



THE BENEFITS OF URBAN AGRICULTURE



Often built on unused lots/spaces, increasing beauty and value of an area



Urban food production = healthy, fresh produce readily available to city dwellers



Brings neighbours together in a positive & safe environment



Provides opportunities for youth development by offering a safe place for kids to learn outside



Increases food security & drives economic development



Centralized resources = decrease in transport, costs & emissions (+ zero packaging!)



Leads to more diverse & interesting diets



Creates food and habitats for pollinators



Helps you slow down and find moments of peace in a busy city



And so much more...



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HOW TO GET INVOLVED



Buy local! Help show there is a desire for local produce by supporting local agricultural organizations and farmers!



Think about what gets you excited about growing. What unique skill can you bring into the mix?



Try making your own mason bee house (bit.ly/diymasonbees)



See it in action by volunteering for organizations like:

- Fresh Roots (freshroots.ca)
- Vancouver Urban Farming Society (urbanfarmers.ca)
- Farm Folk City Folk (farmfolkcityfolk.ca)



Or find out more:

- Vancouver's guidelines (bit.ly/VanUA)
- City Farmer (cityfarmer.info)
- Young Agrarians (youngagrarians.org)
- Urban Farming in Metro Vancouver (bit.ly/VUFSreport)
- Urban Farming Guidebook (bit.ly/UFguidebook)



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