

# The true value of community farms and gardens

growing communities - growing opportunities

## Community farms and gardens are...

- Green spaces managed by local people for local people
- Created to breathe life into neighbourhoods, making safe and welcoming places for everyone to come together
- All different - they range from tiny wildlife gardens to large city farms and can be found throughout the UK



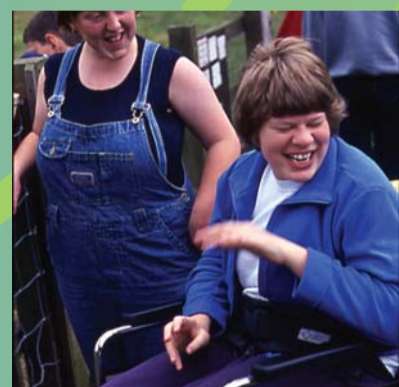
## They provide unique resources...

- Places for people of all ages and from all walks of life
- Valuable volunteer and training opportunities in an alternative outdoor setting
- A focus for community life and well-being



## ...And a wide range of benefits for the whole community

- Better green spaces where people can connect with each other and with the natural environment
- Promotion of exercise and healthy living
- Growth of local, sustainable food
- Play schemes, recreational activities and community events
- Cafes, shops and community enterprises
- Education, training, work placements and employment



Federation of  
& City Farms  
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