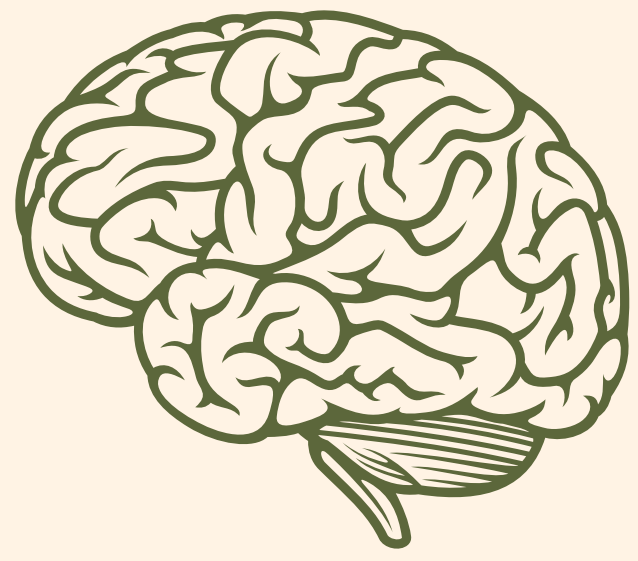


the seeds to grow children's inner gardens

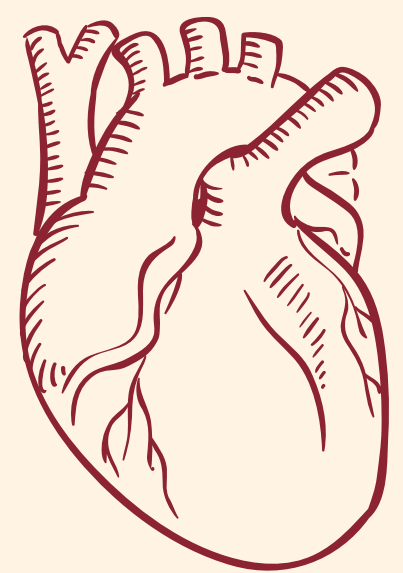
It is no surprise that urban community gardens are the seeds for future generations to learn alternatives to an industrial diet, combat food insecurity, and **build healthy communities**.

Furthermore, when children interact with these nature sanctuaries, they find the sanctuaries in themselves. They begin to flourish holistically through **body, mind, and soul**.



high science achievement scores

Cognitive development through brain-building vitamins, minerals and phytonutrients



strengthen a child's immunity and overall health.

help kids stay calm and focused

Improved moods and decreased anxiety



build team building and promotes communication skills

give a sense of purpose, responsibility, and self awareness

cultivate deep respect and responsibility for taking care of our planet



Urban Gardens are a potent tool for social change and a creator of healthy and environmentally aware children!



Juny Ardon, '2023

For the Good / JHAARC

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