



The Urban Garden: How One Community Turned Idle Land into a Garden City and How You Can, Too

Jeremy N. Smith

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Fifteen people—plus a class of first graders—tell how local food, farms, and gardens changed their lives and their community...and how they can change yours, too.

Urban Farming Handbook includes:

- Fifteen first-person stories of personal and civic transformation from a range of individuals, including farmers and community garden members, a low-income senior and troubled teen, a foodie, a food bank officer, and many more
- Seven in-depth “How It Works” sections on student farms, community gardens, community supported agriculture (CSA), community education, farm work therapy, community outreach, and more
- Detailed information on dozens of additional resources from relevant books and websites to government programs and national non-profit organizations
- Over 80 full-color photographs showing a diverse local food community at home, work, and play

Read *Urban Farming Handbook* to:

- Learn how people like you, with busy lives like yours, can and do enjoy the many benefits of local food without having to become full-time organic farmers
- Gain the information you need to organize or get involved in your own “growing community” anywhere across the country and around the world.

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