



FACT SHEET FOR PRIMARY SCHOOL STUDENTS

Evolution of Community Gardens over time

Once upon a time, long ago, when people lived in small groups, there was a special custom: they cultivated the land together! They helped each other to get food and to be healthy. It was the way people lived in harmony with nature. But then, as time went by, things changed.

During the industrial revolution, more than 200 years ago, cities began to grow rapidly. People moved there to work in factories, but it was not all good: cities were crowded, dirty and sad. There was a lack of green spaces where people could relax or play. And so, someone had a brilliant idea: bring gardens back to the city! Small spaces of land were made available to families to grow vegetables and flowers. It was a way to have fresh food and to breathe some fresh air.

In many countries, such as Germany and England, these gardens were created near workers' homes. Cultivating the land was a healthy pastime after many hours of work. Sometimes, children helped plant seeds or harvest carrots and courgettes, learning to respect nature and care for their surroundings.

During the world wars, gardens became even more important. People used them to grow the food they could not buy in the shops. In the United States, they called them 'Victory Gardens' and everyone was invited to participate. Even children contributed, turning gardens and empty spaces into little green havens.

Over the years, the love of gardens has never faded. In the 1970s, in New York, an artist named Liz Christy began transforming abandoned spaces into community gardens. She threw 'seed bombs' to plant flowers in neglected places. Thanks to her and other volunteers, many people returned to experiencing nature even in the midst of skyscrapers.

And today? Urban gardens are everywhere! In Italy, for example, many municipalities give small plots of land to people to cultivate. There are gardens in cities like Turin, Bologna, Rome and even on balconies and terraces.

Cultivating is not only a way to have fresh vegetables, but also to get together, make friends and protect the environment.

Community gardens teach us that, even in a big city, we can create spaces of nature, peace and happiness. So, next time you see a garden in the city, think about how much history there is behind it and all the people who, with love and patience, have sown the seeds for the future!



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