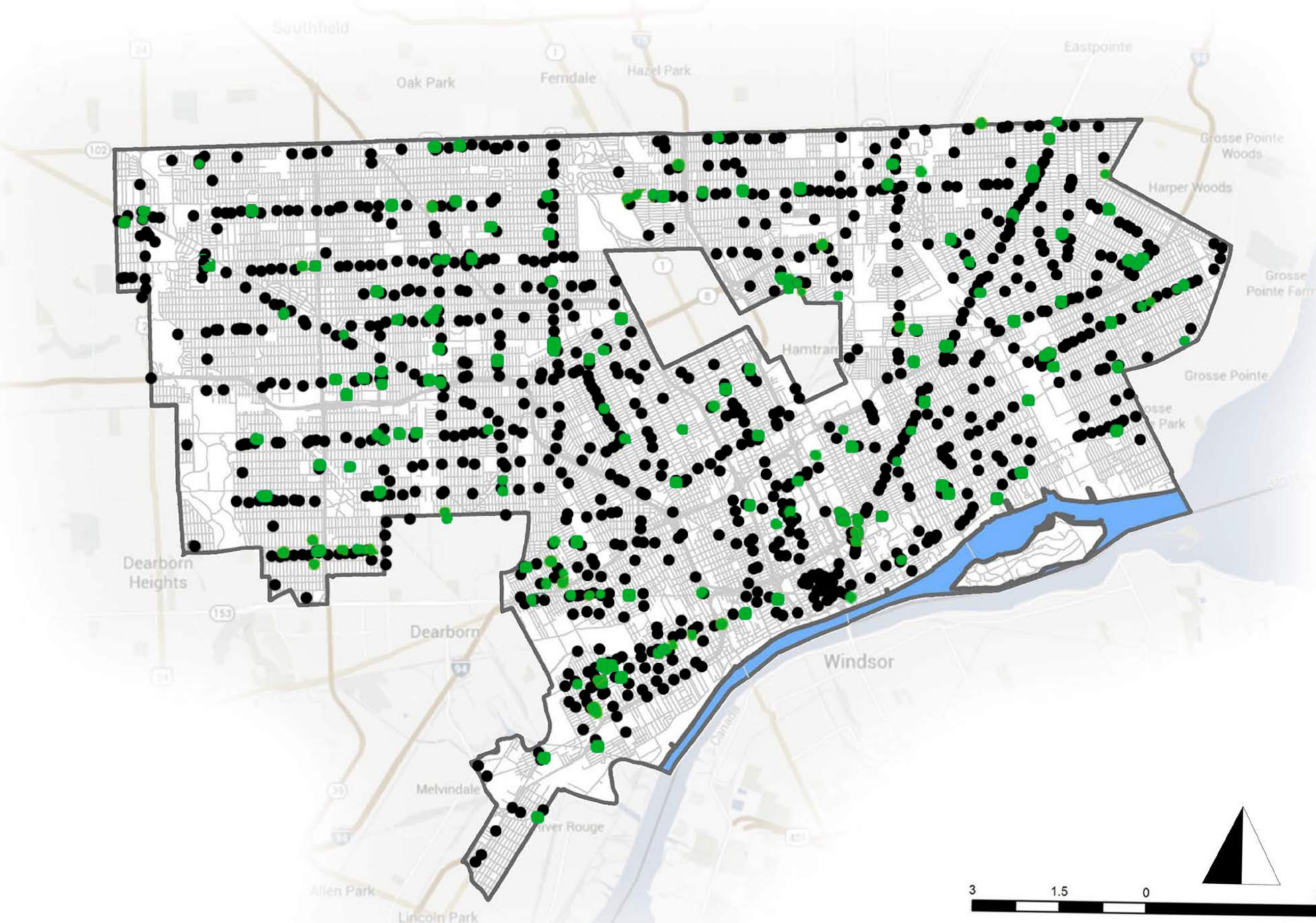


URBAN GARDENS

HEALTHY FOOD VS UNHEALTHY FOOD



KEY

- FOOD FOUND IN GROCERY STORES, BAKERIES, BUTCHERS, PRODUCE MARKETS
- FOOD FOUND IN GAS STATIONS, DRUG STORES, DOLLAR STORES AND FAST FOOD RESTURANTS

HOW DOES POOR NUTRITION AFFECT US?

- STRESS
- TIREDNESS
- BEING OVERWEIGHT OR OBESE
- TOOTH DECAY
- HIGH BLOOD PRESSURE
- HIGH CHOLESTEROL
- HEART DISEASE AND STROKE
- TYPE-2 DIABETES
- OSTEOPOROSIS
- SOME CANCERS
- DEPRESSION
- EATING DISORDERS

CURRENT ACCESS TO QUALITY FOOD IN DETROIT

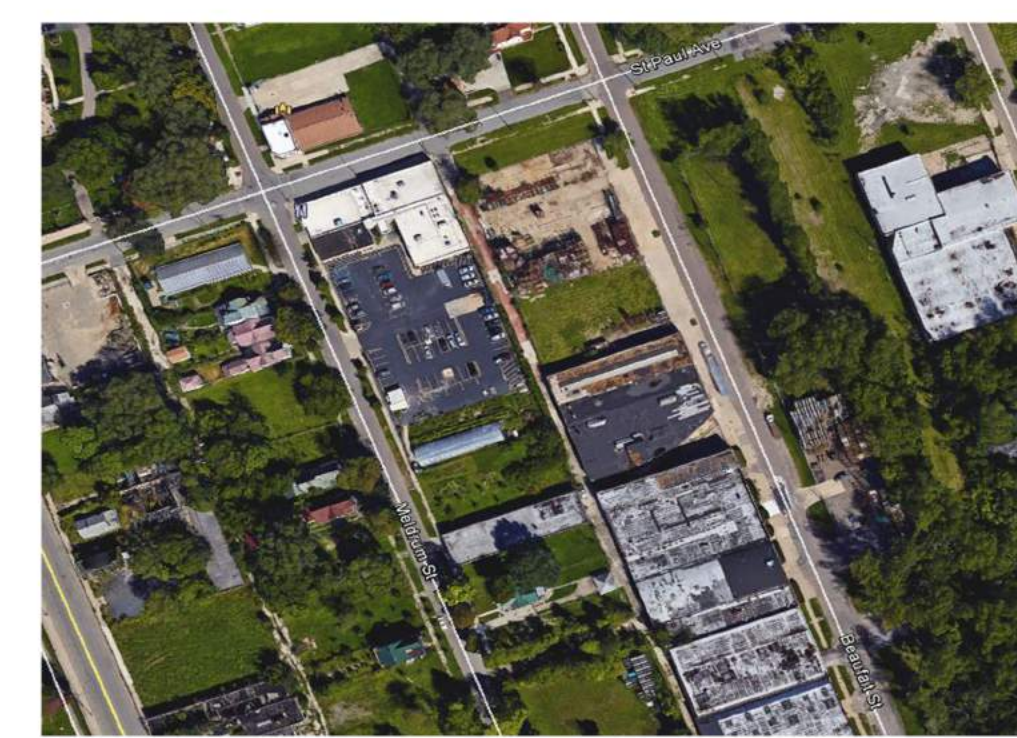
ACCESS IS GERMANE TO ANY DISCUSSION ABOUT A COMMUNITY'S FOOD SECURITY. ACCESS IS THE AVAILABILITY OF QUALITY FOOD WITHIN A REASONABLE DISTANCE FROM WHERE PEOPLE LIVE. ACCESS ALSO INCLUDES THE EASE AND ABILITY TO TRAVEL TO WHERE QUALITY FOOD IS AVAILABLE, AS WELL AS THE AFFORDABILITY OF THAT FOOD AND ITS CULTURAL SUITABILITY TO SPECIFIC POPULATION GROUPS WITHIN THE COMMUNITY.

CITIZEN EDUCATION/FOOD LITERACY

PROVIDING AFFORDABLE, HEALTHY FOOD CHOICES AND EASY ACCESS TO THOSE STORES AND MARKETS WHICH OFFER THOSE CHOICES IS BUT ONE STEP TOWARDS IMPACTING THE HEALTH OF OUR COMMUNITY THROUGH THE FOODS WE EAT. HOW TO SELECT HEALTHY CHOICES, UNDERSTAND FOOD LABELS AND INGREDIENTS, AND CULTURALLY APPEALING HEALTHY METHODS OF FOOD PREPARATION ARE ESSENTIAL AS WELL. IT IS ALSO IMPORTANT THAT OUR COMMUNITY UNDERSTANDS THE CONNECTION BETWEEN WHAT THEY EAT AND DEALING WITH THE HEALTH ISSUES FACED BY SO MANY.

THE ROLE OF SCHOOLS AND OTHER PUBLIC INSTITUTIONS

SCHOOLS AND OTHER INSTITUTIONS SUCH AS CHURCHES, COMMUNITY ASSOCIATIONS, SOCIAL SERVICE AGENCIES, NURSING HOMES, HOMELESS SHELTERS AND MISSIONS, HOSPITALS, HOME DAYCARE CENTERS, AND BEFORE AND AFTER SCHOOL PROGRAMS CAN HAVE MAJOR IMPACT ON THE DIETARY HABITS AND HEALTH OF THE COMMUNITY. THAT IMPACT CAN BE MADE BY PURPOSEFULLY EDUCATING THE COMMUNITY AS WELL AS INTENTIONALLY MAKING HEALTHY FOOD OPTIONS A PRIORITY.



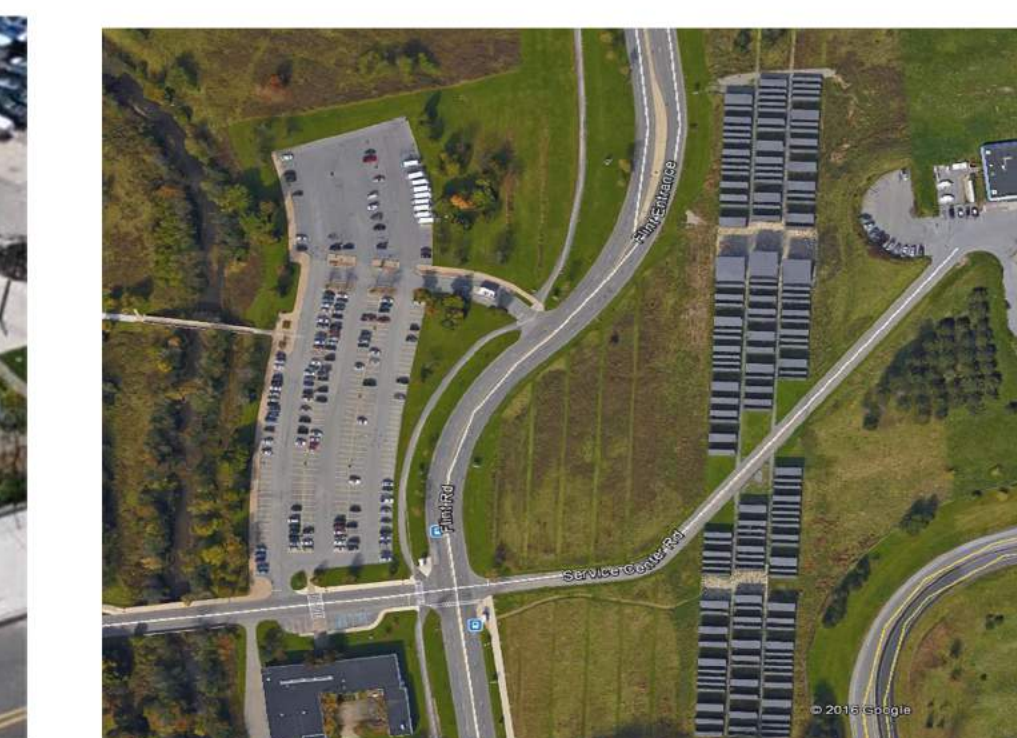
EARTHWORKS URBAN FARM
DETROIT MI



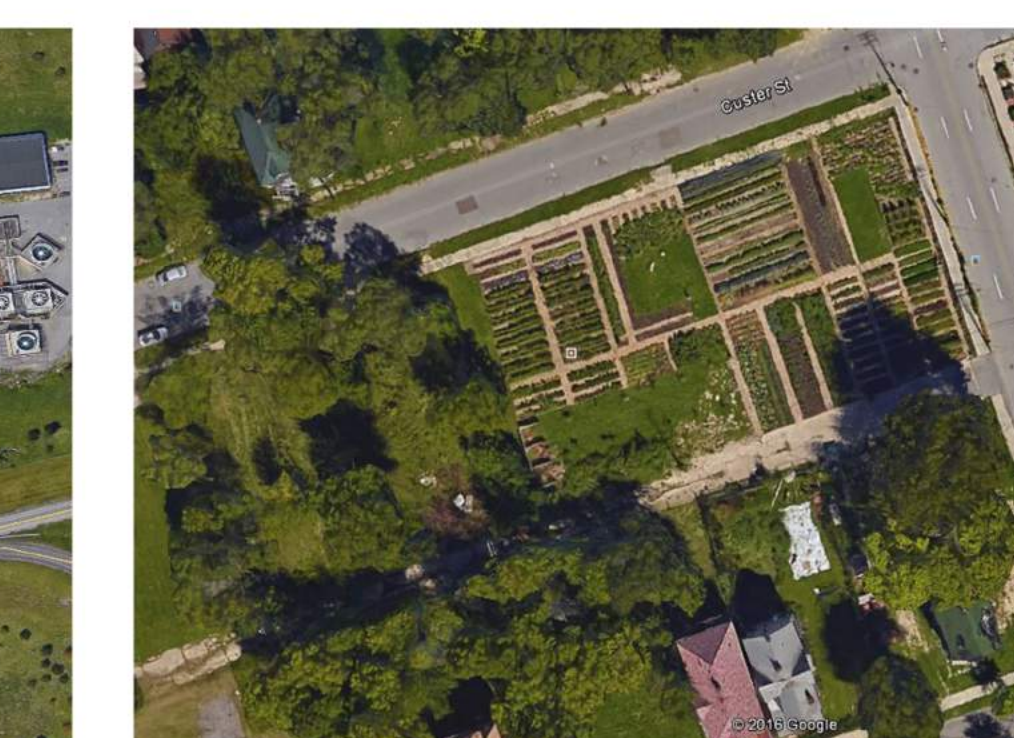
HEALDSBURG SHED
HEALDSBURG CA



LAFAYETTE GREENS
DETROIT MI



THE SOLAR STRAND
UNIVERSITY OF BUFFALO NY

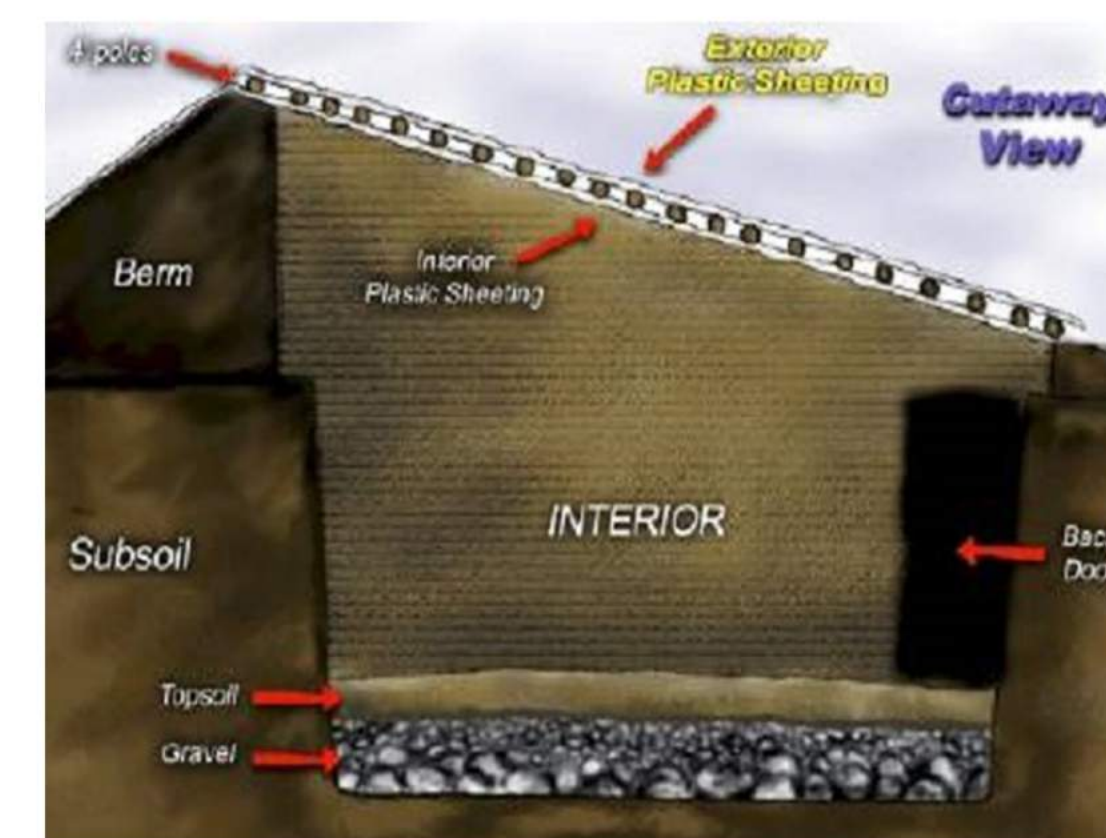


THE MICH. URBAN FARMING
INITIATIVE
DETROIT MI

PIT GARDENS

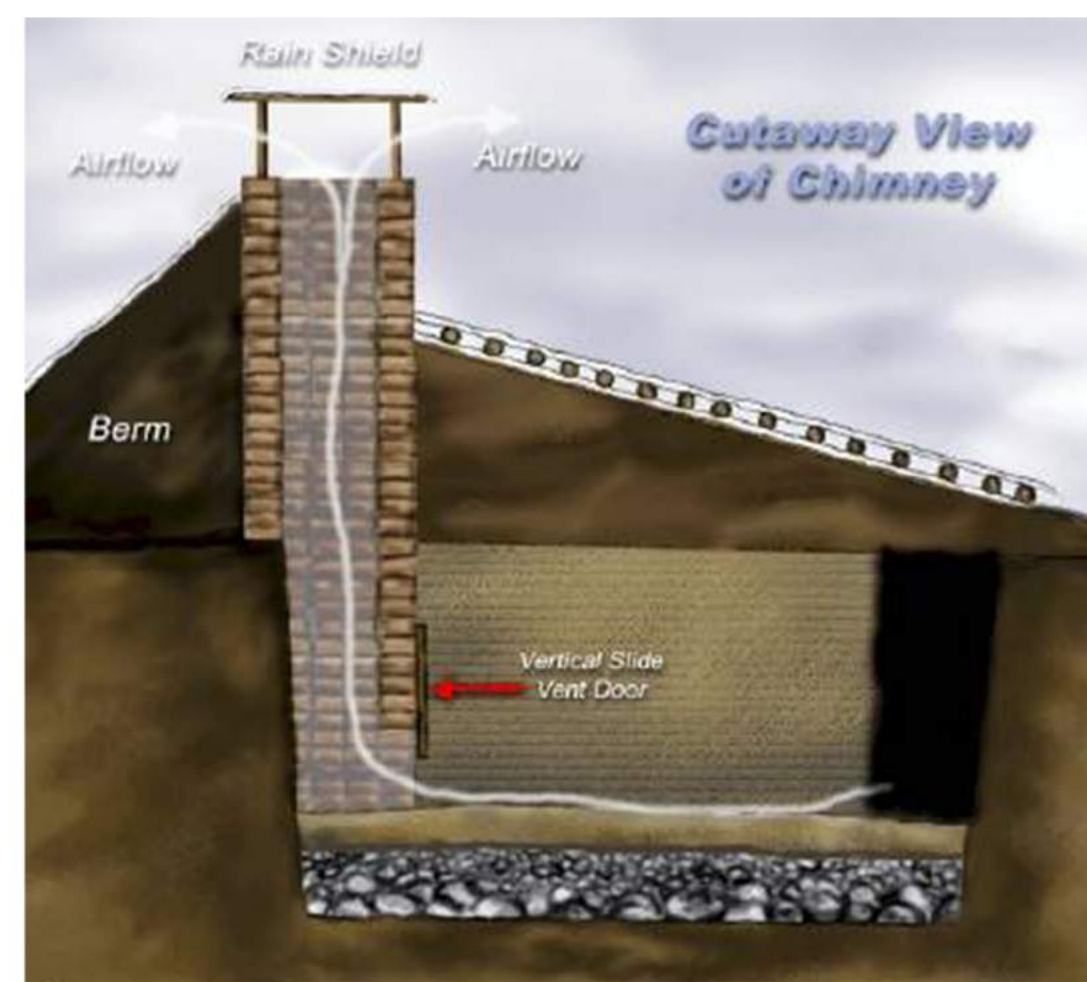
6 TO 8 FEET DOWN INTO THE EARTH, TEMPERATURES REMAIN FAIRLY CONSTANT, BETWEEN 50 AND 60°F. MEANING YOUR PIT GREENHOUSE WILL BE MUCH WARMER THAN AN ABOVE GROUND GREENHOUSE IN WINTER AND THAT COOL EARTH WILL KEEP TEMPS BEARABLE IN THE SUMMER.

WALIPINI



CALLED A WALIPINI IN SOUTH AMERICA (FROM THE AYMARA INDIAN LANGUAGE, MEANING "PLACE OF WARMTH"). AS YOU DIG, SAVE YOUR UPPER MOST TOPSOIL (FOR THE NEW BOTTOM) AND USE THE DEEPER SOIL AS THE NEW BERM ON THE NORTH SIDE (OR SOUTH SIDE IF YOU'RE SOUTH OF THE EQUATOR).

VENTILATION



THIS VENT IS LOCATED IN THE ROOF AT THE CENTER, BACK AGAINST THE REAR WALL AT THE HIGHEST POINT. WHEN NEEDED, THE HIGHEST VOLUME OF AIR EXCHANGE, THUS FAR, CAN BE OBTAINED AND NO HEAT-STORAGE MASS IS LOST IN THE BACK WALL.

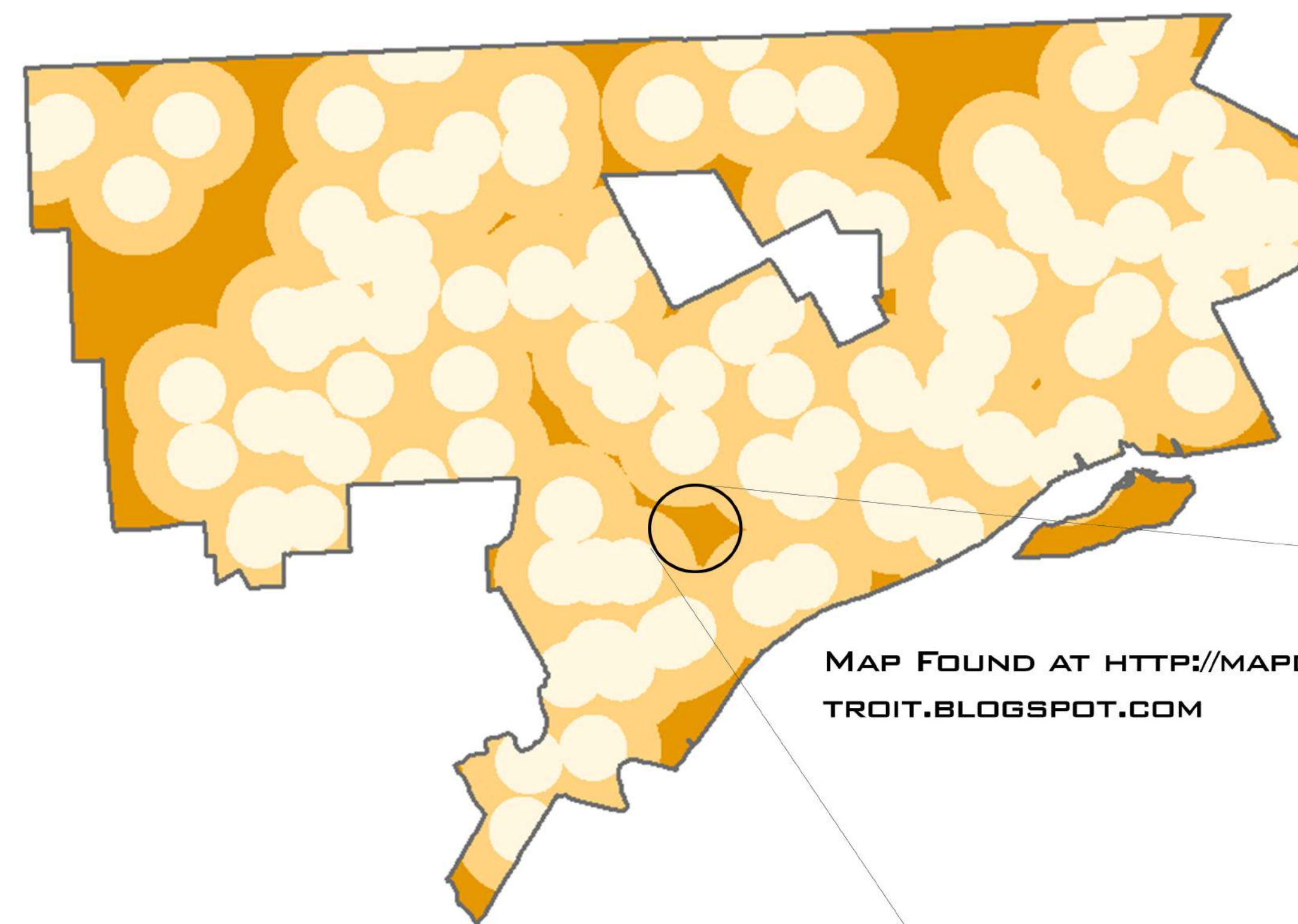
DRAINAGE



THIS INCLINE WILL ALLOW EXCESS WATER TO FLOW TO EACH END OF THE BUILDING. AT EACH END OF THE BUILDING A 2' X 3' GRAVEL-FILLED SUMP/WELL DEEP ENOUGH TO ABSORB THE RUNOFF IS FOUND. THE TOP OF THIS SUMP SHOULD BE COVERED WITH AN OPENABLE LID SO THAT WATER CAN BE REMOVED WITH A BUCKET WHEN AND IF NEEDED.



Detroit Food Accessibility Areas, 2010



Legend

- Food Desert
- Low-Accessibility Areas
- High-Accessibility Areas

MAP FOUND AT [HTTP://MAPDETROIT.BLOGSPOT.COM](http://MAPDETROIT.BLOGSPOT.COM)



KEY

- RESIDENTIAL
- BUSINESS
- SITE

