



# Sustained Community Gardening Programming Partnership

St. David's Foundation's  
Health Angels and the City of  
Austin Sustainable Urban  
Agriculture and Community  
Garden Program

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# Building Programming from a Successful Pilot

- SASAC's Garden of Eatin' was a collaboration with existing COA and Health's Angels partners in the development of a curriculum for cooking, gardening, multi-generational community building programming



- Using the lessons learned from the South Austin Senior Activity Center pilot garden to create new garden programming in 2013 that will provide many community benefits

# SASAC Garden

- Launched in April 2012
- Established steering committee for watering and harvesting schedule and bi-weekly work days
- Seniors learned about:
  - Garden Planning
  - Seeding
  - Garden Planting
  - Composting
  - Cooking

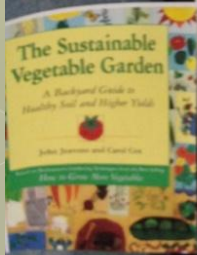




# Ideas for Vegetable Herbs for the Raised Gardens

- Write your Ideas!!!*
- Ex. Carrots
  - Kale
  - Parsley (needs cool weather)
  - Tomatoes (best planted in Feb or winter)
  - Onions
  - RADISHES (quickest harvest)
  - Dill (needs cool weather)
  - CHIVES
  - OKRA (LATE HARVEST)
  - KENNY BASIL
  - SPINACH
  - CILANTRO
  - PEPPERS
  - Swiss Chard
  - Peas (English) on Trellis (needs very cool weather)
  - Green Beans
  - Garlic
  - Bok Choy

- EGG PLANT
- CUCUMBER
- SQUASH
- mustard greens
- turnips









# SASAC Seniors Reaped the ALL Benefits from their Garden

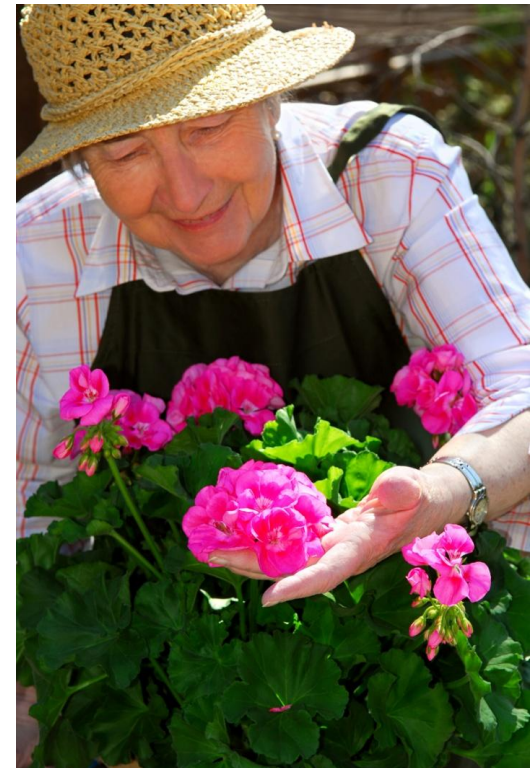
**Nutritional Benefits**

**Physical Benefits**

**Emotional & Social Benefits**

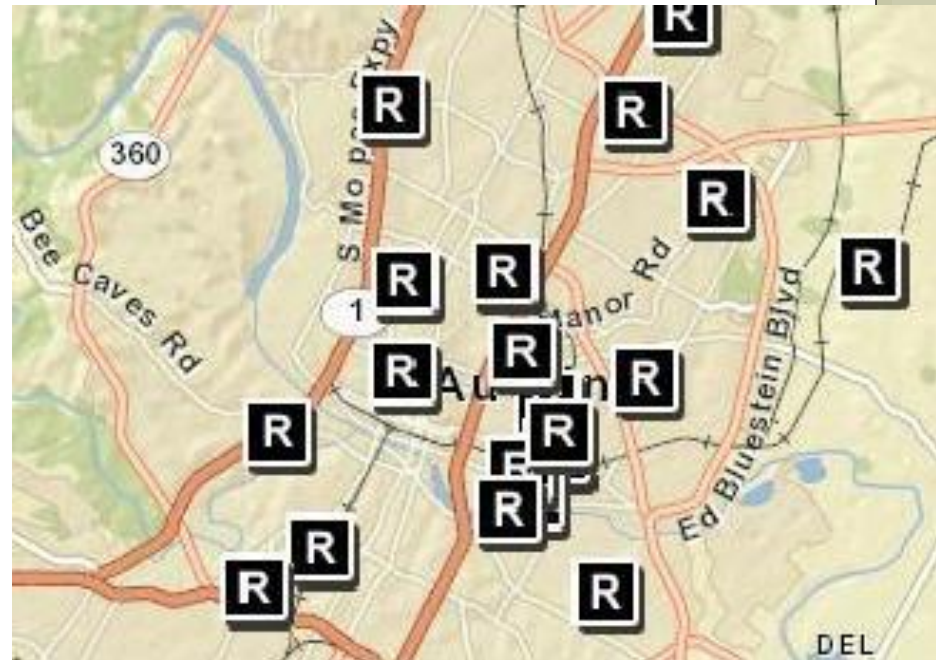
**Cognitive & Therapeutic Benefits**

**Illness Control and Prevention**



# A Replicable Model with Potential for Vast Impact

- COA Recreation centers serve over 60,000 people each month
- Of those, nearly 2,000 are senior citizens
- Many recreation centers are in underserved communities with low access to healthy foods (food deserts)



# Potential Sites: 2013 Community Garden Programming

- Conley – Guerrero Senior Activity Center
  - <http://www.ci.austin.tx.us/parks/conleyg.htm>
- A.B. Cantu / Pan American Recreation Center
  - <http://www.ci.austin.tx.us/parks/panam.htm>
- Virginia L. Brown Recreation Center
  - <http://www.ci.austin.tx.us/parks/stjohns.htm>
- Parque Zaragoza Recreation Center
  - <http://www.ci.austin.tx.us/parks/zaragoza.htm>
- Metz Recreation Center
  - <http://www.ci.austin.tx.us/parks/metz.htm>



# Conley Guerrero Senior Activity Center

808 Nile Street  
Austin, TX 78702

- Serves seniors in East Austin
- The CGSAC facility includes a multi-purpose room, exercise rooms, meeting rooms, and a **courtyard** for members to enjoy the outdoors.



# A.B. Cantu/Pan American Recreation Center

2100 East 3rd Street  
Austin, TX 78702



- Activities for kids and adults
- Facility includes a **5.3 acre park** surrounding the recreation center including a multipurpose sports field, outdoor tennis and basketball courts, newly renovated playscape area, wading pool and hillside stage.



# Virginia L. Brown Recreation Center

7500 Blessing Avenue  
Austin, TX 78752



- Facility consists of one activity room, a full size kitchen and shares the use of the gymnasium with the J.J. Pickle Elementary School.
- The school and the community center sits on **15 acres of land** in the heart of the St. John's neighborhood in northeast Austin

# Parque Zaragoza Recreation Center

2608 Gonzales St.  
Austin, TX 78702

- Facility is located on the Parque Zaragoza **park grounds**
- Amenities including a pool, outdoor stage area, outdoor basketball court, sand volleyball court, and a multi-purpose field.





# Metz Recreation Center

2407 Canterbury St.  
Austin, TX 78702

- Facility includes outdoor play amenities, hillside, field and stage area for youth and adult programs
- Senior program is held at the center daily from 9am - 1pm with lunch served from 12 noon - 12:30pm, Monday through Friday.



# New Community Gardens will have Expanded Focus

- Programming in Food Deserts

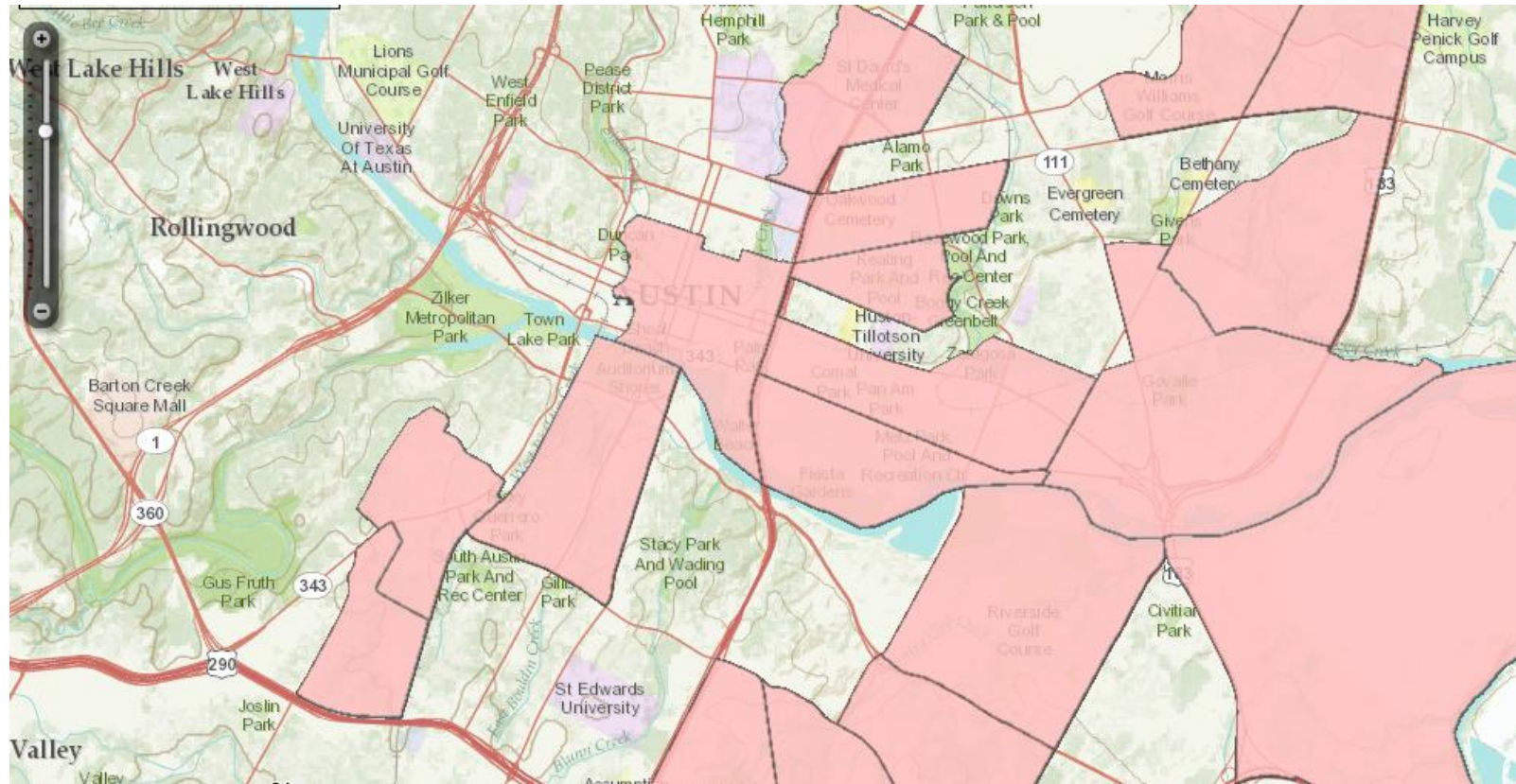
- Food deserts are areas in which there is low access to supermarkets or other sources of fresh food.
- 13.5 million people in the U.S. live in food deserts, 82% of whom live in urban areas

- Multigenerational Programming

- Multigenerational gardening offers educational, emotional, physical, and other health benefits for children and adults and creates memories that last a lifetime.



# Food Deserts in Austin



<http://www.ers.usda.gov/data-products/food-desert-locator/go-to-the-locator.aspx>

# Multigenerational Programming Opportunities

- Virginia L. Brown Rec. Center
  - Programming potential with J.J. Pickle Elementary
- Metz Recreation Center
  - Offers programing for seniors and children
- Conley-Guerrera Senior Activity Center
  - Close proximity to Austin Community College could spur potential new programs with college students



# Programming Potential in Food Deserts

- ◉ Cantu/Pan American Rec. Center
  - ◉ Center located in East Austin food desert with rich Latin-American history
  - ◉ Potential historic focus on Latin-American culture and education
- ◉ Parque Zaragoza Recreation Center
  - ◉ Located in East Austin Food Desert
  - ◉ Located near Conley-Guerrera Senior Activity Ctr. (potential for programming)