



SPOT GARDENS

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GARDEN IS A VERB

— *Dougal Bichan*

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A project by
HOW WE LIVE IN CITIES

In association with



TD Friends of the
Environment
Foundation

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Stay in touch

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ABOUT

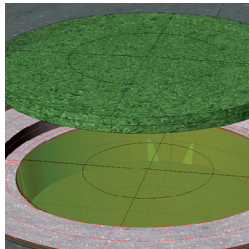
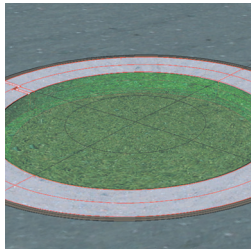
Gardens are a way to lower city carbon footprints while improving the experience of living in cities. Gardens help mediate summer heat, water run-off, provide bee and wildlife habitats, enhance urban appearances and provide healthy, self-directed exercise.

How We Live In Cities launches Spot Gardens, a step towards Garden Corridors for a Garden City. The project offers opportunities to participate using tools that inform and engage through art and materials that create gardens. Provided resources include methods to remove sections of grass, cement or asphalt from residential front yards, publicly sited commercial or orphaned civic spaces and then replant with low maintenance, drought resistant, bee-friendly plants, vegetables, flowers, shrubs or trees.

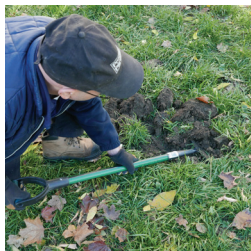
Collecting spot garden sites into corridors can link civic, public and commercial space into Walk Here routes that encourage people to walk to work, schools, parks and shops. Walking enables stronger civic engagement; it enables people to live where they live, while fostering better health and mindset.

Research for Spot Gardens was collected in west end neighbourhoods, the Junction Summer Solstice Festival and at the BIG on Bloor Festival of Art and Culture 2016. The resulting publication: How We Live In Cities/ Spot Projects/ Green Asset Map can be downloaded free at www.CivicStudies.ca/GreenAssetMap

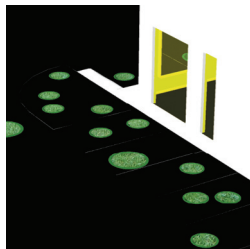
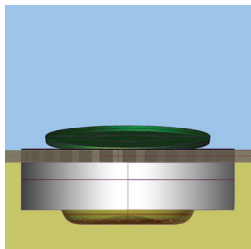
START UP SPOT GARDEN IN SOIL



HOW WE LIVE IN CITIES



START UP IN ASPHALT



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PARTICIPATE

SHARE YOUR GARDEN WISDOM!

Send your short garden quote for publication to the garden wisdom list.

Send quote to HowWeLiveInCities@gmail.com

MAKING A SPOT GARDEN?

Please stay in touch and post your Spot Garden progress with [#spotgardens](https://twitter.com/spotgardens)

HAVE A GARDEN IMAGE?

Post your favorite garden picture with [#HowWeLiveInCities](https://twitter.com/HowWeLiveInCities)

WISDOM

Share your garden wisdom... **Jutta Mason** If you plant a vegetable garden it will tell you what to make for dinner. **Zoe Ryerson** Heaven is a place on earth. **Selim Berbatovci** The roots of life in the hands of our own. **Richard Mongiat** Gardens are where order and chaos hold hands. **Dougal Bichan** Garden is a verb. **Tim Grant** Gardens teach us that change is possible. **Ashley Johnson** Growing things accentuates empathy for environmental interdependence. **Kathryn Bemrose** Gardening keeps your mind clean, and your knees dirty. **Marjolein Winterink** In a garden, you can watch generations of life live and grow in the same patch of earth. **Guy Walter** No matter how small the garden, nurture it and you will get a closer understanding to how the environment works. **Richard Rhodes** What lingers into winter are the summer Lindens draping blue shadows over the seed grass soccer field at Emerson Wallace Park. **Deenna Sigel** A garden grows each day of each season. Take the time to feel the joy & beauty. **Jim Melvin** Soil your hands in the garden and reap your soils favours. **Margaret Atwood** Gardening is not a rational act. **Claude Monet** My garden is my most beautiful masterpiece. **Cicero** If you have a garden and a library, you have everything you need. **Abraham Lincoln** We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses. **Audrey Hepburn** To plant a garden is to believe in tomorrow. **Vincent van Gogh** If you truly love nature, you will find beauty everywhere. **Frank Lloyd Wright** Study nature, love nature, stay close to nature. It will never fail you. **Author Unknown** Bloom where you are planted. **Albert Einstein** Look deep into nature, and you will understand everything better. **Author Unknown** Gardening is cheaper than therapy and you get tomatoes. **Robert Harbison** Gardens always mean something else, man absolutely uses one thing to say another. **Robert Brault** Why try to explain miracles to your kids when you can just have them plant a garden. **Leonardo da Vinci** We know more about the movement of celestial bodies than about the soil underfoot. **Chinese Proverb** Life begins the day you start a garden. **Leonard Nimoy** A life is like a garden. Perfect moments can be had, but not preserved, except in memory. **Darren Christopher** If you don't plant it, it won't grow. **Dyan Marie** Change the world one complaint at a time, save the world one garden at a time **#spotgardens**.

DIRT

SOIL IS A RELATIONSHIP

Fingernails evolved as a way to hold earth close to the body. Compacted dirt beneath the figure nail provides a sustained touch with health giving bacteria and microbes found in soil.

A Strain Of Bacterium In Soil Has Been Found To Trigger The Release Of Serotonin, Which In Turn Elevates Mood And Decreases Anxiety

<http://www.healinglandscapes.org/blog/2011/01/its-in-the-dirt-bacteria-in-soil-makes-us-happier-smarter/>

Healthy Soil Microbes, Healthy People

<http://www.theatlantic.com/health/archive/2013/06/healthy-soil-microbes-healthy-people/276710/>

There's Something About Literally Putting Your Hands In The Dirt, Digging And Actually Creating Something That's Really Beautiful

<http://www.cnn.com/2011/HEALTH/07/08/whygardening.good/index.html>

PLANTS

THE LANGUAGE OF FLOWERS

Seeds

Each plant has a unique method of seed dispersal and architecturally they are fascinatingly different from species to species. Please enjoy looking closely at flowers as they develop seeds – a magnifying glass can help. A single flower can produce hundreds of seeds. A dandelion can make between 40 and 60 seeds, a milkweed pod contains an average of 250 seeds, while a Ragwort plant can make up to 120,000 seeds.

Explore

Collect and open up a spent fall flower to find its seeds. Soak seeds during spring under a wet paper towel and watch for germination, and then transplant them into soil after they begin to grow.

Growing Flowers

Turn soil, rake smooth, and sow seeds directly in the garden after the last frost to early summer. Keep the seedbed moist until the seeds begin to sprout, and then thin, if needed, when seedlings are a few of inches tall.

Pollinating insects distinguish electric signals given out by flowers.

<http://phys.org/news/2013-02-bees-electrical-fields.html>

What Plants Talk About

<http://www.pbs.org/wnet/nature/what-plants-talk-about-video-full-episode/8243/>

NOTES

For updates about Spot Gardens and for more information about garden resources, please visit www.CivicStudies.ca/spotgardens/



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