



URBAN EUROPE

Promoting capacity building and knowledge **for the extension of urban gardens in European cities**

www.u-gardenproject.eu



THE PROJECT

U-GARDEN is a project committed to the creation of urban gardens, as they are a key component of traditional urban and peri-urban landscapes in major European cities, and provide a wide range of ecosystem and social services.

Urban agriculture has played a key role in local food production and consumption systems. Furthermore, participation in urban gardens has consistently been shown to have positive impacts on dietary habits, access to healthy food, and food beliefs, knowledge and attitudes of participants and their families. The positive impact of participation in urban gardens on other aspects such as mental and social health, frequency of physical activity or the development of skills and knowledge of young people has also been reported.

GENERAL OBJECTIVE

Promoting the implementation of urban gardens and agroforestry experiences as key components of the strategic framework for sustainable urban development in European cities, from an interdisciplinary approach.

SPECIFIC OBJECTIVES

- To identify needs, problems and opportunities related to urban gardening and agroforestry experiences.
 - To promote, through Urban Living Labs (participatory experiences), the development of actors' capacities in terms of green governance for the production and consumption of food in cities.
 - To foster citizen capacity building for participation in sustainable urban development experiences.
 - To promote innovative business models around local and sustainable food production.
 - To evaluate the impact of the implementation of agroforestry experiences/urban gardens in their social, cultural and environmental dimensions, with emphasis on the group of people over 65 years of age.
 - To develop a multi-criteria tool to support decision - making in the location of urban gardens and agroforestry plots.
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