

URBAN GARDENING

Urban gardening is all about growing plants, food, and flowers in cities, using spaces like rooftops, balconies, and community gardens. It's a way to bring nature back into busy urban areas, providing fresh food, cleaner air, and a cool place to hang out. Plus, it's reducing waste, saving energy, and creating homes for bees and butterflies.

Some Key Facts About Urban Gardening

Urban gardens foster **social interaction** and **community cohesion**. They provide spaces for residents to connect, share resources, and learn from one another.

Urban gardening enhances **biodiversity** in cities by integrating green spaces that support various plant and animal life. This contributes to overall ecosystem health and resilience against **climate change!**



Gardening is proven to **reduce stress** and improve **mental well-being**, offering city dwellers a therapeutic escape from busy urban life.

Did you heard about Vertical Farming before?

Vertical farming is like growing plants on shelves instead of fields, using **smart tech** like LED lights and water recycling. It saves space, uses **less water**, and can grow **fresh food right in cities**, helping the environment and cutting down on transport. It's farming for the future; efficient, clean, and sustainable!

Source: citychangers.org, urbact.eu, environment.ec.europa.eu



Co-funded by
the European Union



VOYAGER
EMPOWERING YOUTH.
TRANSFORMING
TOMORROW!