

Growing Home



A Program of Seven Counties Services



**Small Seeds
Nurtured
Produces
Extraordinary
Results**

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IMPROVES COMMUNITY

The opening of a community garden has a statistically significant positive impact on residential properties within 1000 feet of the garden, and that the impact increases over time.

Gardens have the greatest impact in the most disadvantaged neighborhoods. Higher quality gardens have the greatest positive impact.

The social organizational intrinsic results of gardens give rise to a range of social processes, including social connections, reciprocity, mutual trust, collective decision-making, civic engagement and community building, all important processes associated with improving individual health and strengthening neighborhoods.

Been, V. and I. Voicu. 2006. [The Effect of Community Gardens on Neighboring Property Values](#), New York University School of Law, New York University Law and Economics Working Papers Paper 46. Twiss et al., 2003; Armstrong, 2000; Cohen et al., 2006; Landman, 1993



IMPROVES HEALTH

Adults with a household member who participated in a community garden consumed fruits and vegetables 1.4 more times per day than those who did not participate, and they were 3.5 times more likely to consume fruits and vegetables at least 5 times daily.

Alaimo, Katherine PhD 1, E-mail The Corresponding Author, Elizabeth Packnett MPH 2, Richard A. Miles BS 1 and Daniel J. Kruger PhD 2, Fruit and Vegetable Intake among Urban Community Gardeners, Journal of Nutrition Education and Behavior, Volume 40, Issue 2, March-April 2008, Pages 94-101



IMPROVES LIVES

Stress-relieving effects of gardening were hypothesized and tested in a field experiment. Thirty allotment gardeners performed a stressful Stroop task and were then randomly assigned to 30 minutes of outdoor gardening or indoor reading on their own allotment plot.

*Salivary cortisol levels and self-reported mood were repeatedly measured. Gardening and reading each led to decreases in cortisol during the recovery period, but decreases were significantly stronger in the gardening group. Positive mood was fully restored after gardening, but further deteriorated during reading. **These findings provide the first experimental evidence that gardening can promote relief from acute stress.***



LEADERSHIP OWNERSHIP ACCOMPLISHMENT



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SUCCESSFUL THERAPY



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IMMEDIATE PROPERTY TRANSFORMATION



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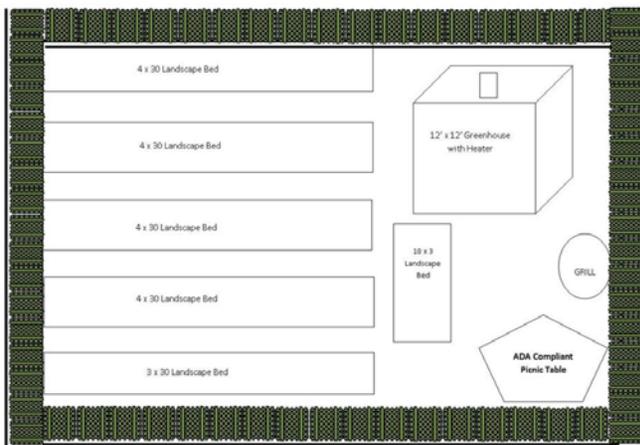
Growing Home



SITE LAYOUT



SEVEN COUNTIES SERVICES GROWING HOME GARDEN PROPOSAL



Lot Size 30 x 47
1 inch = 5 feet

Contact: Given Cooper, gooper@sevencounties.org 502-589-8615 ext. 1355

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PICTURE THIS!



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Seven Counties Services, Inc.

*Seven Counties serves over 12,000 children and families. 3,000 in this immediate vicinity. Our **Growing Home Garden** will have a sustainable value with long term impact on this community, not just one family.*

www.sevencounties.org