



EdiCitNet Awards winner:

Most Innovative Individual Action

Mellomrommet Tokerudåsen Boligsameie

About us

Mellomrommet is located in Oslo (Norway). We're an urban gardening community located in what used to be an ignored dead space between building blocks in Stovner. Our volunteers range from 3-88 years old. We welcome people of all backgrounds and abilities to join in with tasks such as planting, harvesting and building, and all of the produce we grow goes back to the community. Our public space is open 24/7.

What makes us innovative?

Our beautiful space is fully designed and created by volunteers, and we use recycled materials as far as possible. We plant all types of edible fruits and vegetables, from kiwis and melons to kale, and experiment with different shapes and forms, including a herbal star and a corn labyrinth. We also have an orangery and a greenhouse, rain water tanks, insect hotels, bumblebee baths, potato towers, a bean teepee, flower meadows and a pumpkin portal!

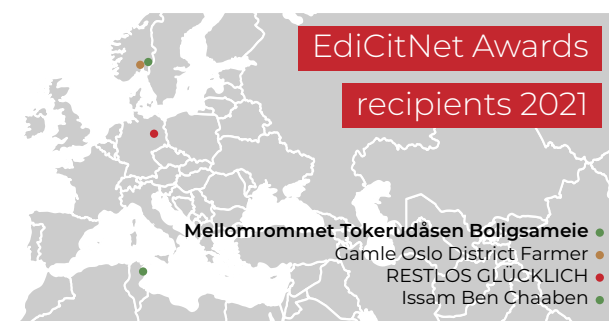
Find out more and get involved

[Email us](#) or [visit our website](#)



When we started we had zero knowledge of urban gardening. Now we have an oasis of greenery and a social hub right here in the middle of the Tokerudåsen housing area!

Kristine Tveit



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 776665.



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Photo credits: Kristine Tveit



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How do we promote inclusivity?

Our centre is very inclusive and welcomes diversity! Everyone is welcome to join in at their own pace and within their own capacity. Perceived barriers and biases based upon societal status, physical fitness, or Norwegian language ability are not important to us. We have many children joining in when there are no other after-school activities available, even coming from neighbouring estates.

What's the impact of our project?

Our garden's in an area of Oslo where the low average income contributes to its low social survey score. We're happy to give back to our community. Local families receive free vegetables once per week and on Tuesdays we share crops with anyone who turns up! We give excess plants to our neighbours to grow at home.



How could other areas start this kind of project?

We started our project with limited knowledge and funding; we decided to just go for it! Our advice is to take things step by step and start small. We like to share our knowledge so if you're in the area, drop by for a site tour! If not, check us out on social media.



Our tips to make your local area more edible



Make the most of all available spaces and surfaces, even concrete, walls and stairs



Experimenting with the design of your garden will make it look as appealing as it tastes!



Reward your volunteers' hard work with a share of the crop



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