

where participants are empowered to cultivate relationships: engaging in meaningful activities together, learning from each other, and giving back to others



## a healthy place

An example of an everyday neighborhood landscape, community gardens are affordable and accessible to everyone, regardless of age, income, education or background.

Participation requires active engagement both with nature in the growing of fresh food and with family, friends and neighbors through social interaction.

Thus, community gardens embody natural, highly valued places that strengthen neighborhoods and promote healing, health and wellness.