

In this academic essay I will be analysing a community food garden that is made to make a meso community sustainable within society. It will include legislation, policy and theory that is relative to a community food garden. This essay will be based within the United Kingdom but also included a small section on America. Statistics will be placed into this essay to explain the aim of the topic.

Community gardens are pieces of land that is collectively cultivated for the purpose of growing fruits, vegetables, herbs, and flowers. They are intended for the meso community to interact with. Modern community gardens first became popular in the United Kingdom, Europe and North America during the First and Second World Wars to help enhance war-time food shortages. The community gardens had a very important role within the national food security, by supplementing rations and supplying vital nutrients that were not capable to be supplied by the main food suppliers at that time. Community gardens within today's society are frequently founded by volunteers with the aim that they will operate as replacement to the current food suppliers, That are providing opportunities for food and income to return it back into the environment and also into physical and social activities for all individuals to engage with. Wellbeing is a multifaceted term that is becoming more gradually popular measure for government, academics, and health professionals as an indicator of societal contentedness and population growth. 73% of the European population residing in urban communities, in which will have an expected increase in anticipated future, cities are important for the future of sustainability. Even though, urban environment can encourage an unhealthy lifestyle such as unhealthy diets that are known to increase the risk of chronic non-communicable diseases, that is a major health challenge (Preventive medicine reports, 2016).

Exposure to the environment and green spaces is acknowledged to have a beneficial effect on health and well-being through the impact on physical activity, social interactions, lower stress levels and improve air quality. The recognition of relationships between human health and the natural ecosystem is increasingly recognized within public health

studies by the use of an ecological methodology (International journal of environmental research and public health, 2018).

Land and Rayner, defined the centre concept of ecological public health' is that modern public health, in which has focused on a persons behaviours without thinking about the ecosystem in which they exist, It is not appropriate to address today's health and ecological environment challenges. Within 21 century public health policies require full understanding of the complex interdependency between individuals' health such as the physical and social environments.(British medical journal,2012).

A community garden is a part of land that is gardened collectively by a group of individuals that are living in an urban area. The benefits of green space, community gardens present a place to grow fresh fruit and vegetables, which can help more sustainable food structures to develop. As identified by the high-level panel of experts on food security and nutrition, sustainable food structures Surveys of community gardens have shown that individuals who garden describe that they are consuming more fruits and vegetables than people who do not garden. By individuals participating in community gardens gain information about biodiversity, they can create a sense of a shared personal responsibility to sustainability also known as ecological citizenship that could be the motivating force for sustainable consumption. Community gardens can alleviate some of the obstacles that trouble urban macro community's. They can be a valuable addition to many communities by encouraging the convenience of nutritious foods, strengthening society relations, decreasing environmental threats, lowering food miles and creating a more sustainable environment (Urban Forestry and Urban greening,2022).

Community gardens can help decrease negative environmental impacts by advocating sustainable agriculture, reducing food transportation expenses and decreasing water excess. Human beings, vegetation and faunae can all have advantages from urban agriculture because it creates habitats and improves the biology area (Greenleaf communities, 2013).

Poor nourishment and mass obesity are both challenges to low economic communities. Reduced accessibility to nutritious foods can cause health difficulties to people located in food deserts. The adding of community gardens to these communities can improve nutrition and increase the consumption of healthier foods such as fruits and vegetables (Characteristics and influential factors of food deserts, 2012).

The term known as wellbeing is more than the absence of disease it's combines physical and mental function with positive emotional experiences and general life satisfaction (Forest research, No date).

Wellbeing is crucial to take into consideration within the context of community gardens because even though wellbeing may not be the main end goal of community gardens, the vast majority of the effects from the community garden have positively impact the wellbeing of a individuals who will join them (The importance of greenspaces for mental health, 2017).

Since the start of the cost of living crisis within the United Kingdom has revealed the seriousness of food poverty. Millions of family's and households have or are being pushed below the sociology term know as the breadline, in which they are finding it hard to provide food. A rough estimate total of 9.7 million adult individuals have faced food poverty during September 2019. Food Foundation's have stated during their most recent statistics, that a additional four million children have experienced food poverty. 1 in 7 individuals that span throughout the United Kingdom are now avoiding meals or not eating food not to overstretch their budget, this was reported by a trade Union congress poll of 10,000 individuals (Big Issue, 2022).

Community gardens are frequently occupy spaces of opposed land and are frequently managed by volunteers. Community gardens frequently call for advocacy to obtain funding that is needed for it to grow when acquiring or reobtaining authorisation for land use. There are roughly 7 Acts of legislation that is devoted to allotments and smallholdings, due to the fact that people's right to land is a fundamental social and political issue. Land proprietorship has long been a issue of dispute, since the Enclosure movement privatised large areas (SWCCA, No date).

Small Holdings and allotments act 1908 , allotments act 1922, allotments act 1925 and the allotments act 1950 these are just some of the legislation that is relative to allotments and smallholdings (Llywodraeth Cymry, 2015).

Guerrilla gardening or also know as community homesteading. Is an illegal act of planting vegetation on public property. Granby's grassroots practices are fundamentally imagined but politically powerful claim for a common right to place agriculture anywhere without a licence. Citizens have acted used public ground as if it were their own, they have regained the space from the United Kingdom's government by planting flowers on any land they deem appropriate. However, the long-term survival and sustainability of the communal control over the means of social reproduction is paradoxically dependent on governments support. Guerrilla gardening, has become a icon of resistance and a community hub for small-scale economic and cultural activity for anyone to contribute to (Thompson, 2015).

Wales has constantly been a nation of agronomists. The passion for food and the aim to provide high quality produce for the families with it's society has influenced the way the land and countryside is used. If you see the urban areas to the rural villages throughout Wales, you can see that more individuals are benefiting from allotments and community gardens. The benefits of gardening on people and the natural environment are evident. It can have an increased in physical activity and mental wellbeing, the access to fresh produce will also led to a positive outcome (NFU CYMRY, No Date).

When gardening on a community garden, will have a bonus of a tighter community in which will reduced social isolation and the opportunity to work together with your neighbours are known to create a positive quality of life. For many, allotments or community garden are seen crucial elements of living a happier, healthier and more organic life (Llyodraeth Cymry,2015).

The Well-being of Future Generations (Wales) Act 2015 sets out a clear responsibility for the public bodies to assist positive change that will lead to a more resilient, secure and healthy Wales. By defending and managing the current provision of allotments and growing spaces and supporting the demand-led growth of new allotments and community growing projects across Wales. The public bodies within Wales can create a healthier and happier country and a more sustainable and secure food supply with less air and transport miles (Welsh Government 2014).

Food and foodways are essential mechanisms to cultural identity. The way that parents feed their families reflects within their own ideology, their cultural heritage, and their economic means. It can been seen that American families who resign within a low economic area, such as individuals who come from ethnic backgrounds such as non-white back round have become disconnected from their food Family meals have been changed by microwave dinners, also with fast food, The Centre for Disease Control 2009 reported that African Americans have a 51% percent higher risk of obesity than Caucasians, Hispanics have a 21% percent higher chance. American customers have discovered that much of the business and fast-food production is not only harmful to their health, but also environmentally damaging. Gardens that belong to a community that will often include a

diverse demographic of race, age, gender and religion. Gardens often host community occasions, that provide a safe place for children, and provide an opportunity for people to socialize with each other. By offering communal area they encourage interaction and sustain a community's principles. Mature horticulturists will use the area to share their knowledge and techniques to the next generations (Introduction food and food ways as cultural heritage, 2014).

The United Kingdom at present generates roughly 60% of its domestic food consumption by economic value, part of which is exported. This will mean that under half of the actual food on a person's plate is produced within the United Kingdom, this is involving the majority of grains, meat, dairy, and eggs. This figure would be much higher without exports. The United Kingdom supply comprises domestic production excluding exports, plus imported food. The production to supply ratio, important for understanding the United Kingdom's self-sufficiency, has remained constant over the last two decades, and for crops that can be commercially cultivated within the United Kingdom has been around 75%. The United Kingdom has a productive agricultural sector and a domestic agri-food manufacturing industry that creates food to a high standard. The amounts and types of food produced are driven by market forces and consumer demand for commodities, rather than by assessment of overall quantity of food or of self-sufficiency. Many factors can affect the output of domestic production, including: The availability and suitability of land for particular forms of production. Inputs such as labour, water, fertiliser, pesticides, and seeds. Then you must consider the climate and environmental aspects such as soil health and rainfall. Within 2020 71% of the United Kingdom's land area was used for agricultural production, the vast majority of this being grassland for grazing instead of crops. Not all soil is suitable for producing crop growth and some is suitable only for particular crops. Land use in general has developed in the last 30 years, with annual difference between particular crops due to factors such as weather and prices rather than long-term or systematic variation. National production faces a vast number of long-term and short-term threats, such as soil degradation, drought and flooding, diseases, fuel, work force, Brexit, fertiliser supplies, and changing in the labour markets. When it comes to the long term effects that could affect the United Kingdom's ability to produce items is

the climate, this will have a negative impact on the proportion of high-grade arable farmland available within the United Kingdom (Gov.UK, 2021).

The vast majority of individuals are informed that bees are important to the environment and that bees seem to be in danger⁶. Many people have heard about the decline in bee species through factors such as loss of habitat, over-use of pesticides and disease. Not only do bees represent a very evocative and wonderful part of our native British wildlife, they are also responsible for the pollination of many plants, both wild and cultivated. Their hairy bodies, reliance on flowers for food and their ability to fly relatively long distances contribute to their role as fantastic plant pollinators. Bumblebees are also able to work in cooler temperatures and visit a variety of flowers throughout the growing season. They contribute to the creation of some of our most important food crops such as peas, beans, tomatoes, apples and strawberries. The effects of pesticides on bees has been well documented in most current years but perhaps the single biggest factor in the decrease of our native bees has been loss of its natural habitat. Ever since the Second World War, the loss of hay meadows, clover fields and native hedgerows due to more rigorous agriculture, has had a remarkable impact on the wildlife. During the 20th century, two bumblebee species have become extinct within the United Kingdom and several of our remaining species such as the shrill carder bee and the *Bombus sylvarum* have endured large declines in their range. It is important that we take the opportunity to further improve our green spaces for these important and compelling insects. Growing pollen and nectar rich plants will help (Bumblebee Conservation trust, No date).

To conclude that community gardens have a very positive effect on the environment and within the support of the human condition, from conducting this research I have found that the United Kingdom has a long way to go to improve the green agenda by supporting farmers and local groups to help feed the nation and to also support the environment from climate change and to stop any other species going extinct.

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