SUSTAINABLE AMERICA

GROWING CITIES

GROW WHERE YOU ARE

We have the power to change the way we eat—starting in our own backyards

WE HAVE THE SPACE

ENERGY EFFICIENT

Home gardens save food miles. (Did you know that produce can travel 1,500 miles to get to your store?)

FRESH USA #4759

Grow it, pick it, eat it. You can't get fresher than that.

SAFE PRODUCT OF THE USA

By gardening responsibly, you can limit your risk of exposure to foodborne illness outbreaks in the conventional food system.

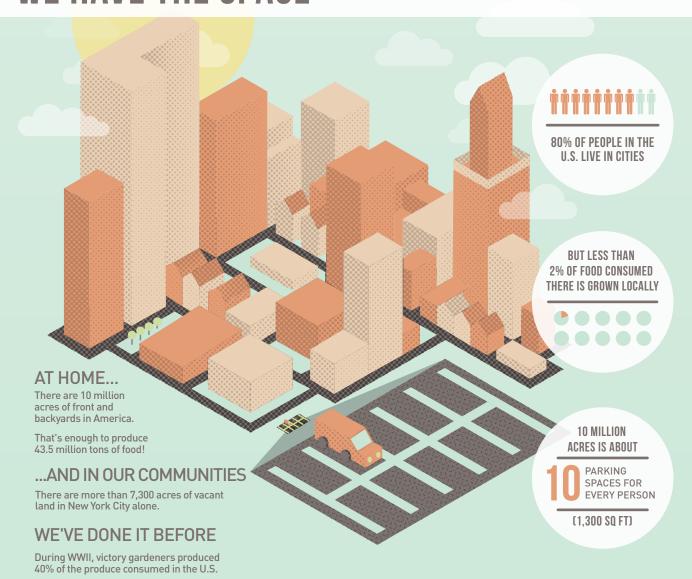**HEALTHY #3759**

Studies show that gardeners eat more vegetables than nongardeners.

EMPOWERING GROWN IN THE U.S.A PLU#664

Gardening gives all people the power to eat healthier and revitalize their communities.

ECONOMICAL $

A 600-sq-ft garden costs $70 to maintain and can produce $600 worth of food.

AT HOME...

There are 10 million acres of front and backyards in America.

That's enough to produce 43.5 million tons of food!

...AND IN OUR COMMUNITIES

There are more than 7,300 acres of vacant land in New York City alone.

WE'VE DONE IT BEFORE

During WWII, victory gardeners produced 40% of the produce consumed in the U.S.

80% OF PEOPLE IN THE U.S. LIVE IN CITIES

BUT LESS THAN 2% OF FOOD CONSUMED THERE IS GROWN LOCALLY

10 MILLION ACRES IS ABOUT 10 PARKING SPACES FOR EVERY PERSON (1,300 SQ FT)

SIX WAYS TO GROW LOCAL

1

GREEN BEANS CAN GENERATE $75 WORTH OF CROPS FOR EACH $1 SPENT ON SEEDS

2

3

FOOD GARDENING IS GROWING. 35% OF U.S. HOUSEHOLDS GREW FOOD IN 2012 UP FROM 31% IN 2008

COMMUNITY GARDENS HAVE BEEN FOUND TO HELP STABILIZE NEIGHBORHOODS BY RETAINING POPULATION AND INCREASING RATES OF HOME OWNERSHIP

COMMUNITY GARDEN

6

DEPENDING ON A VARIETY OF FACTORS, A HEN WILL LAY 180-320 EGGS DURING HER FIRST YEAR OF LAYING

5

4

1 CREATE A WINDOWSILL GARDEN

2 PLANT A CONTAINER GARDEN

3 GROW IN YOUR YARD

4 JOIN OR START A COMMUNITY OR SCHOOL GARDEN

5 GET A BACKYARD FLOCK (OR HERD)

6 GET INVOLVED
Join a local gardening group or food policy council to learn more about local food in your area.