

GGG Research Timeline

2021 - First Research Project

Our first project found that people experience many physical, emotional, and social health benefits by being at the Green and Gold Garden.

May 2023 - Second Research Project Launched

This new research project looked at urban wellness, which includes health, community connections, and the natural environment.

Nov 2023 - GGG Potluck

We presented our preliminary findings at the 2023 potluck with a focus on what people envisioned for the future of the GGG.

Feb 2024 - MacEwan Class Presentation

We discussed our findings from the first and second projects with students of the Urban Crises and Wellness.

May 2024 - Research Institute for Urban Wellness

Several members of the GGG community attended the launch and reflected on how it might promote an understanding of urban wellness.

Sept 2024 - Community Research Gathering

We gathered members from the GGG community at MacEwan University to share our refined results and engage in one last discussion.

Oct 2024 - Urban Connections Podcast

Cynthia was interviewed by students at MacEwan University where she discussed the GGG in their episode on "Cultivating Wellness".

Nov 2024 - Today's Potluck!

We hope you enjoy looking at the poster and learning about all the research being done at the GGG through MacEwan University!



Listen here!

Summary of Findings

The GGG has two central values: **community and urban wellness**

Community

- **Community Building** - volunteers of all ages and backgrounds find a shared purpose
- **Altruism** - the will to help others and support Tubahumurize strengthens bonds and fosters a supportive atmosphere
- **Diversity and Inclusion** - everyone brings unique perspectives, skills, and cultural backgrounds, making the garden a space of unity and inclusivity
- **Education and Empowerment** - learning about food, gardening, and environmental practices empowers individuals to adopt sustainable practices in their own lives. The GGG is welcoming of new ideas and makes space for everyone to lead and feel a sense of ownership

Urban Wellness

- **Green Spaces and Mental Health** - people can reconnect with nature at the GGG and experience feelings of calm, beauty, and gratitude
- **Environmental Stewardship** - the GGG community helps preserve the land, mitigate greenhouse gas emissions, adapt to a new climate, and promote biodiversity
- **Healthy Lifestyles** - improved access to fresh produce, physical exercise, connecting to the seasons, and belonging to a community

Visions for the Future

Growth



- Improve accessibility
- Improve efficiency (organization, diversity)
- Balance growth with community

Connection



- Strengthen social spaces (potlucks, gazebo, seating areas)
- Engage the external community (garden tours, teaching, outreach)

Preservation



- Succession (kids and youth)
- Protect the land and garden (demonstrate its true value and make it hard to tear down)
- Keep supporting Tubahumurize

Project Outcomes

- **Practical** ideas on how the garden can thrive and resist destruction, such as fostering connections with external communities and the land.
- **Academically**, it provided a broader perspective on the connections between urban wellness, community gardens, and greening initiatives.