



Gardeners of AGS

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Our Inspiration

- EARTH University
- Earth University's gardening and sustainability techniques.
- Costa Rica is more environmentally friendly and sustainable than the US.



What does sustainability mean?

Definition from the Brundtland report:

“Development that meets the needs of the present without compromising the ability of future generations to meet their own needs.”



The Global Problem

In many countries around the world people suffer from problems such as starvation, food shortages, malnutrition, and unhealthy eating. This is because often people don't utilize the materials they have to grow their own food and provide for themselves.



How America Is Faced With This Problem

Despite America being an advanced and highly developed country, we still face many food problems. These problems are exceptionally abundant due to the industrialized food system.

- 1:4 people eat fast food everyday.
 - The average American consumes nearly one ton of food each year.
 - Large food companies like Tyson have a monopoly in the industry distributing food all around America.
- (DOsomething.org)



How Austin Is Faced With This Problem

Similar to the rest of America, Austin has thousands of fast food chains that do not give people healthy options for their food.

Despite the setbacks, Austin tries to stay “green” by having numerous organic farms like Green Gate farms. We also have community gardens where people can enjoy fresh produce grown by hand. Organic food is also distributed in local farmers markets, Whole Foods, and Central Market.



What We Did To Help



The Beginning Stages

With the global topic of sustainability/ gardening in mind we wanted to design a project that would benefit someone for a long time. We decided on building a permanent garden for JP, the owner of a local soap company called SOAP (South Austin People). JP could benefit from a garden because he uses only natural materials such as lemon grass, peppermint, rosemary, and lavender in his soap.





The Finished Product

In the end we finished with a large garden that JP can use for years. The herbs and other plants will all be used as ingredients in his organic, 100% natural soap.



Interview with SOAP



What You Can Do

The next step to your sustainability is building a garden on your own. Although some may think it is expensive to build a garden it can also be very cheap. By upcycling trash such as bottles, scrap wood, rocks, bricks, or limbs you can reduce waste and make a garden free of charge.



The Garden Club

You can also help out at the Austin High Garden every Friday. At the garden we grow a variety of vegetables that go to the AHS cafeteria and teachers. Lonnie Sclerandi (A.K.A. Profe) teaches all about plants and gardening techniques.



Benefits Of Gardening

- Gardening is beneficial to the environment because it is on a local scale so fuel is not being wasted to transport food.
- Gardening is much more economical than buying food from the grocery store.
- Gardening encourages sustainability and helps you think less about where your food will come from next.
- Psychologically gardening can increase self-esteem, help cope with depression, and it is a great stress reliever. (eartheasy.com)
- Easy exercise and enjoying outside time is necessary for the average American.



My Garden



Remember, gardening is easy; all it takes is initiative! For my garden I used rectangular logs to build the perimeter and bamboo to act as a trellis for the snap peas. Gardening is a great way to get outside and your dog will love you much more!

Gardens At Home

We grow food in our own back yards, it is easy and fun. In Texas you can grow pretty much anything, from potatoes to broccoli. Its a very good feeling knowing your ingredients come straight from your backyard!





Building Your Garden

- Garden Brochure
 1. Benefits of having a garden.
 2. Useful information about the climate of Austin.
 3. 9 simple steps to guide you in creating your own garden.
- We grow tomato, squash, zucchini, onion, jalapeno, herbs(cilantro, basil, rosemary)

What you plant in your garden is up to you!

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