A Space for Community, Healing, and Learning

Rethinking Community Gardens: From Physical to Human Development

Our environment impacts our physical and mental wellbeing, and both reflects and shapes social relations in our communities. Community gardens have the potential to transform the physical and social landscape in our neighborhoods. Given these initial considerations, this project explores the following questions: How can the physical development of a site support human development? How can a garden build capacity for all, including homeless families, through programming and design? We explore these questions through the visioning process of The Lovejoy Community Garden, a proposed new green space, located in the heart of the historic Rondo Neighborhood at 722 Concordia Ave.

> The Lovejoy Community Garden is a fusion of the two missions.

> > The

Lovejoy

Garden

The Family Place

The Family Place is a daycenter for homeless families in downtown Saint Paul. The only one of its kind in Ramsey County, The Family Place Going Home programs include Casa de la Bella Montessori Pre-school, Youth Development and Leadership, Adult Life Skills, Healthy Meals program, Community Garden, and Night Shelter (working title) program. These programs help families transition to permanent housing.

Mission: Help families in shelter gain more confidence in building future goals that will lead to success for the entire family.

Urban Farm & Garden Alliance

The Urban Farm & Garden Alliance (UF&GA) is a network of 7 community gardens that work together to share resources, host gardening workshops and community events, and organize education programs for youth. Community

> Mission: Promote reconciliation, healing, peace, and social and environmental justice through the cultivation and sharing of food in Rondo, Frogtown, and Summit-University.

Timeline of Project Evolution



property at 722 Concordia Ave, and decides to develop it as a community garden in

2016 Site prep begins at the garden. Landscape architects and U of M students, Sadie Gannet an Hannah Ramer, provide design and planning support



Vision for the Lovejoy Community Garden

- Provide garden and food education to enrich The Family Place programing for youth and adults.
- Serve as an urban oasis with opportunities for reflection and healing for all community members.
- Offer opportunities where homeless families and neighbors can work together and build community.
- Grow fresh and nourishing food for The Family Place's meal program, shelters, and other organizations.



Our Project Scope

First, we examine the neighborhood history and current context as well as the characteristics of The Lovejoy Community Garden site. Next, by highlighting case studies of farms and gardens with social missions, we explore a range of programming and garden design elements that may support Margaret Lovejoy's vision. Then, we consider partnerships to support and nourish the garden. We conclude by considering the local and regional policies that may support or limit the possible design and programming options of the garden.

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In this poster we consider the history of the Rondo Neighborhood and how that history is still evident today through disparities in education, income, access to green space, and exposure to noise and air pollution.

Saint Paul

Rondo & I-94: Historical Trauma & Resilience

In the early 20th century, Rondo was a thriving Black community with schools, churches, social clubs, and businesses, many of them Black-owned. From 1956-64 the construction of I-94 cut through the core of the neighborhood, demolishing 400 homes, displacing 1/7 of Saint Paul's Black population, and separating the north from south of the neighborhood.

Despite the dramatic alteration of the neighborhood's physical and social landscape, the resilience of Rondo's spirit is evident in the ongoing community activism and events that define the neighborhood's social life. A commemorative plaza is being developed on Concordia/Old Rondo Ave, facing I-94. The Lovejoy Community Garden builds on these efforts to build community, and provide space for healing and honoring the neighborhood's rich history







Map of Rondo, from **Lexington Ave to Arundel St**

- Rondo Neighborhood
- The Lovejoy Community Garden
- UF&GA garden Sites
- Parks
- School yards & sports fields
- Schools
- Library
- Community centers
- Churches
- Affordable housing
- Bridges with pedestrian access
- Freeway
- Road centerlines

Interstate 94 L

Race



- Black
- White
- Latino/a,
- Hispanic
- Amer. Indian/ Native Amer • Multiracial

- Predominantly Black, particularly to the north & 1 block south of I-94.
- Increasing proportion of Whites to

Education



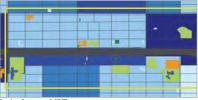
- <High school
- High school
 Some college
- Assoc degree
- Bachelors degree Grad/prof degree

achievement to the north & 1 block south of I-94.

• Lower levels of education

■ >\$100,000

Poverty

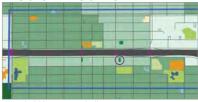


Prct. of pop. <150% Fed poverty level

- 0-20%
- 20%-40%
- **40%-60%**

- · 60-80% of residents in the immediate area have incomes below 150% of the poverty level.
- There is a wider range of % below the poverty level in the

Median Income



Household income

- <\$25.000</p>
- \$25,000-50,000 \$50,000-75,000
- \$75,000-100,000
- Median household income is between \$25-50,000 immediately around the garden.
- Median incomes are slightly higher to the north & south.

Active Living



Findings

- 5 min walk 10 min walk
- ·Light rail
- Bus routes

- There are 5 UF&GA gardens within a 10-min walk of The Lovejoy Community Garden.
- 1-94 reduces the connectivity Bike routes
 of the garden to the area north of the highway.

Land Use



- Duplex

- □ Civic/Institution Apartments
- Condo/Townhome
- Retail/commercial/office ■ Healthcare
- Churches

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Assets & Opportunities



The Lovejoy Community Garden: 722 Concordia Ave



North View from Alley; Facing Interstate 94



South Facing View from Concordia Ave

Location:

The lot sits between the Grotto St and Dale St pedestrian bridges, facing Interstate 94. Single family homes border the east, west and south side of this lot

Parcel History:

2013: Single family home destroyed by fire 2014-2015: Home demolished by City of St. Paul 2015: Margaret Lovejoy purchased the lot

Dimensions:

The lot is 85' wide x 145' deep, just under 1/3rd of an acre

Vegetation:

The current vegetation is mostly turf grass with trees on the periphery

Re-Building Bridges; Re-Building Community



The building of I-94 had a devastating effect on the Rondo neighborhood, displacing people and disrupting community. The freeway has become a barrier to creating a cohesive sense of connection within the surrounding community. The Grotto street pedestrian and bike bridge is scheduled to be rebuilt and completed by October, 2016. It is a great opportunity to create a sense of investment and ackowledgement of the needs of the community. This bridge is well connected to the garden site and literally bridges the gap that was created by the freeway. After construction the bridges will be renamed for different values; The Grotto St bridge will represent the value of social interaction and the Dale St bridge will represent Hope.



The existing Grotto St bridge will be repaired and renamed in honor of the value of social interaction.

Photo Credit: Hannah Ramer

Nature Enables Connection;-Connection Leads to Healing

The garden is envisioned as a place where people can gather on equal ground. Often the services provided by The Family Place create a one-way relationship between the volunteers and the familes. The garden will be a place where people from all walks of life can literally dig in the dirt together, connecting over a shared experience and real conversations. The garden will not only be an asset for the community, it will enhance the "Going Home" program of The Family Place. Often, families that are homeless struggle to find a connection to the greater community; feeling as if they are on the outside looking in. The Lovejoy Community Garden will be a space where people in the community can connect in ways that are often not possible in daily social interactions for homeless individuals.

Challenges: Long Term Vision Meets Perception & Regulation



Neighborhood Perception



Are Greenhouses Allowed?



Noisy Location

The lot is situated between two single-family homes in a predominantly single-family neighborhood. Margaret Lovejoy lives on the block, which is where she grew up and knows many of the neighbors. However, a community engagement process can ensure long term success of the garden. The neighbors directly surrounding the garden are in support of the effort. Engagement with the rest of the neighbors is just beginning.

There is desire to build a greenhouse to increase the functionality of the space. Planning Policy on greenhouses is hard to find and may be considered an accessory dwelling. The City of St. Paul puts those into the same category as garages and sheds. These dwellings are only allowed in the rear portion of the lot and can't take up more than 35% of the lot space. They cannot exceed 15 feet in height and no more than 3 accessory dwellings are allowed on a residential lot. However, hoophouses are allowed as a temporary structure.

The proximity to the **freeway** makes this a very noisy location, which could negatively affect the intended peaceful nature of the garden. This could also impact the **desirability** of visiting the garden. Options for buffering the sound are being discussed, but creating too much of a barrier between the street and the garden may pose safety concerns and make it feel too closed off.

Gaining Momentum

This site has many positive attributes that lend themselves to building a successful, dynamic greenspace that truly is an asset to the community. The fact that it is a privately owned lot influences the design process. However, the owner has spoken with and obtained positive feedback from the direct surrounding neighbors and the momentum of support is building.

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How Policy Takes Shape on the Ground

This poster board explores the policy language in the Minnesota Food Charter, the City of Saint Paul's Ordinances & Zoning and Ramsey County's Active Living Framework and Property Tax Laws. What is outlined here can support the vision and mission of The Lovejoy Community Garden.

Lovejoy

Community

Garden

Alignments

Minnesota Food Charter

- Establish a **Food Skills Baseline**, dedicate staff and provide training around healthy food choices
- Offer incentive programs for consumers, such as 'market bucks' and 'veggie prescription' programs to promote healthy food choices.
- •Strengthen **community food assets**, including community gardens, seed banks, community kitchens, and community-supported agriculture farms.
 - Change zoning policies to encourage more **small-scale food** production in communities.
 - Establish viable mechanisms for **healthy food** and farm-related enterprise development, such as angel investor **tax credits**, and start-up funding aggregated from public and private sources.
 - •Invest in development and implementation of effective food systems planning for communities and regions across Minnesota.

City of Saint Paul: Urban Agriculture Zoning Study

- Propose an agricultural amendment to zoning regulations that reconsiders allowing yards to be used for income generating home occupations.
 - •Changes have been made to city policy language to "facilitate a network of resources to support the production, distribution, and consumption of healthy and locally grown food".
 - •The city allows **hoophouses** and coldframes as temporary structures, but requires a site plan and a building permit if the structure exceeds 120 square feet.
 - •The city is currently reviewing regulations on **greenhouses.**
- •The language on composting is outdated. The Department of Safety and Inspections is recommending changes allowing a proportional size limit for outside compost.





Active Living Framework: Ramsey County





What Is It?

Active Living looks at how **changes** made in the **built environment** encourage behavioral modifications that increase **physical activity** in ways that are practical and enjoyable. The Active Living Framework of Ramsey County aims to increase peoples' ability to meet the physical activity recommendations of being active at least **5 times a week**. This is accomplished by bringing together various design processes, partnerships, programs, policies and physical projects that will **encourage walking**, taking the stairs, and using recreational facilities.

What are the Strategies?

- •Transform Systems: Improve bike and pedestrian systems as well as work to reduce physical activity health disparities in target populations.
- Influence Policy: Advocate for a multimodal transportation system as well as biking & walking facilities
- Enhance Built Environment: Re-envision how the transportation infrastructure, land use, zoning and community design can work together to increase physical activity.
- Engage Communities: Involve leaders, practitioners, ALRC advocates and municipalities. ALRC Coalition will hold quarterly meetings.

Bench Initiative

The Be Active! Be Green! Bench Initiative strives to encourage people to walk more. Seniors, people with disabilities and families with small children often are discouraged from walking. The hope of the Bench Initiave is that if people are able to see the next bench, they will feel more able and encouraged to walk, knowing that they will be able to have a place to rest. The Lovejoy Community Garden would be an ideal spot for a bench, especially with its proximity to the Grotto Street Pedestrian & Bike bridge. Pilot projects are currently underway in the City of Saint Paul.

Ramsey County Property Tax Exemptions

Ramsey County does exempt certain property from having to pay property tax. If the Lovejoy Community Garden qualifies for property tax exemptions, it could increase the **long-term viability of the garden**. In the Minnesota Statute 272.02 of Exempt Property, the closest category that could apply to this space is Subdivision 7: **Institutions of Public Charity**. In determining whether property is exempt, the following factors must be considered:

- (1) whether the stated purpose of the undertaking is to be helpful to others without immediate expectation of material reward;
- (2) whether the institution of public charity is supported by material donations, gifts, or government grants for services to the public in whole or in part;
- (3) whether a material number of the recipients of the charity receive benefits or services at reduced or no cost, or whether the organization provides services to the public that alleviate burdens or responsibilities that would otherwise be borne by the government;
- (4) whether the income received, including material gifts and donations, produces a profit to the charitable institution that is not distributed to private interests;
- (5) whether the **beneficiaries of the charity** are restricted or unrestricted, and, if restricted, whether the class of persons to whom the charity is made available is one having a reasonable **relationship to the charitable objectives**; and
- (6) whether dividends, in form or substance, or assets upon dissolution, are not available to private interests.

Implications

The existing initiatives, policies, regulations and guidelines at the State, County and City level support the vision of The Lovejoy Community Garden. This level of support is crucial for the long-term success of the land.

A Space for Community, Healing, and Learning

Case Studies: Urban Gardens have been used for building and strengthening communities around the country. From youth, to women, to homeless individuals, gardens can be spaces where different individuals can transform themselves as well as the physical and the social landscape of a community.



Youth Farm: Twin Cities, MN



Connecting youth to food is a way to create justice by "meeting the wellness needs of our community and recognizing historical narratives and current exploitation in the food system. In this program, the students split their time between farm activities, lunch and cooking activities, and other community based projects. During the school year,

students continue a variety of after school farm classes, cooking classes, monthly community meals, as well as greenhouse classes.



Programs

There are four 8-week long programs that run throughout the school year and over the summer. The summer program works with 50 to 60 students for 6 hours a day, 3 days a week. The groups are divided into four categories based on age:

Youth Farmers: Ages 9-11 All-Stars: Ages 12-13 Project LEAD: Ages 14-18 Farm Stewards: Ages 19-24





Gardens Connect Youth to Food





Homeless Garden Project: Santa Cruz, CA 🥻



Located on a 3-acre plot of land in Santa Cruz, the Homeless Garden Project offers support services to homeless individuals in addition to job training and transitional employment. The programs blend formal, experiental and service-learning in their mission: "In the soil of our urban farm and garden, people find the tools they need to build a home in

the world." The programs offered through the garden are a mix of services, work training as well as

revenue generating activities to support those services.



Programs

Women's Organic Flower Enterprise:

Offers the trainees transitional employment and job skills while raising self-esteem and works to replace the isolation that homelessness familes experience. All proceeds go back to the program.

Community Supported Agriculture:

Food grown at the farm is sold for revenue.

Connecting With Community:

Trainees work with social work interns, connect with resources, and work towards short & long-term goals.

Cultivating Commuity:

An educational program that is open to anyone wanting to learn about environmental issues or sustainable agriculture techniques.

Urban Gardens Provide Fresh Food and Training for Homeless



ReVision Urban Farm: Boston, MA

ReVision Urban Farm is a non-profit that, with the help of volunteers and partners, turned more than an acre of abandoned lots into a productive farm. The food grown on the farm is distributed to the community of Dorchester, which has limited access to fresh, locally grown food. They also provide job training for youth and Boston's homeless. A significant portion of their operating expenses are earned through market-rate and reduced-rate

produce sales. They work in conjunction with a **family-oriented** homeless shelter to provide culturally appropriate food to shelter residents and community members.



Programs

Community Supported Agriculture:

Generates revenue for the farm through individually purchased garden shares.

Farm Stand and Farmers Market:

They operate a stand at the local market and take farmers' market coupons, WIC coupons, and SNAP/EBT.

Job Training & Education:

They teach shelter residents basic job skills, small-scale organic farming, greenhouse management, seedling production, marketing, and community outreach.

Seedlings:

Revenue generating activity.

Greenhouses Extend the **Growing Season**



The Power of Gardens

These farms provide examples of how community gardens can be assets to their communities. Relying on volunteers, partners and revenue generating activities, these urban farms and gardens become self-sustaining. These gardens are enterprises that have created a ripple effect in their communities.

A Space for Community, Healing, and Learning

Design ← Goals

One of the most important aspects of the design process involves determining programmatic uses of the space. How can The Lovejoy Community Garden foster food and garden education, provide a space for reflection and healing, build community, and grow fresh and nourishing food in a single space? What garden design features could support each goal? In this poster, we explore a menu of options that offer possible alternatives.

Education



Commons

Open common areas allow for workshops, formal instruction, discussions, games, and activities.



Experiential Learning

Themed garden beds can highlight the multiple benefits of garden plants, and offer distinct learning opportunities. Themes might include pollinators, medicinal plants, or the five senses



Investments

Tools for garden work (like spades and watering cans) and garden exploration (like magnifying glasses and bug boxes) support experiential learning. Many-sized and adaptive tools help make the garden accessible for all ages and abilities.



Exploration and Discovery

Garden elements that offer opportunities for discovery, like worm bins and 'root view' boxes that allow the gardener see what's growing underground spark creativity & excitement.



Interpretive Information

Signage with plant names and information on use, cultural significance, or ecological role of garden plants can facilitate self-guided learning.

Community



Welcoming Design

Direct sight lines from the street, signage, and lack of fencing contribute to an open and welcoming feeling.



Commons

Communal spaces, such as open grassy areas or a stage, promote community events.



Resting Places

Seating and shade structures invite people to gather, rest, and linger in the aarden.



Art

Public interactive art, such as community chalkboards, offer an easy way for anyone to contribute to the space.

***** Beauty and Healing



Layout

An open layout fosters a sense of freedom and safety, while shelter and differentiation between areas of the garden provide a sense of depth and refuge.



Natural Materials

Stone, wood, organic shapes and curving paths create a natural oasis in the urban environment.



Proclaiming Peace

Peace poles proclaim a spirit of peace and healing in multiple languages. This would offer a visual connection between The Lovejoy Community Garden with the Victoria Garden, a few blocks west on the same street.



Botanical Variety

Plants with a wide variety of colors and textures are opportunities for observation and quiet reflection. Selecting a mix of early-, mid-, and late-season plants will offer new experiences with each visit to the garden as the landscape evolves throughout the season.

Nourishing Food



Edibles

Planting a wide variety of foods including fruits, vegetables, and herbs with successional planting can provide steady harvests throughout the year. Flowers can support food harvests by attracting beneficial insects.



Season Extension

There are a variety of practices and strategies that can extend the harvest season in Minnesota, including planting early and late crops, or installing cold frames, hoop houses, or greenhouses.



Perennials

Plants such as asparagus, fruit trees, raspberries, strawberries, take several seasons to bear fruit, but once established expand the variety of foods grown and provide on-going harvests far into the future.



Agricultural Heritage

With careful selection of crops and varieties, the garden can increase access to culturally-appropriate foods, and preserve heritage varieties and agro-biodiversity.

Programming the Garden

Many of the garden elements that we explore here are complementary, while others involve trade-offs. Each requires a different balance of upfront and on-going investment, in terms of both dollars and labor. All of these factors should be weighed carefully with the four core goals in mind.

A Space for Community, Healing, and Learning

Going Home to the Garden: Enriching The Family Place Curriculum

The Lovejoy Community Garden will enrich the "Going Home" curriculum offered at The Family Place. The 16-week, Adult Life Skills program, empowers the participants to address the root causes of their homelessness. The participants acquire advanced skills to assure success in housing stability and personal wellness.

Garden Elements



Beauty & Healing







"Going Home" Curriculum Core Values

Personal Wellbeing

- What is green space? Why do I need it?
- •What's good about relaxation?
- •How can gardening help with relaxation?
- Why journaling?
- How can you feel good about yourself?
- Mindfulness and getting past your anger: how can it be obtained through daily activities?

Finding Connection

Nutrition

Health &

- •The meaning of conflict: what is your conflict story?
- How do you obtain character & strength?
- Defining values
- Community of concentric circles
- •What happens when we miss love?
- •Identify your personal support network
- •How can gardening be a family event?
- •Can we eat what we grow?
- •What do you do when you get sick?
- Healthcare for the homeless
- Cooking matters: emotions and the effect of food
- •Gardening and agriculture as employment: ways to work in the food industry

The Garden As Classroom

The garden is a dynamic classroom that enables personal transformation. Each element supports and enhances multiple aspects of the curriculum. The garden has a role to play in showing these connections; through healing yourself, you heal your community, through healing your community, you heal the land, through healing the land, you heal the world!

A Space for Community, Healing, and Learning

Sustaining the Garden

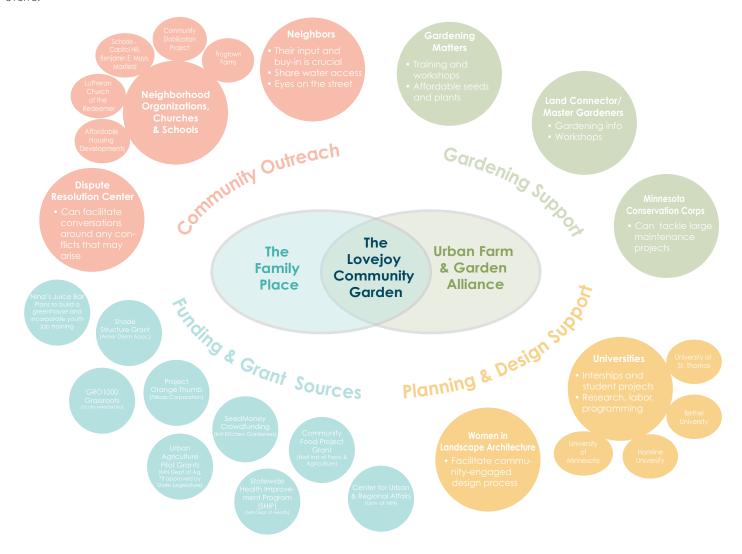
If you want to go quickly, go alone.
If you want to go far, go together.

- African Proverb

The physical transformation of the lot into a space that nourishes human development will require a substantial investment of financial and material resources, as well as human and social capital. The proverb to the left reminds us that building a web of partnerships can help muster the resources necessary for the planning and design, building and planting, on-going maintenance, and programming of the garden. Though this takes time, cultivating authentic partnerships is essential to make The Lovejoy Community Garden a vibrant community

Cultivating Partnerships

Below we highlight partnerships that could be useful to mobilize the vision for The Lovejoy Community Garden. Many of these partnerships have already been initiated, while others are opportunities we see on the horizon, recognizing that new opportunities for partnerships will emerge as the project continues to grow and evolve



Looking to the Future

The seeds of The Lovejoy Community Garden have already been sown. Engaging neighbors in the design and care of the garden will feed the garden's roots, and cultivating partnerships with a wide variety of organizations will provide cross-pollination. As the garden grows, the fruits of The Lovejoy Community Garden - healthier individuals, families, communities, and land - can be shared by all.