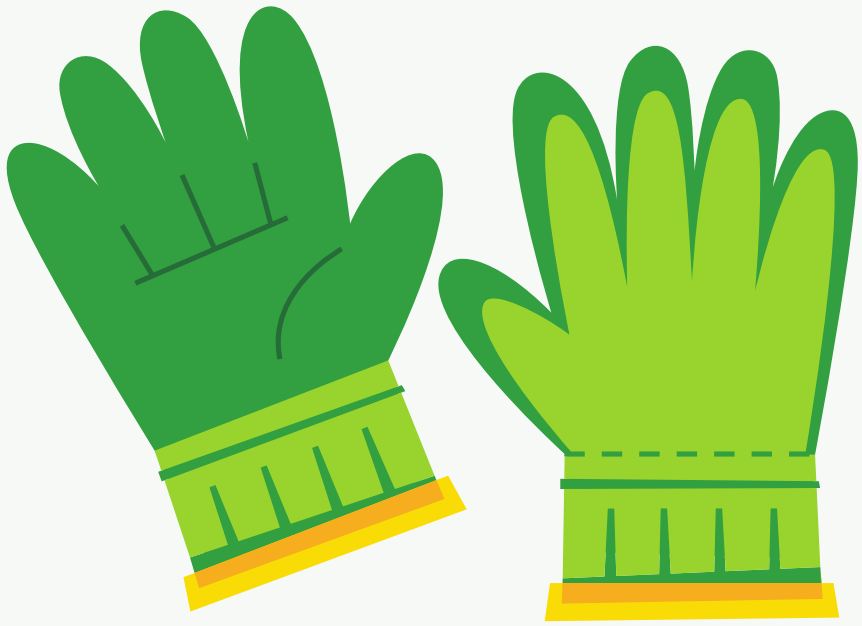
GTL Project

GreenTecLab

# The benefit of Urban Gardening



What are the benefits of starting an urban garden? Is it worth the time and effort? Let’s find out the pros of this activity and maybe you could give it a try!

Learn a unique skill. People today have forgotten where their food comes from. We don’t know what it takes to grow healthy, nutritious food. Urban gardening helps you get educated about growing food. That’s a unique skill to have in today’s world. You can educate your children about sustainable food and the health benefits. That’s something worth learning and teaching.

Reduce food insecurity. Around the world, urban areas face the constant issue of food deserts, or areas where healthy food is either not available or not affordable to the area’s residents. Urban gardening can help alleviate food deserts by providing people the opportunity to grow and harvest their own fresh and nutritious food at a fraction of what the same produce would otherwise cost in a grocery store.

Grow sustainable food. Growing mass-produced food with traditional farming methods takes a lot out of the planet. Beyond the many resources that are used on the farm, the food then has to be transported from where it is grown to a store near you. That requires burning a lot of fuel.

Urban gardening helps reduce the carbon footprint of the food system by reducing such fossil fuel consumption.

Build community. People who stay in urban areas have forgotten what it means to be part of a community. We tend to be isolated and independent which causes issues like depression, mistrust, and lack of happiness. Urban gardening can help bring men, women, children, friends, families, and neighbors together for a common purpose. The purpose of growing sustainable food together.

Save money. It can be costly to live in the city. A large part of this cost is the expensive food that you need to buy. Healthy fruits and vegetables cost a lot more than junk food that is so readily available. When you grow your own food, you can avoid this problem. You don’t need to spend a lot of money to get the healthy and nutritious fruits and vegetables that you need.

Reserve your spot now!

You can be the future leader of the transition!

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- https://www.agritecture.com/blog/2019/5/9/10-reasons-you-should-give-urban-gardening-a-try