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Sustainable Urban Gardens

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**Recommended Citation**

Food deserts → no access to nutritious food within a 10 mile radius
Food deserts cause obesity
No transportation

Urban Garden Model

Solutions
- Rooftop Gardening
- Window Gardening
- Container Gardening
- Garden in a Sack

Benefits/Costs

<table>
<thead>
<tr>
<th>Method</th>
<th>Benefit</th>
<th>Cost ($)</th>
<th>Example Crops</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rooftop Garden</td>
<td>accessible food</td>
<td>30-200 per ft²</td>
<td>cucumbers, lettuce, cantaloupe</td>
</tr>
<tr>
<td>Window Gardening</td>
<td>use recycled materials, food is inside</td>
<td>20 per window</td>
<td>cherry tomatoes, herbs</td>
</tr>
<tr>
<td>Container Gardening</td>
<td>food in backyard, use recycled materials</td>
<td>45 per household</td>
<td>carrots, celery, beans, cucumbers</td>
</tr>
<tr>
<td>Garden in a Sack</td>
<td>takes up little space, food is accessible</td>
<td>30 per sack</td>
<td>potatoes, tomatoes, onions</td>
</tr>
</tbody>
</table>

Approach/Means/Mechanism
- Provide knowledge
- Make Gardening kits available

Assessment Plan
- Observe changes made

References
- http://farm5.staticflickr.com/4149/4985810349_ab52ff04_b.jpg
- http://farm5.staticflickr.com/4079/4809148962_e0c0c770cb_b.jpg
- http://our.windowfarms.org/files/2010/06/100_2912.jpg