

The page is decorated with vibrant, stylized illustrations of various fruits and leaves in the four corners. The top-left corner features a cluster of green leaves, orange and yellow flowers, and a red fruit. The top-right corner shows a large orange fruit, green leaves, and small yellow and pink flowers. The bottom-left corner contains a large orange slice, green leaves, and a pink strawberry. The bottom-right corner displays a large green leaf, orange and yellow flowers, and a pink strawberry.

NEW CITY HABITAT

K R A K O W 2 0 2 0

post- conference **materials**



Table of contents

Preface			
Jacek Majchrowski, President of Krakow			3
CO Cultivating cities - urban gardening's impacts and challenges			
Silvia Cioli			5
M Urban Agriculture - a Hidden Champion to create vital and inclusive public spaces			
Frank Lohrberg			8
M Regulations regarding the common good in relation to community gardens			
Fiammetta Curcio			11
M European Urban Strategies for Sustainable Food and Urban Agriculture: insights from URBACT networks and cities			
Marcelline Bonneau			13
M Urban regeneration reinforcement (resilience) through urban farming			
CO in the aspect of common good			
Emanuela Saporito			15
CO Garteln in Wien - forms of urban gardening practiced in Vienna			
C Katharina Roth			19
CO People, Place and Nature - London's community gardens in a time of crisis			
Joanna Milewska			22
CO Seattle P-Patch Community Gardens,			
M a colorful patchwork to cultivate healthy food, make connections			
C and have an impact			
Rich Macdonald			25
CO Growing Health -			
E community gardens as a therapeutic resource			
Alan Holland			28
E "Garden with class" program for school gardens -			
CO towards smarter kids and healthier communities			
Bożena Szewczyk-Taranek			32
C Biodynamic and organic cultivation in the city food community garden environment			
David Rowley			35
C Bees in the city - "Krakow Apiary" Project			
E Monika Lelen			38
Questions and Answers			42

Legend

M MANAGEMENT
C CROPS

CO COMMUNITY
E EDUCATION



According to official forecasts, as much as 70% of world's population will live in cities over the next ten years and one of the problems that will arise from this situation is the provision of the residents of these extremely numerous urban communities with healthy and ecological food. Due to the aforementioned, the participants of the "New City Habitat" conference were considering the introduction of necessary changes which, on the one hand, provide us with a comfortable life in a healthy environment and, on the other hand, ensure the sustainable development of our cities.

The experience of recent months associated with the spread of COVID-19 disease has clearly shown how important the contact of human with nature is. According to the latest research, a deficit in contact with nature contributes to the incidence of depression, weakening of immunity or concentration. Direct and active contact with nature which can be ensured, among other things, by communal gardens established more and more often in cities today, is priceless in this context. In addition, it is worth emphasising that by supporting the establishment of community gardens, we also support the flourishing of biodiversity.

During the "New City Habitat" conference we were acquainted with the numerous worldwide examples of supporting resident grassroots activities in establishing communal gardens or urban farms. We also presented our "Classy Garden" project which was implemented in Kraków and perfectly combined education with cooperation and integration of different generations and social groups, involving the youngest residents of Kraków, in undertaking pro-ecological activities.

It is difficult to resist the impression that the "local approach" and the issue of "community" are currently the best antidotes to the various problems of modern cities - ranging from economic to educational and social problems. Our conference organised in Kraków underlined that these are key concepts also in relation to urban gardening.

Prof. Jacek Majchrowski
President of Cracow



Abstracts
and **graphic notes**
from conference presentations



Cultivating cities: urban gardening's impacts and challenges

Silvia Cioli

RU:RBAN ad-hoc Expert / Zappata Romana
Rome, Italy

In recent years, urban gardening has become a practice that responds to many needs as it is capable of promoting a sense of community, stimulating social cohesion, mitigating spacial and environmental injustice, experimenting innovative production and management models for public spaces and strengthening urban ecosystems through increasing urban biodiversity and fighting climate change.

This activity typically emerges at the grassroots, where citizens come together to utilize the garden to share resources, skills and space. Such informal processes are guided by a shared vision and planning capabilities of an urban community. Do-it-yourself and grow-it-yourself also means finding one's own expression in the products of one's labor. It means setting oneself apart from a life of consuming objects of industrial production. Seeking individual expression is also a quest for new forms and places of community. After the pandemic more people are thinking about where their food comes from, how easily it can be disrupted, and how to reduce disruptions.

It is crucial that city authorities and planners start recognizing the importance of urban agriculture in the rich mix of activities that characterize modern cities, supporting it as a strategy that could be used not only as reaction in times of crises but mostly as a precious tool to be part of a global strategy that can enhance the resilience and sustainability of urban areas and inhabitants.

More information:

<https://urbact.eu/rurban>

<http://www.zappataromana.net/en>

<http://www.hortusurbis.it/home/>

Silvia Cioli is an architect, Urbact Ad Hoc-expert in environmental issues and co-founder of studioUAP. She works in the field of architecture and urbanism especially on the design of public space and has been awarded for the participatory processes adopted. She is co-founder of Zappata Romana to investigate community and edible gardens in Rome as a collective action for urban public space appropriation and for the development of environmental, economic and social innovative issues. Since 2012 she has been appointed by the Appia Antica Park in Rome to activate an abandoned area where a new public space, the Hortus Urbis, is chorally built and maintained.



Photos

1. Orti Urbani Garbatella, Rome - credti by Zappata Romana
2. Mandrione, Rome - credti by Zappata Romana
3. Hortus Urbis, Rome - credti by Zappata Romana



Urban Agriculture - a Hidden Champion to create vital and inclusive public spaces

Frank Lohrberg
Aachen University
Aachen, Germany

Urban Agriculture is a global issue, but also Public Space is such an issue as indicated by the Global Public Space Toolkit published by UN Habitat in 2015. The presentation shows urban planning approaches linking Urban Agriculture and Public Space. With reference to the COST Action Urban Agriculture Europe (2012-16) this will be done on two levels: 1.) the neighbourhood level where urban food gardening is quite a promising tool to create vital and inclusive urban spaces and 2.) the city level where the phenomenon of urban farming is focussed on. Especially urban farming is often neglected by urban planning, but offers excellent opportunities to build up a resilient urban green infrastructure – as cases studies from Cologne and Bamberg (Germany) show - which benefit to the social and cultural capital of a city.

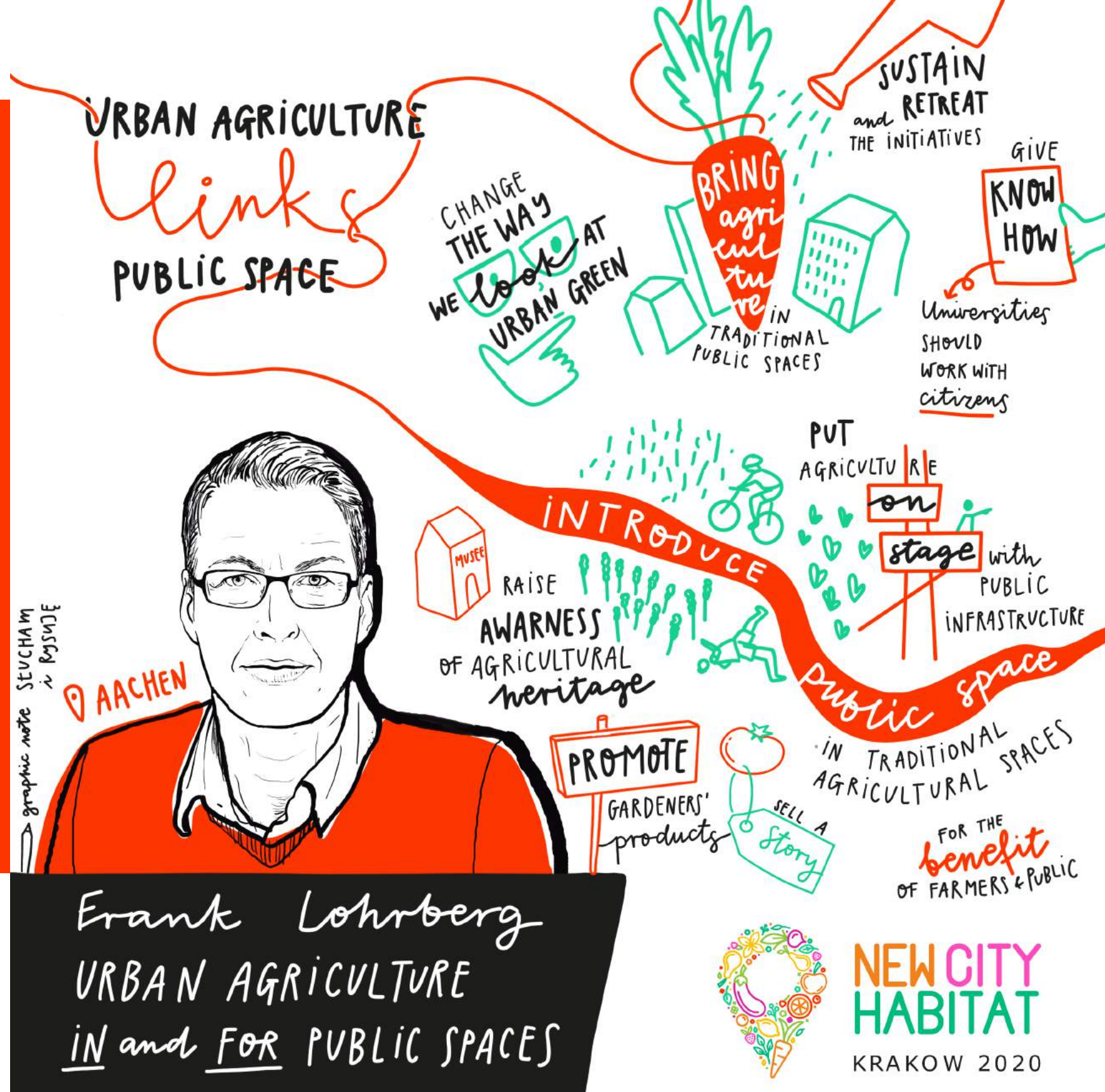
More information:

<http://www.urban-agriculture-europe.org/>

<http://www.lohrberg.de/>

<https://progireg.eu/>

Prof. Dr. Frank Lohrberg and his institute coordinate the H2020 project "proGReg" focusing on the revitalization of industrialized areas by nature based solutions. In 2019 he conducted the first international conference on "Urban Agricultural Heritage". He has chaired several national and EU funded research projects, e.g. the COST Action TD 1106 'Urban Agriculture Europe' from 2012 to 2016. Prof. Lohrberg is member of the German Werkbund, the German Association of Landscape Architects and the German Chamber of Architects. He was admitted into the German Association of Town Planning and Regional Planning in 2009. Since 2002 he has been the principal of studio Lohrberg stadtlandschaftsarchitektur, focused on landscape architecture. In 2010, he was appointed as chair of the Institute of Landscape Architecture at RWTH Aachen University.



Photos

1. Urban agriculture as public space: bringing agriculture to traditional public spaces: the Tempelhofer Feld - Allmendegarten. Berlin. Source: F. Lohrberg
2. Urban agriculture as public space: making traditional agricultural spaces more public: Lookout tower, Cologne Green Belt. Source: F. Lohrberg



1



2

Regulations regarding the common good in relation to community gardens

Fiammetta Curcio

URBACT / RU:RBAN ad-hoc Expert

Rome Italy

The principle of subsidiarity is the principle according to which, if an inferior entity is able to perform a task properly, the superior body must not intervene, but it can possibly support its action. This principle is now typical of modern Western democracies and is the basis of many local experiments of active citizenship.

To translate the principle of subsidiarity into concrete actions, it is necessary to regulate it with clear and simple rules governing collaboration between citizens and the administration. The more the administrations perceive the reliability of the citizens, the more they allow them to take care of a common good and they are inclined to share the complexity of the challenge. Reliability and credibility are stronger in the case of groups of citizens organized in associations, rather than individual citizens. This for obvious reasons, such as the guarantee of ensuring a certain consistency over time, in the desirable presence of a broad framework of competences and, not least, in carrying out a mutual control action on the good progress of the initiative.

If the aforementioned is relative to the relationship between associations and institutions, it is equally important to emphasize that when a group of citizens takes care of a common good it produces an improvement in the quality of life of everyone, including those who have not participated in the care of the good. But above all in this way the bonds of community are built, producing social capital, integration, a sense of belonging and a civic sense. Those who take responsibility for

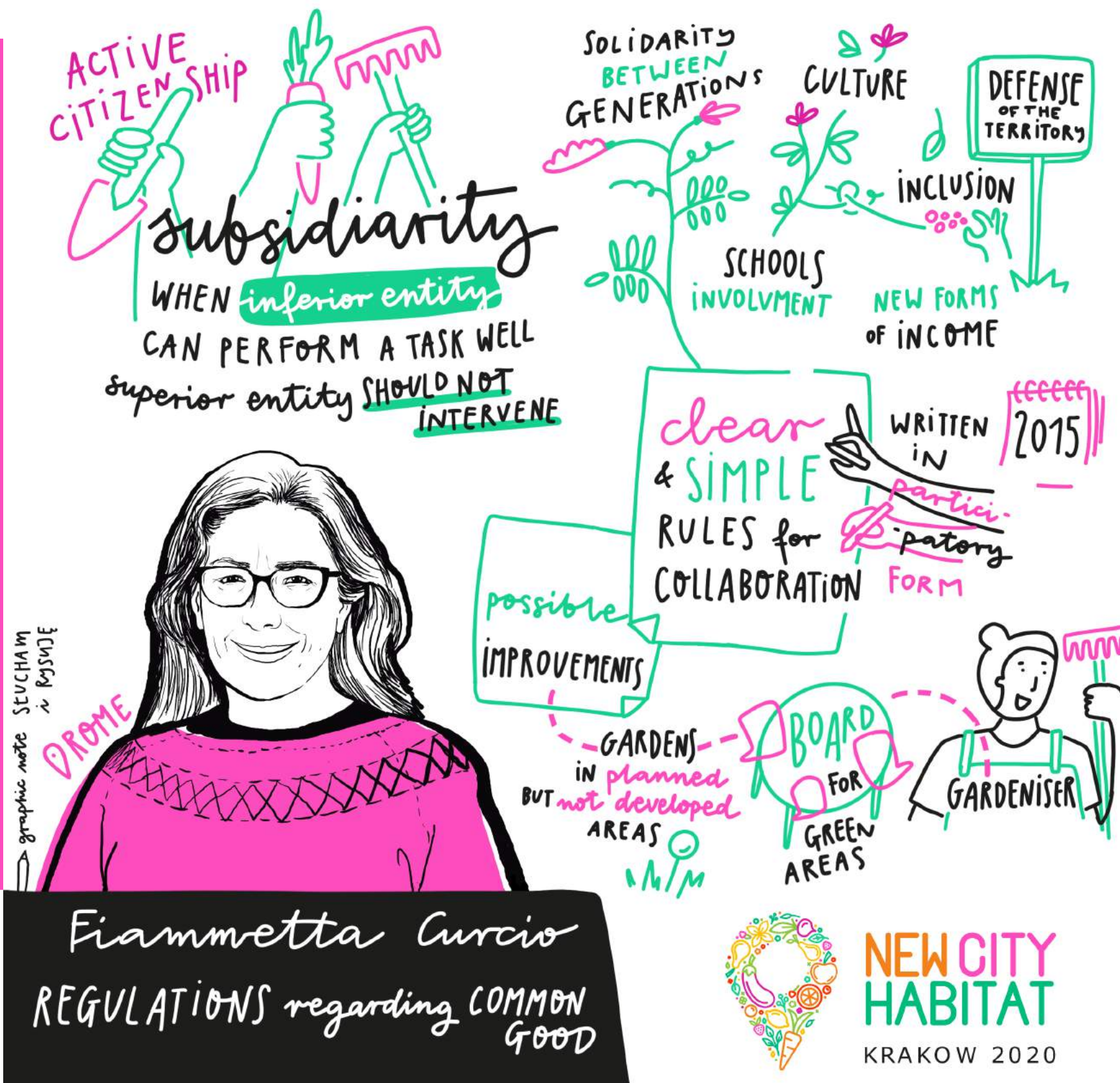
the care of a common good do so not to behave as substitutes that remedy inefficiencies in the public administration, but as citizens who reclaim what has always been theirs. They do so with enthusiasm, taking advantage of the opportunity to get together with friends and neighbors, thus overcoming distances and misunderstandings, through "doing" something together, which is the best thing to really share life pieces.

The application of mechanisms for taking charge of a common good such as an urban vegetable garden is therefore of considerable interest, as it constitutes very distinctly, given the extreme clarity of the common objective, i.e. the growth of vegetables for food use and / or plants for the improvement of the landscape quality, a very marked opportunity for knowledge and comparison of techniques, for the convergence of specific skills, for intercultural and intergenerational encounters. Consequently, it is of strategic importance to regulate access to the common management of a common good, the roles and responsibilities that derive from it and to identify in advance the solutions to possible problems or contrasts, given that we are facing a relatively new civic field and many paths are yet to be discovered and go through.

More information:

<https://urbact.eu/rurban>

Fiammetta Curcio is an ad hoc expert on local development issues for the secretariat of the European Program URBACT, which is subsidized by the EFRR. In recent years, she has focused on studying the urban dynamics of consolidating collective identities, contributing to the achievement of common well-being, also through the use of common goods. She has always dealt with the local economic development. Firstly, with a more statistical approach, working mostly on data analysis (the study of territorial clusters and application of cost-benefit analysis). Then, from the economist's point of view, on the labour market problems and industrial development through the technology transfer actions. Fiammetta has over twenty years' experience with the other EU countries since she coordinated many EU-funded projects about the growth of economics and the expansion of entire communities. She studied at the Sapienza University of Rome in the Faculty of Economic and Statistical Sciences.



**NEW CITY
HABITAT**
KRAKOW 2020

European Urban Strategies for Sustainable Food and Urban Agriculture: insights from URBACT networks and cities

Marcelline Bonneau

URBACT Programme Expert/ Resilia Solutions
Brussels Belgium

Since 2013, the URBACT programme has supported 7 networks to learn and exchange from each other on the topics of sustainable food and urban agriculture. Thanks to these, throughout Europe, almost 50 cities have focused in the last years on improving their policy frameworks in these fields, innovating in the use of public procurement, supporting local (organic) food production as well as urban gardens, while stressing the need for food sovereignty, reinforcing rural and urban linkages and ensuring adequate urban planning and land use. The exchanges have also focused on the distribution aspects of local food systems together with the support to local economy (via branding, entrepreneurship and innovation) and territoriality (valorising local production and improving supply chains).

These cities have also worked on the access of all to healthy and quality food. Circularity, food waste management and composting was the focus of some of them. Others focused on consumer behavior, inviting

their citizens to consume more organic, seasonal, local and vegetable protein-based diets, while at the same time strengthening the engagement of the local communities. Finally, some of these have also researched and analysed these processes to better reflect and share with other cities.

More Marcelline Bonneau, URBACT Programme Expert, shared insights from the 7 networks (Food Corridors, BioCanteens, RU:rbn, BeePath-Net, Sustainable Food in Urban Communities, Agri-Urban, Diet for a Green Planet) and focused on the URBACT legacy in the Region of Brussels-Capital.

More information:

<https://urbact.eu/>

<http://resilia-solutions.eu/>

Marcelline Bonneau (Resilia Solutions) provides research, analytical and experimentation services to support the societal transition taking sustainability as a baseline and adopted paradigm. Sustainable food, food waste, circular economy, sustainable consumption and grassroots initiatives are some of the topics she covers. Bonneau also investigates some of the transversal and integrated approaches like leadership, governance, urban planning, and empowerment. By combining theory and practice she has been working, for more than ten years, with public authorities and local initiatives. She is focused specifically on the interactions between stakeholders via co-creation towards a more resilient society. With a background in public policy and management of the environment, she seeks to link not only theory and practice but also grassroots and strategic activities at both the local and EU levels.



Marcelline Bonneau
EUROPEAN STRATEGIES
for SUSTAINABLE FOOD



**NEW CITY
HABITAT**
KRAKOW 2020

Urban regeneration reinforcement (resilience) through urban farming in the aspect of common good

Emanuela Saporito

Polytechnic of Turin / OrtiAlti

Turin Italy

Urban farming can play a key role in reinforcing environmental, social and economical urban regeneration processes, as on one hand it contributes to the integration of multiple uses in a single space, as multiple answers to contemporary urban challenges (from climate change mitigation to social exclusion); and on the other it attracts and facilitates the cooperation between for-profit and non-profit actors, and between institutions and citizens.

Urban farming can in fact be considered as a “nature based solution” for urban resilience, as acknowledged by the European Commission, and it also allows to combine place-making practices with commoning practices. The impact generated can be moreover expanded if we consider that such practices can take place not exclusively through the regeneration of urban lands awaiting development, but that the unused

or under-used developed property itself, including abandoned infrastructure and buildings, may be part of a new multifunctional and co-operative city landscape. Many cities are following this path as a main urban strategy, and this is the case of the city of Paris with the Paricul-teurs project.

In Italy, the case study of OrtiAlti in Turin is an interesting example of an urban gardening project that has built an implementation methodology based on cooperation and participation, aimed at generating environmental and social impact.

More information at:

<http://www.ortialti.com/en/>

Emanuela Saporito, PhD, is currently a researcher at the University of Technology in Turin, where she is working on participatory planning, urban regeneration and collaborative decision making. Emanuela graduated with honours at the Polytechnic of Turin in 2008, with a thesis on the relationship between urban design and participative decision-making. In 2011 she was a Visiting Scholar at the Harvard Graduate School of Design and the Kennedy School of Government. She has collaborated with STUDIO999 since 2008. In 2013 she completed a doctorate in Spatial Planning and Urban Development at the Polytechnic of Milan with a thesis that explores the potentials and limits of the pluralistic approaches in city planning. She is a co-funder of design studio and a prototype rooftop community garden - OrtiAlti in Turin.



Emanuela Saporito
URBAN REGENERATION
through URBAN FARMING



NEW CITY
HABITAT
KRAKOW 2020

Photos

1. "Ortoalto Le Fonderie Ozanam", rooftop garden in Turin, Italy
2. "Ortoalto Le Fonderie Ozanam", rooftop garden in Turin, Italy
3. "Or-To for Eataly", community garden, Turin, Italy



1



2



3

4. "Ortoalto Le Fonderie Ozanam", rooftop garden in Turin, Italy
5. "Giardino IncrEdibile", community garden in Nichelino (Turin), Italy



Garteln in Wien - forms of urban gardening practiced in Vienna

Katharina Roth
Bio Forschung
Vienna Austria

In Vienna many different possibilities of urban gardening have developed. For people, who want to only eat vegetables they grew themselves during the summer season, renting a vegetable plot is a good option. The owners of vegetable plots are primarily organic farmers, who provide cultivated urban land and organic seeds and seedlings. In community gardens vegetables and social cohesion are given the opportunity to flourish. In "Community Made Agriculture" people try to subsist on their own garden of vegetables and also use the garden as a political and socio-economic statement. CMAs produce food both for sale and for personal use.

In the public housing 3 different ways to garden are supported. Flower beds are small plant beds in the housing complex, maintained by individual residents. Mobile beds are raised beds placed in the housing courtyard at request, cared for by residents. The third way is a com-

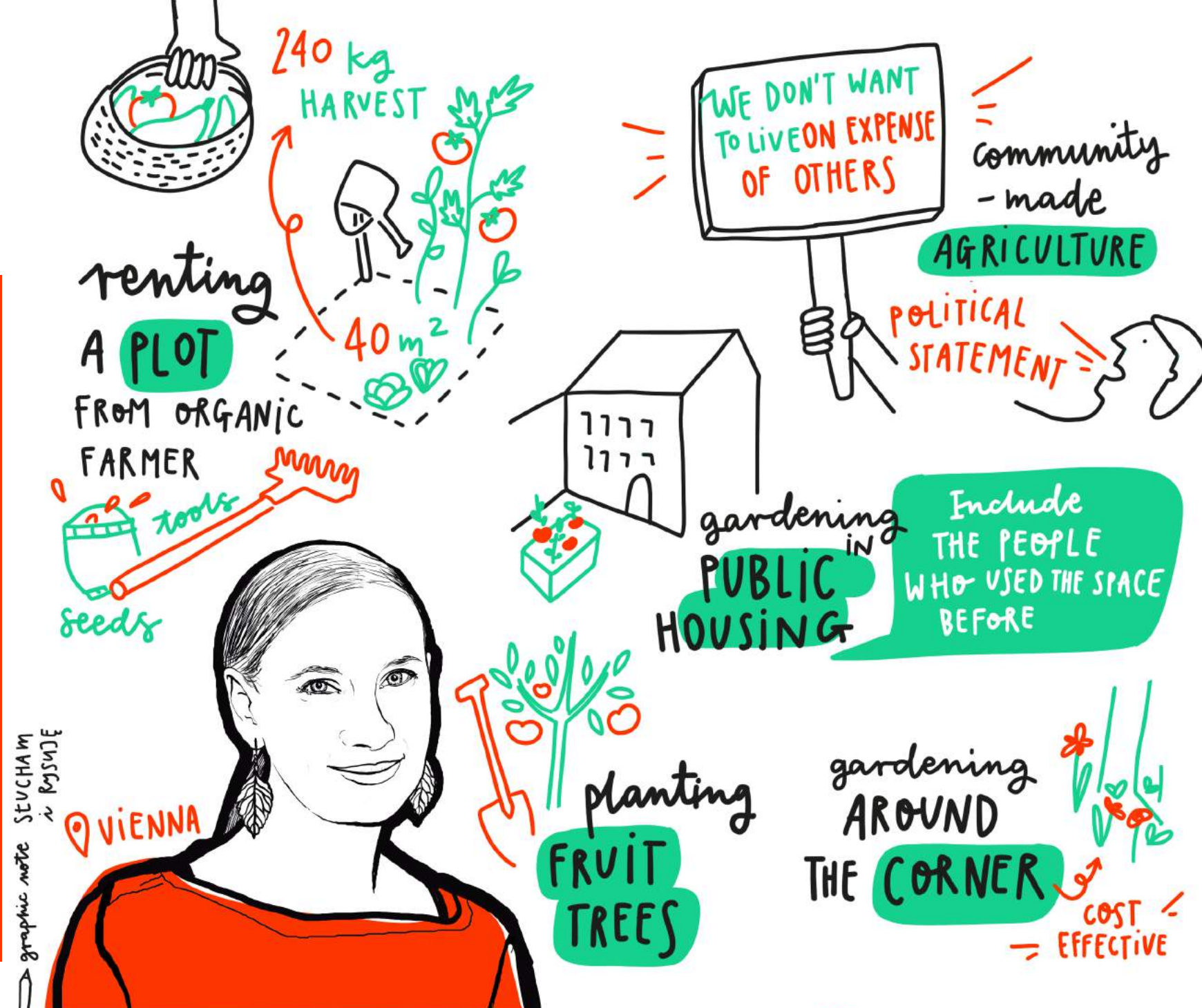
munity gardens located in communal housing estates. Active residents, who want to enhancing the surrounding biodiversity, can care for small green spaces with the "Garteln ums Eck" (= Gardening Around the Corner) program. The association "ObstStadt Wien" plants fruit trees on public spaces together with committed people. Building greenery carries a crucial role in improving the city climate, as it serves many helpful functions. WWOOF (World Wide Opportunities on Organic Farms) is for those who want a taste of organic farm life, rather than the responsibility of a garden bed or vegetable plot for the whole season.

More information:

www.garteln-in-wien.at

www.bioforschung.at

Katharina Roth is an expert in Bio Forschung Austria. Her current research includes organic farming and urban gardening, Green public food procurement and knowledge transfer and mentoring. Since 2011 she has been a research assistant at the "Bio Forschung Austria" and the leader of the "Garteln in Wien" since 2016. She studied nutritional science at the University of Vienna and has her Bachelors in Complementary studies for the Environment and Biology. Her message is: "When people from different generations and ethnic groups join an organic urban gardening project they develop a careful handling with each other and with nature."



Katharina Roth
URBAN GARDENING in VIENNA



NEW CITY
HABITAT
KRAKOW 2020

Photos

1. Vegetable Plot for rent, source: Bio Forschung Austria _Katharina Roth
2. Temporary Community Garden in 10th district of Vienna © b2b media
3. „Garteln ums Eck“ – „Gardening around the corner” © MA25



People, Place and Nature - London's community gardens in a time of crisis

Joanna Milewska

LDA Desing / Meath Garden
London, United Kingdom

With 3,000 parks of varying sizes, London is a green city and a contender for the greenest major city in Europe. An astonishing 47% of Greater London is classed as 'green'. It also has the highest concentration of city farms and community gardens of any UK city, many of which were created out of crisis. The push is to make more than half of the city green by 2050.

Covid-19 has shown how these spaces are needed and valued. But it has also thrown into sharp focus existing inequalities within the city, with issues around access and proximity particularly in poorer areas. So how did London come to have so many community green spaces and what does it need to do to ensure these spaces are more inclusive and relevant to people's lives?

Landscape architect Joanna Milewska explored the origins of London's community gardens and share her experiences of Meath Gardens, a once-neglected jewel of a park in east London which has been saved by the actions of the community. Meath – like many gardens, parks and green spaces – has become central to the lives of the people who live close by. It is a healing space, a place to belong. By creating stronger connections to nature – even in the most heavily populated and contested parts of a city – we can build a society that is healthier, happier and able to function well in a pandemic.

More information:

www.friendsofmeathgardens.org

<https://www.facebook.com/friendsofmeathgardens/>

Joanna Milewska is a landscape architect. Author of a series of articles published in Poland about sustainable landscape design, biomimicry, habitat creation and nature conservation. Since joining LDA Design in 2013, she has worked on a fantastic range of projects including Queen Elizabeth Olympic Park and North West Cambridge – both of which set industry benchmarks in sustainability. She is currently helping to deliver a new sports centre for the University of Portsmouth that is aiming to be the first to achieve BREEAM Outstanding. Outside of work, you are likely to find her helping to transform her local green space, Meath Gardens. She is also an enthusiastic photographer and explorer. Treating the Earth's finite resources carefully matters a great deal to her.



Photos

1. Meath Gardens London
2. Meath Gardens watering
3. Meath Gardens volunteers



1



2



3

Seattle P-Patch Community Gardens, a colorful patchwork to cultivate healthy food, make connections and have an impact

Rich Macdonald

P-Patch Community Gardens
Seattle USA

Community gardens thrive on the passion of gardeners. Passionate people build community gardens, inspiring the community to create a lasting treasure for their neighbourhood. Yet sustaining a garden is not easy. Organizing people, recruiting new gardeners, sustaining programming, managing conflicts, keeping the garden attractive is hard work year after year.

Vibrant community gardening programs need support beyond the passion of gardeners. In Seattle institutional support and organized advocacy are two keys to P-Patch's success. While gardeners best manage day to day activities and programs, institutional support from government or non-governmental organizations can provide a foundation upon which gardeners can build. For P-Patch, since its early years, Seattle city government, has provided this foundation. The City of Seattle's Department of Neighbourhoods manages the community garden properties, registers gardeners, develops standards and rules and ensures equitable access to the plots of land. Organized advocacy at crucial times has pushed the city to grow the program. All of this support has helped the forty-seven year old P-Patch community gardening program grow to 89 gardens, serving 3500 families on 13 hectares of land.

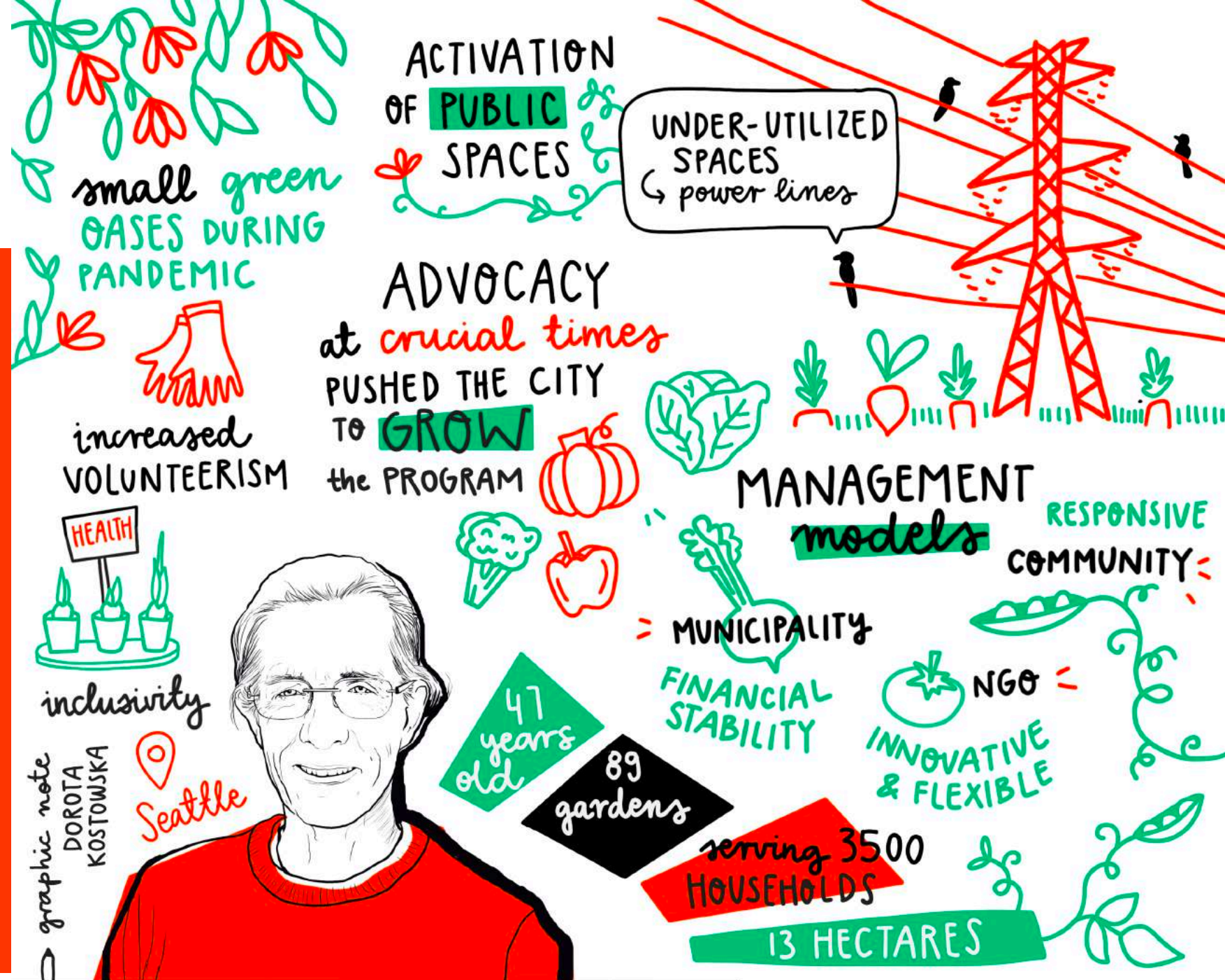
With so many pressing needs in a city, why care about community gardens? Though small, they offer many benefits. Community building ranks first; all manner of people mix in a garden and grow deep neighbourhood connections. Food access is key; gardeners grow their own and take pride in donating to others, even as they model gardening techniques for all. Community gardens are cost-effective managers of public open spaces, and they become natural gathering spots. Pollinators and plant diversity both thrive under the careful stewardship of community gardeners.

Even during the pandemic and fight for social justice, these small green oases have stepped up. In Seattle community gardens have become safe places for socially distant gatherings of families and friends, and gardeners, recognizing the importance of food access, have increased donations to food programs.

More information:

<https://www.seattle.gov/neighborhoods/programs-and-services/p-patch-community-gardening>

Rich Macdonald, worked in Seattle government for 23 years overseeing the growth of the city's P-Patch community gardening program and believing that community gardens help build resilient neighbourhoods. During his tenure, P-Patch grew from 30 to 90 sites, encompassing 3000 families on 13 hectares of public and private land. He worked with communities to develop market gardens, youth gardening, food donation programs, gardens focused on immigrant communities, and design features to increase accessibility and public access. Since retiring in 2017 he spends time in his own community garden, is a fruit tree steward, teaches yoga, and continues to advocate for the future of P-Patch community gardens.



Rich Macdonald
Seattle P-Patch Community Gardens
A COLORFUL PATCHWORK TO CULTIVATE
HEALTHY FOOD AND MAKE CONNECTIONS



NEW CITY
HABITAT
KRAKOW 2020

Photos

1. Ballard art in the P-PATCH garden 2019
2. Marra
3. Magnuson P-Patch



Growing Health – community gardens as a therapeutic resource

Alan Holland

TWIGS Community Garden
Swindon, United Kingdom

Gardens are therapeutic - this is the fact learned in our gardens where we are helping the people and plants to grow and where miracles are happening each day.

TWIGS (Therapeutic Work In Gardening Swindon) is a colourful and vibrant set of gardens in the heart of Swindon managed by people who experience mental health problems to regain confidence, self-esteem and to learn new skills. It was created in November 1997 by Pride of Swindon winner Anne Billingham, who realized the therapeutic benefits that working with nature could bring to those experiencing mental health problems. TWIGS now provides places for up to 100 people who have the opportunity to work on projects across Swindon, linking us with the wider community.

Eight gardens (e.g. The Faith Garden, the Path of Life Garden, the Physic Garden, the Roundhouse, the Wildlife-Friendly Garden) provide plenty of different design, plant and craft ideas. There is an insects Haven at the end of the site managed by FAB (Flowers and Butterflies). The Garden site is ever-changing, as is our dedicated and skilled team of people who contribute to this special place. We grow and nurture plants using organic methods. Plants are grown to a high standard that competes commercially, which is something we are extremely proud of at TWIGS. We mainly grow hardy, herbaceous perennials, many of which can be found flourishing in our Gardens.

TWIGS has an inspirational and thriving craft studio plus an enterprising woodcraft department. Focusing on the creative process as a key ingredient within the recovery journey, many wonderful pieces are produced, often from recycled materials.

In 2003 TWIGS became a part of the Richmond Fellowship, a national, specialist provider of mental health housing and employment services. The trustees of the Olive Tree Cafe, established in 2011, successfully bid for the SBC contract that RF held in 2014 and subsequently added TWIGS alongside the Olive Tree Café and now manage these two distinct services. Six staff and around 40 volunteers deliver the TWIGS service. All monies raised through sales go directly towards funding our service. Our funding has come from many sources, predominately SBC (Swindon Borough Council), the Big Lottery and Zurich. We are delighted to have gained the support of Sarah* Raven in 2017. TWIGS is affiliated to THRIVE, the National Society for Horticultural Therapy and became one of ten regional Quality Champions which promoted the quality assurance scheme "Cultivating Quality".

More information:

<https://twigscommunitygardens.org.uk/>

<https://www.thrive.org.uk/>

Alan Holland is and has been the manager at TWIGS Community Gardens for the past 14 years. Alan and his co-workers manage the community gardens as a resource to give people who experience mental health problems the chance to regain confidence, self-esteem and to learn new skills. Seeing some of the benefits of getting people out in the fresh air and at one with nature has seen Alan nominated for one of this year's Pride of Swindon Awards. Putting him forward for an award, Alan's nominator said of him: "Alan leads a tight knit team who all are passionate about plants and people, helping those who are suffering from mental health problems to find peace and healing through gardening, crafts and social interaction. Just being in Alan's company, even if you are perfectly healthy, makes you feel more calm and happy."



NEW CITY
HABITAT
 KRAKOW 2020

Photos

1. This is our patio area , a peaceful , calming space where people using our service can relax during their breaks.
2. This is the central path through the middle of the themed garden areas , taken in June.
3. A group of our volunteers and staff at an evening event celebrating all the hours our volunteers give to the project.



2



1



3

4. A stone carving workshop.

5. A poetry evening with poets from around our district , run as a fundraiser for Twigs.



4



5

"Garden with class" **program for school gardens** **– towards smarter kids** **and healthier communities**

Bożena Szewczyk-Taranek

Krakow Municipal Greenspace Authority
Krakow, Poland

The GARDEN WITH CLASS program is a project of the Krakow Municipal Greenspace Authority addressed to Primary Schools, aimed at inspiring and supporting schools to set up school gardens - GARDENS WITH CLASS.

We wish schools to use the potential of school green areas and gain an additional outdoor classroom, to learn through the direct experience of plants and the garden. Children have the opportunity to observe nature and experiment with plants by working in the garden. We want the school garden to be a place of integration of the entire school community (teachers, children, parents and grandparents) as well as the local community and the neighbors.

Learning in the garden has been proven to have a positive impact on students. It affects the attention and enthusiasm for learning, strengthening skills and habits, pride and a sense of responsibility, and reduces discipline problems. The school garden also increases the quality and work satisfaction for teachers.

In order to motivate schools, there are awards in the GARDEN WITH CLASS program. As a school progresses they will be awarded with certificates from level 1 to level 4 - the most advanced. This system was inspired by the British Campaign for School Gardening by the Royal Horticultural Society. The program started in January 2020. 18 Primary Schools (out of 130 in the city of Krakow) qualified for the program. In February 2020 we held meetings and trainings for teachers. We also acquired sponsors for seeds and garden tools. Ambitious plans and gardens that were planned for spring were interrupted by the Covid 19 pandemic and lockdown. All of the teacher's attention turned to the organization of distance learning. Despite the obstacles, some schools implemented the program and determined teachers created vegetable gardens, storytelling corners, willow wigwams, and obtained funding for raised beds and sensory gardens. Now some gardens are waiting for children in September 2020. We hope to start with the GARDEN WITH CLASS in 2021 with new knowledge and enthusiasm.

More information:

<https://zzm.krakow.pl/dla-mieszkancow/edukacja/ogrod-z-klasa.html>

Bożena Szewczyk-Taranek, PhD in Agricultural Sciences, academic at the University of Agriculture in Krakow for 12 years. She is trained as a 'gardenizer' within the RU:RBAN project. Currently she supports the leaders of community gardens and cooperates with the Krakow Municipal Greenspace Authority, while developing the Krakow Community Gardens program along with the GARDEN WITH CLASS program. She is a driving force of getting schools, children and local communities to become actively involved with plants and gardens. She is fascinated by the therapeutic power of gardening.



Bożena Szewczyk-Taranek
GARDEN WITH CLASS



NEW CITY
HABITAT
KRAKOW 2020

Photos

1. „Garden with class” Rised flower beds Primary School 106, Kraków
2. Workshops for children, seeding March 2020, Primary School 106, Kraków
3. “Garden with class” School for Children with Special Needs n3, Kraków



1



2



3

Biodynamic and organic cultivation in the city food community garden environment

David Rowley

Heckfield Park Farm
United Kingdom

There are at least 5 strategies for the type of cultivation and management of a community garden which may be considered when setting up and actually functioning in a city food community garden environment. These are:

Conventional – the use of all tools (chemical and physical) to solely achieve the aims of the crops growing. Often at the expense of the health of the ecosystems around the garden.

Organic – following the guidelines laid out by the international laws governing what products and practices may be used. Generally the items approved for organic production are deemed “safe”, although they may have adverse affects on the surrounding ecosystems.

And without the use of chemicals or artificial nutrient sources: **Biodynamic** – following the principles of the work of Rudolf Steiner which identifies the farm (or garden) as its own entity and encourages all energies to positively encourage growth of the plants, people animals and all other beings. “Bio” life & “Dynamic” in motion.

Permaculture – is a set of design principles based on simulating natural ecosystems with the goals of creating habitats that can produce food and other crops with a minimal amount of human interaction.

The grand combination of all (in opinion of the author) is **Holistic management** – identifying the whole and carefully observing, managing, and getting feedback from all of the influences of the garden. Using the feedback loop to affect future decisions and actions, in the context of how the garden is related to itself and to the surrounding entities.

The beauty of those systems and philosophies is that all will work – and depending upon the community of gardeners one choice will have more merits than pitfalls. The “community” (in community gardens) is not only the people actually working in the gardens, but in fact all that are related; as gardeners, family, friends and all the people and animals that are in the surrounding communities. When one grows a garden its proverbial roots reach far and wide!

The different management styles often look different in practice, and how they affect the day to day life of the gardens. Including crop selection, fertility, pest and disease management, crop rotation, cover cropping, the likely outcomes and so on. Ultimately the garden will flourish, as will the community but the path that leads there is best walked with as much forethought and advice as possible.

More detailed information and reading:

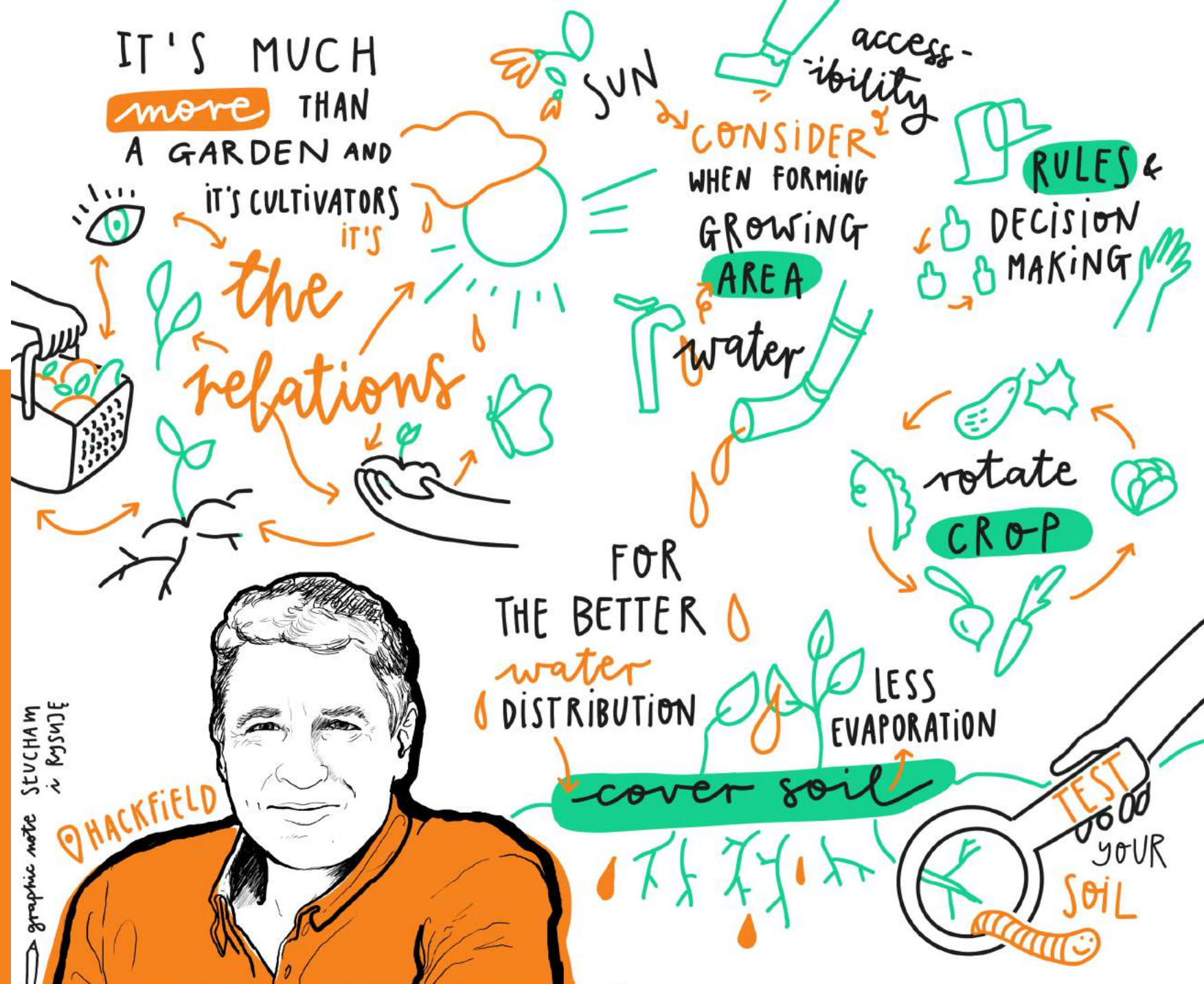
Alan Savory & Jody Butterfield “**Holistic management, a framework for decision making**”.

Elliot Coleman “**The new organic grower**”

Bill Mollison “**Permaculture, a designers manual**”

Rudolf Steiner “**The Birth of the Biodynamic Method**”

David Rowley is an experienced organic vegetable farmer, having built and run (for over 15 years) a certified organic vegetable farm located in New York State. He incorporated dairy, holistic management and biodynamics into his farm. He originally studied horticulture in Hadlow College Kent, England. Presently, Rowley is the Head Gardener of the Market Gardens at Heckfield Place - a farm that produces vegetables, ornamentals, and fruits in a biodynamic way. He finds himself drawn to the integration of people, plants, food and education.



David Rowley
BIODYNAMIC and ORGANIC
cultivation



NEW CITY
HABITAT
KRAKOW 2020

Photos

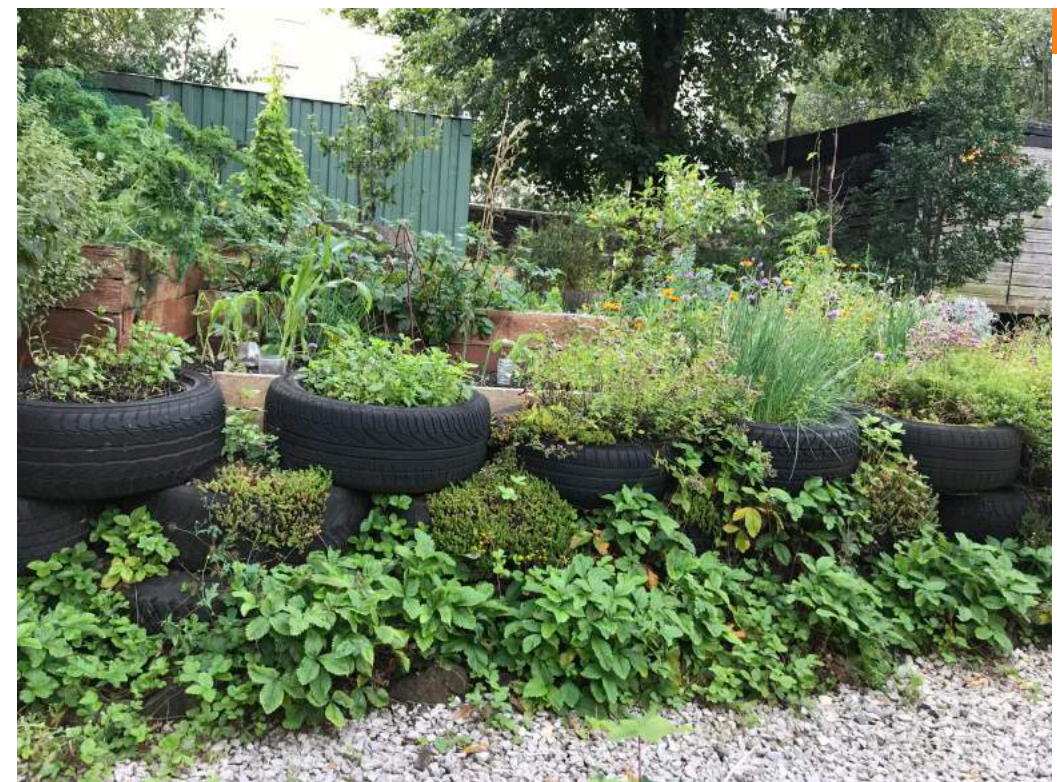
1. Organic growing, in both the lack of chemicals and in the freedom of design, Rock Farm Therapeutic and community garden, Steyning UK
2. Adding biodynamic preparations to a compost heap, as a group activity, Heckfield Park Farm, Hampshire, UK
3. Minimalist gardening with the holistic approach: re-use and Zero waste ideas in the Woodlands Community Garden Glasgow, Scotland



2



1



3

Bees in the city

– "Krakow Apiary" Project

Monika Lelen

The Association of Krakow Beekeepers
Krakow, Poland

It takes courage to let the bees live in the city. City dwellers fear bees, although most have never been stung. The presence of these insects in the city evokes emotions in people, ranging from surprise to curiosity and even to fear. Krakow had this courage and knew that the benefits of the presence of bees in the urban space can be mutual, both for bees and for people.

On this foundation, the project "Krakow Apiary" was implemented and since 2017, apiaries have been established on the buildings of the Krakow City Hall and other municipal facilities. The aim of the project is to change the ecological awareness of the inhabitants and increase the biodiversity of the urban ecosystem. The process of change takes place on many levels simultaneously and various methods are used to implement it. The familiarization of the Krakow citizens with the presence of bees takes place through the educational campaigns, workshops with local beekeepers, with the media, municipal units and

project partners. A pro-ecological lifestyle is promoted by encouraging people to change attitudes toward bees and insects. There are organized actions e.g. to exchange some plastic for honey plant seedlings.

The policy regarding urban green areas has changed as well. The area of flower meadows are growing in the Krakow city center, honey plants are planted in squares and parks, and grass mowing has been limited. Honey is promoted as an integral part of a well-balanced and healthy diet. For humans, bees are often the first impulse to understand that the earth is not indestructible, that we should take care of it for ourselves and for our children. You can do a lot for the bees without being a beekeeper.

More information:

<http://www.zrzeszeniepszczelarzykrakowskich.pl/pasieki>

<https://www.facebook.com/pasiekakrakow/>

Monika Lelėn is a professional beekeeper and bee breeder. She is the General Secretary of the Association of Krakow Beekeepers and the member of Polish Queen Bees Beekeepers' Association. She is also an expert at the Beekeeping Academy, and an instructor of practical beekeeping during numerous courses and workshops for beekeepers. Moreover, Monika is one of the co-creators and of the Pasieka Kraków ("Krakow Apiary") Project and a project coordinator on behalf of the association. She promotes traditional beekeeping based on modern methods.



Monika Lelėn
Bees in the city -
'APIARY KRAKÓW' PROJECT



NEW CITY
HABITAT
KRAKOW 2020

Photos

1. Bees living on the rooftop of Faculty of Administration of Krakow City Hall at Powstania Warszawskiego Alley (October 2018)
2. Exchange some plastic for honey plant seedlings at schools. Action 'Invite your bee for a dinner'
3. Apiary on the rooftop of Nowohuckie Culture Center at Jana Pawla II Alley.



4. Getting kids used to bees by means of workshops in the Apiary under 'Krakow Apiary' project





Questions and **Answers**



Silvia Cioli

1. How does the city support bottom up initiatives of its residents to establish community gardens?

To begin with the city has created an office for urban gardens. This might seem nothing special at first but, considering the variegated possibilities of public land ownership (municipality, province, region, state, ...) to have one single place to refer to is already of help for the gardeners. Secondly, because in Rome most gardens are spontaneous interventions the city decided to make general rules for the relationship between every community and the city, with the aim of transforming many borderline situations into legal status.

2. Are the areas where municipal gardens are created in Rome are municipally areas, or the city for example buys land from private owners to create municipal gardens?

The city does not buy land for urban gardens. The gardens in municipal areas are not necessarily created by the city. In fact only 4 cases among 200 have been promoted by the city. One case, the "Orto9" garden has been implemented with the SIDGMED project and has received awards for being a good practice. Another one was made after an everlasting argument between citizens and municipality, spending a crazy amount of money for fencing, toolsheds, waterplant, pathways, a house for the community, etc (via della Consolata), another one was started in joint venture with a private stakeholder (Villa Glori) and another one more successful is near the Aniene river in a park. Generally speaking the gardens are bottom up initiatives and for the majority they are not legalized yet. There are private land owners, farmers, etc who rent plots for cultivating. But these are not community gardens, they are an interesting profit opportunity especially for farmers to diversify their income.

3. Do you know what is the share of food produced by municipal gardens in the supply of food to residents?

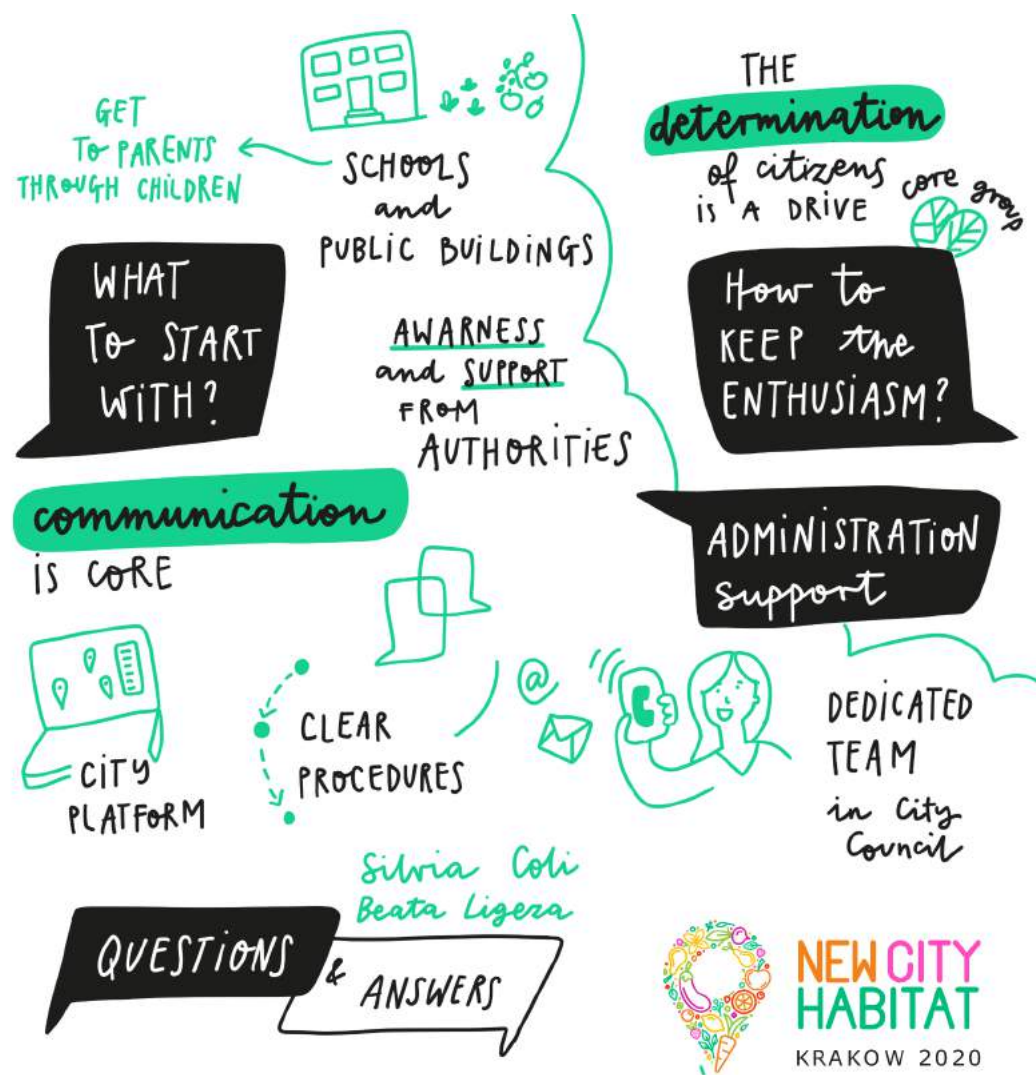
No official data about this, sorry.

4. How many gardens in Rome have professional care paid by the city?

No gardens have professional care paid by the city. Gardens are taken care of on voluntary basis. The help comes from the participants of the community or from other communities. This second aspect is a result of the different networks among the gardens that begun after the first mapping of the gardens, back in 2011 (www.zappataromana.net), that made each "heroic" community realize they were not alone.

5. What is the ownership structure of the urban gardens in Rome?

The ownership structure is very different among the gardens. Such great number of initiatives in the city of Rome, started in a spontaneous way with so many different motivations and land owners, as mentioned in the first answer, makes quite a varied structure. Most of the communities just "started", for example to clean an abandoned area that was a dump, rather than occupying an area that was supposed to be built or just for the need of somewhere where to meet and have a barbeque or build a soccer field for kids to keep them away from drugs. Each community has made researches autonomously to understand the land property of their chosen spot and has worked some sort of agreement with the owner that turned out – either public or private. Each case is different.



Frank Lohrberg

- 1 Frank, you mentioned some challenges for projects in public spaces. Out of our experience we also see that the group process in community gardens can also be quite challenging. Do you know strategies how municipalities can support here?

No, I haven't really worked with the groups directly. I guess this can be very tricky and needs more administration competences than planning like moderation skills.

2. All these initiatives are from local authorities or from government or there is projects started by citizens?

The Bamberg case is more top-down as it bases on the UNESCO label. In Cologne it was a local initiative trying to protect the area from being build. But later on the municipality took over the process.

3. Can you tell us please more about the new european forum.

The project will start Nov. 1st and all information will be provided on a website very soon. Please note that RU:RBAN is also engaged in the EFUA process and I guess Krakow is one of the partner cities within this network. Hence, good chance to engage in EFUA by RU:RBAN.

4. How do you see or foresee the future urban agriculture. Will it turn to communitarian gardens or individual or profit gardens?

That is like looking into the crystal ball.... I guess urban (communitarian) gardening will sustain and also urban farming will come up with new forms and services – especially due to Corona. I doubt that high tech forms like vertical farming will dominate, they can only survive in subsidized niches.

Fiammetta Curcio

1. Apparently this bottom movement on community gardens came to stay. It seems to contribute to promote more resilient communities to democracy. What do you think are the major obstacles to development of this will from citizenship?

Possible obstacles can be not being recognized or being feared as interlocutors by the institutions, worried about losing "power", the more so the more citizens are good at managing the phenomenon of urban gardens as a whole. Furthermore, it may be that suspicion or envy grow in those citizens who do not participate in the development of urban gardens and are not able to propose themselves and join the groups. Another possibility is that the critical mass, necessary to make urban gardens sustainable over time, may lack and therefore the citizens could be not perceived as reliable by the institutions. For all these reasons and more, a Regulation is very useful to avoid conflicts, to guarantee a good management, to include anyone want to join the mechanism, according to some clear selection criteria.

Emanuela Saporito

1. Are you able to estimate what is the share of food produced in urban gardens in the total food provision for the residents of Torino?

Unfortunately, we do not have this data on the total of the community gardens in Turin. However we do have a similar study on a single neighbourhood of our city. It has been calculated that the food produced by the area devoted to community gardening (almost 122.000 mq) would feed almost 34.000 inhabitants (according to the data given by the national institute of statistics about fresh vegetable consumption per capita).

2. How do you see or foresee the future urban agriculture. Will it turn to community gardens or individual or profit gardens?

Personally, I think that it would be useful for a city to keep all the variations of urban agriculture, since each of them contributes in a different way to give answers to contemporary societal challenges. Nevertheless, I believe that, because of the actual and potential role that UA can play as an inter-sectoral policy tool, more public and private attention needs to be placed on the economical sustainability of these initiatives. This, in my opinion, doesn't mean to transform every project into a business oriented project, but to facilitate public/private partnerships.

3. Are there any of the community gardens focused on gardening to aid mental wellbeing, as special places to heal body and soul?

Yes, there are a few. There is one in particular called "OrtoMassari", managed by a cultural association called Case Matte.

<https://www.facebook.com/casematte.torino>

David Rowley

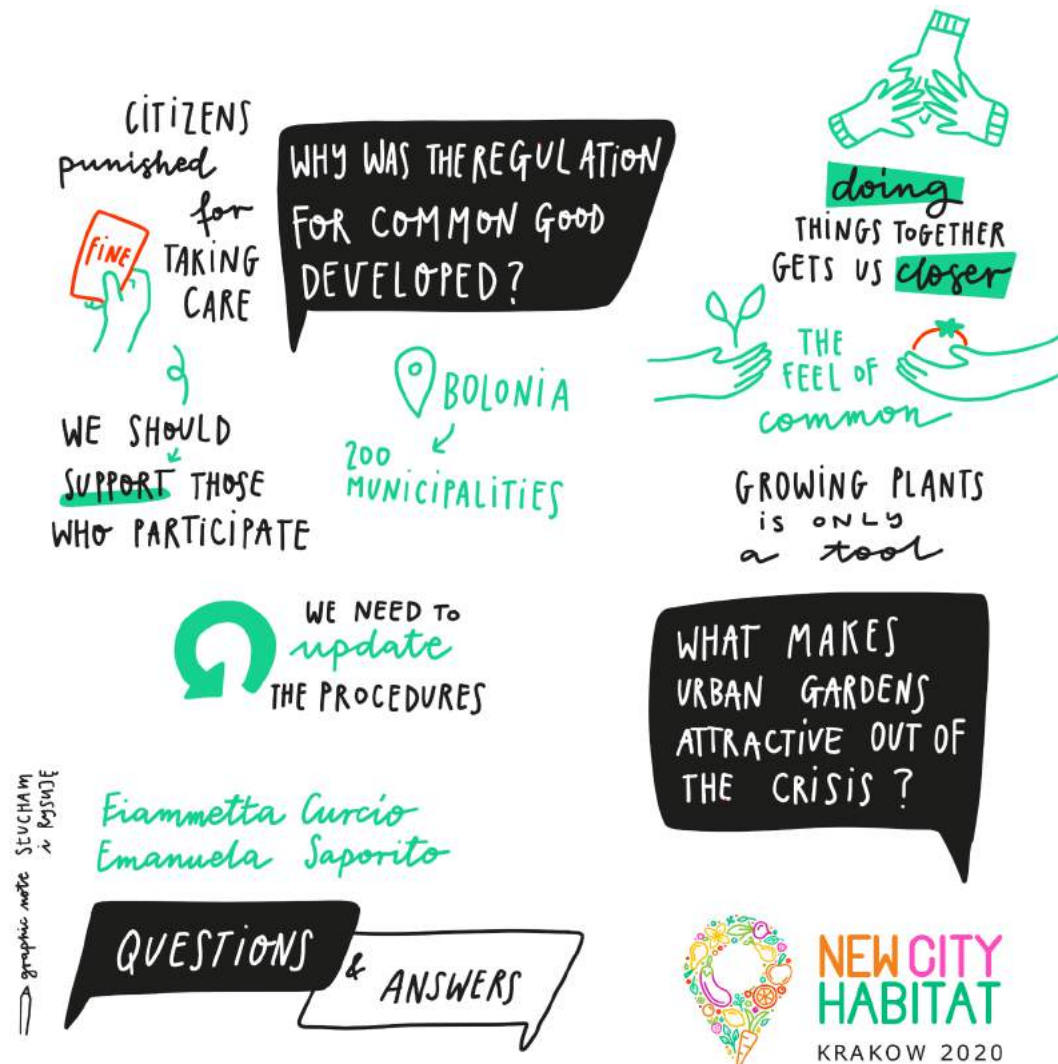
1. There is an urban legend that every layman can learn agriculture. Just start with a piece of land / boxes and start by trial and error. Your presentation showed some practical tips. So why not look for practitioners by starting a new garden?

I think that there is some truth in this statement - that anyone can learn to garden, especially with careful observation and implementing the feedback from the observations. However many of the timely errors can be avoided by listening and learning from other gardeners that have the experience with those plants in that environment. I do encourage the communal efforts - especially in urban garden settings - and the formation of new urban production centers is such a great classroom for all ages and ability levels. And the results will be growing of plants and growing of community. Sharing of the work and rewards and feedback to best develop the upcoming seasons.

Marcelline Bonneau

1. How much does Urbact cooperate or share with other urban agriculture programs in Europe?

URBACT has on-going partnerships with other European cities' networks such as Eurocities, ICLEI, ... It also contributes to the Urban Agenda Partnerships and follows-up closely on the work of UIA in relation to food systems. Via its networks, it also collaborates with UnPlusBio and Club of Territories. Via its experts it collaborates - and thus shares learnings and



experiences with a variety of experts, H2020 programmes, Interreg projects, IPES-Food, FAO initiatives etc.

2. Whether the Good Food Strategy was created only by officials and city officials, or with the support of scientists or residents.

The whole process is detailed in the presentation and on the [official Good Food portal](#). As mentioned, it is an outcome of the [Sustainable Food in Urban Communities](#) URBACT network: as such, an following up on the [URBACT method](#), it was NOT co-created solely by officials but all local stakeholders from the public and private ecosystems, civil society and research organisations, etc.

The [indicative list](#) of involved stakeholders in the URBACT network and the above-mentioned events is:

- Ministerial Cabinets
 - Environment;
 - Economy and Agriculture
- Regional administrations:
 - Brussels Environment
 - BEA (Brussels Enterprise Agency);
 - Regional Ministry - Agriculture;
 - Regional Ministry - FEDER Unit;
- Municipal administration
 - AVCB (Municipalities of Brussels Association)
- Universities
 - FUSL (economics)
 - ULB/IGEAT/CEDD (behaviour change)
- Representatives of Growing
 - Production : Terre en vue, le Début des Haricots, la ferme Nos Pilifs, Tournesol
 - Economics : Groupe One, Greenloop
- Representatives of Delivering

- Small shops: UCM
- Short food networks: la ferme Nos pilifs
- Representatives of Enjoying
- Associations: Rabad, Rencontre des continents, Tournesol, DDH
- Consumers: CRIOC
- Representatives of canteens, catering, transformation, ...

Events organised during the networks were (details [here](#)):

- À quoi ressemblerait le secteur de la distribution de l'alimentation durable en 2025 ? 11/03/2013 .
- Cantines durables à Bruxelles. Quelle est la situation actuelle ? Quelles leçons tirer des projets étrangers ? 18/09/2013
- Comment agir localement pour une alimentation durable en tant qu'Administration communale ou CPAS ? 7/11/2013
- L'alimentation durable face aux enjeux sociaux et culturels. 9/12/2013, see participants [here](#)
- L'alimentation durable dans les écoles. 14/01/2014

As mentioned, the co-creation was then launched with all stakeholders in March 2015. The strategy was launched 3 February 2016 with all local stakeholders (see participants [here](#)). A monitoring committee (with representative stakeholders) is now in place to follow-up and evaluate the implementation of the Strategy.

You can also see the [list of participants](#) for a local and international event which took place in Brussels combining local and internal expertise and experience, within the scope of this network: "[Urban Food Strategy Mix workshop](#)"

3. How did the people of Brussels adopt this strategy?

2016 was the year of launch of the Strategy when it was strongly promoted through the mainstream media. Many citizens took part in the process of developing the strategy. Now many, at individual or professional levels, implement it. For example, the GoodFood.brussels platform gathers all offers for citizens to benefit from in Brussels (tips, contacts, organization tools), the testimonials from ambassador, useful addresses, recipes... This applies to the production, consumption, foodwaste limitation, composting, ... the GoodFood logo is visible throughout the city in different types of shops, restaurants, canteens. Anybody who wants to be active in food or in urban agriculture knows the Good Food Strategy. It is a strong political commitment which stakeholders welcome as an overarching umbrella support for their actions (including financial support).

Happy to provide more details about those! marcelline@resilia-solutions.eu

Katharina Roth

1. How many people in the City of Vienna administer these programs?

Unfortunately it is not possible to give any serious information about this, because hardly any of the people who are responsible for Urban Gardening have no other tasks.

2. How many people is working with you to monitor, support or just identify such very interesting practices in Vienna?

The core team of "Garteln in Vienna" consists of 4 people, all of whom also have other tasks. But we cooperate very well with the other mentioned organizations and exchange information with each other.

3. I am very interested in who cultivates the soil in these gardens for rent, whether the farmer (e.g. mechanically), or each person digging their own quarters. Is there any help in cultivation, e.g. in plant protection?

Tillage is carried out by the farmer who offers the parcel before planting seeds and young plants and after taking back the parcel during the winter season. Chemical plant protection is prohibited on the plots, as they are organically farmed. Each tenant is responsible for mechanically removing weeds from his vegetable plot. In our course we explain with which tools and at what times this can be done most efficiently. Some suppliers send warnings via text message to the tenants, who do not manage to keep the weeds in check. If there is no response, these suppliers mulch the vegetable plot to prevent excessive weed growth (sowing) on the plot.

4. Could you please provide a link to the site for: gardens for rent?

<https://www.garteln-in-wien.at/en/gemuesepachtparzellen/>

5. Does the city consult the selection of species that will be planted in free spaces, e.g. do the residents have to submit a proposal for consultation, does the city only ensure that no poisonous species appear there?

Within the "Garteln ums Eck" program, people sign an agreement stating what they have to pay attention to, e.g. not to hurt tree roots. They then choose what to plant and care for the areas themselves. If they wish, people can get advice from „Die UMWELTBERATUNG“ or from „Garteln in Wien“ about which plants are suitable, but it is not obligatory.

Alan Holland

1. Do garden workers get paid or do they volunteer?

The only people at Twigs who receive payment, apart from some volunteer travel expenses, are the 6 staff. People who are referred into our service currently pay nothing to attend but neither do they receive any payments. Our 40+ volunteers do not receive payment apart from some people who chose to claim travel expenses. Volunteers do also receive free 6 monthly training sessions in subjects relevant to their roles here at Twigs.

2. How many constant visitors are there in Twigs?

The gardens are open to the general public on Mondays, Wednesdays and Fridays. Pre - Covid we would get a few visitors every week throughout the Spring and Summer, these visitors would also often purchase plants and crafts produced here. Since Covid we are only in the last few weeks allowing the general public to book appointments, 1 hour duration, up to 4 people per booking and only 3 bookings per day. We have places here for up to around 70 people to be on our books accessing our service for sessions throughout the week. We are one member of staff down from our usual staffing levels, if we had the extra member of staff we could offer places for up to 100 people. Places are provisionally offered for up to 1 year, but with further extensions possible depending on the level of support needed for someone's mental health.



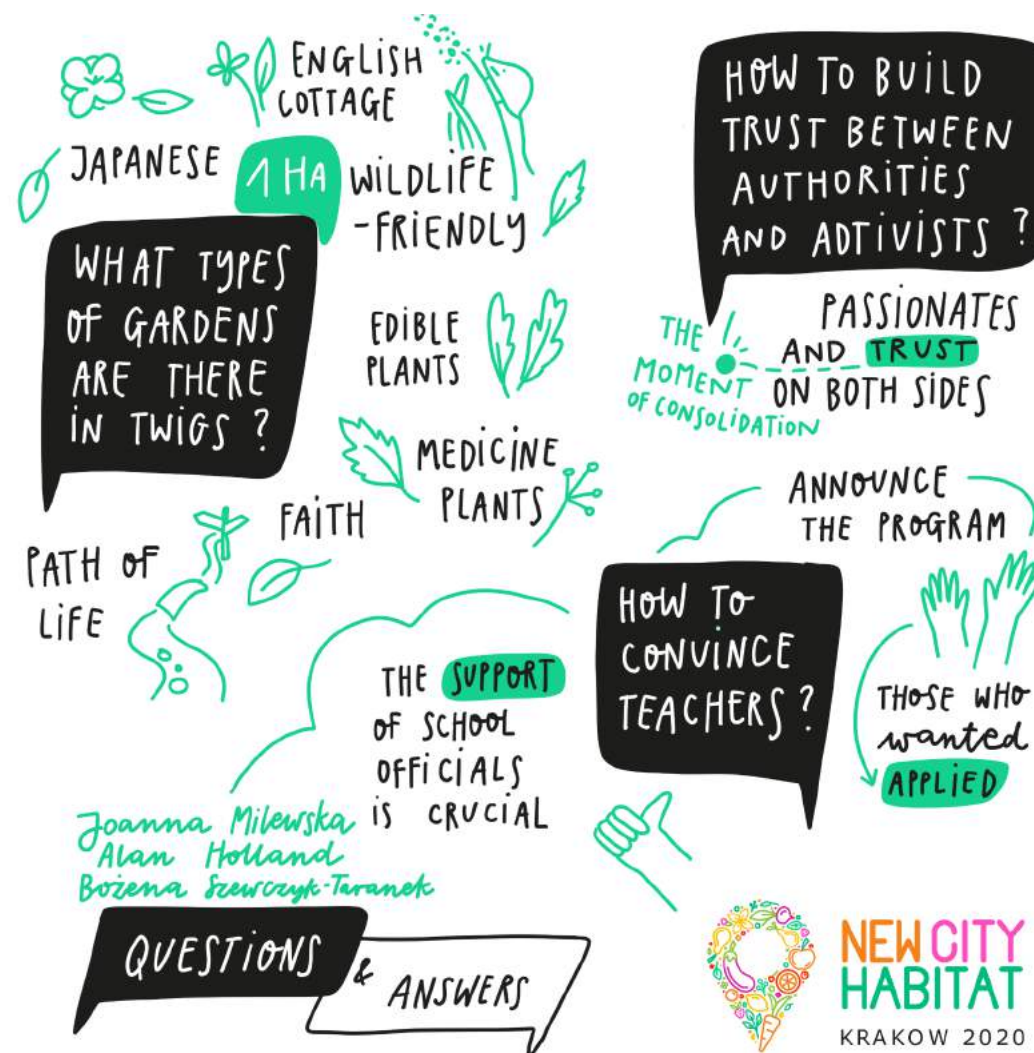
Bożena Szewczyk-Taranek

1. Mrs. Bożena, will the project be continued and extended?

The project will be continued for sure. The first year of 2020 was a pilot that taught us and schools a lot, pointed to the various needs of schools, e.g. training and workshops for teachers, purchasing garden tools, helping schools in obtaining individual (for school) financial support, e.g. under the financial mechanism - Local Initiative. We also want to find a strategic sponsor who would subsidize the tools and construction of the raised beds. As for the violation of the program, we want to focus on these 18 schools in the next 2021. One year of the program and especially such a difficult year as 2020 - it is not enough to develop good practices. Probably in the coming years we will increase the number of schools covered by the program, when our "starting" schools will operate independently and will become a kind of demonstrative schools with developed good practices when it comes to establishing and running a school garden. We want all schools in Krakow to have active school gardens. This is our overriding, ambitious goal.

2. Is there a waiting list of schools that want participate?

There is no official "Waiting list" for the new schools but we know that there are schools and some preschools (kindergartens) interested in participation. We do not plan to expand in 2021 as we create "GOOD PRACTICE FOR SCHOOL GARDENS" and all school within the program will succeed with their gardens. But planned next step is to cover all the schools which are interested.



Monika Lelen

1. Monika, do you organize meetings for residents how to invite bees and other pollinating insects to the balcony, or are there any materials on this subject?

Such meetings are organized on the occasion of larger events e.g. Krakow Honey Harvest, Krakow's Picnic, opening new locations, Earth Days, e.g. Earth Day with Eco-incineration etc. Usually, during such events, a promotional and information point of Krakow's Apiary is organized, where you can get a lot of useful information. We do not have ready-made materials on flowers, they are only at the planning stage. We have materials that familiarize residents with bees.

2. What is the investment from the city in financial and human resources terms on this bees Project?

The city regulates the costs of purchasing equipment and setting up an apiary and operating the apiary for a year. It is a total of 10 thousand. In the following year, the city pays for the service of the apiary 5 thousand. In addition to beekeepers, the project is operated by one person from the municipal unit. Beekeepers don't get paid but they can use the promotion of the Krakow apiary and they have localization for bees for free.

Rich Macdonald

1. Rich, do citizens have to pay the city for gardening as rent? What are the costs, if any?

Participants pay a small annual plot fee, which ranges from \$US 47.00 to

\$92.00 based on the size of the plot, which ranges from about 3 meters x 3 meters to 3 meters by 13 meters. Plot fee assistance is available to make sure that money is not an impediment to getting a plot. Participants are also required to contribute 8 hours annually to the upkeep of the whole garden, not just for their plots.



Publisher:

Krakow Municipality,
Krakow Municipal Greenspace Authority
ul. Reymonta 20, 30-059 Krakow

**Editors:**

Aleksandra Mikolaszek
Bożena Szewczyk-Taranek
Katarzyna Przyjemaska-Grzesik

Graphic notes:

Słucham i Rysuję - Małgorzata Spasiewicz-Bulas
Dorota Kostowska

Portraits:

Franciszka Jagielak

Publication composition:

Małgorzata Spasiewicz-Bulas

The publication was created as a result of activities within the RU:RBAN
Resilient Urban Agriculture project of programu URBACT III



NEW CITY HABITAT
KRAKOW 2020