

Community Garden: Evidence Table

Title	Setting	Summary/Key Points
Reaping the Harvest	Urban university (service learning project for undergraduate nursing program)	<ul style="list-style-type: none"> – Garden was constructed on school property – Produce was donated to local homeless shelter- shelter had increased amounts of processed foods and limited availability of fresh produce – Garden project served as a community service initiative for nursing students – Students were responsible for implementation of the garden from start to finish: soil testing, cost-benefit analysis, identifying potential challenges, identifying a timeline according to planting season – Strong interdisciplinary collaboration- biology department and environmental services
Fruit and Vegetable Intake among Urban Community Gardeners	Flint, Michigan- community survey (Speak to your health!)	<ul style="list-style-type: none"> – Examined the association btwn household-level participation in community garden and fruit and veggie consumption – Community survey is administered biennially; participants are 18+ – Phone numbers were randomly selected; to ensure adequate representation 20 numbers per census tract established the quota – Dependent variables: veggie intake – Independent: household participation in community gardening (determined by response to question on community survey)

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		<ul style="list-style-type: none"> – Those who had a member of their family participating in a community garden project were more likely to consume fruits and veggies compared to those who did not – Community gardens can serve a nutrition intervention especially where there is limited availability and access to fresh produce – Gardens can address several other factors such as: preference, quality, selection, cost and limited transportation
LA Sprouts: A Gardening, Nutrition, and Cooking Intervention for Latino Youth	School in East Los Angeles (4 th and 5 th grade students); 12-week after-school gardening, nutrition, and cooking program (LA Sprouts	<ul style="list-style-type: none"> – 104 students agreed to participate – Garden is located 2 miles away from the school; also serves as a central gathering point for the community – Parental nutrition and gardening classes are also incorporated in the intervention – Increased intake in fiber, decrease in diastolic blood pressure, decrease in BMI, decrease in weight gain – Sustainability: families are equipped with the necessarily skills to grow their own food
Healthy Eating Design Guideless for School Architecture		