



This Project has received funding from the European Union's Horizon 2020 research and innovation programme under Grant Agreement No. 7776665.



Edible Cities Network

Integrating Edible City Solutions
for social, resilient & sustainably productive Cities

Monitoring what motivates people to take part in a community garden – an example from Oslo

Presenter: Wendy Fjellstad – NIBIO: Norwegian Institute of Bioeconomy Research



Agenda

- The Linderud Living Lab
- Motivations
- Method: SPLOT
- Results
- Comparing between years
- Future questions



The Oslo Living Lab

Objective	Pilot Edible City Solutions providing social and economic values and opportunities for citizens and entrepreneurs through knowledge transfer, networking and infrastructure
ECS	Linderud community garden, Community supported agriculture (CSA), Testbeds for business or socially oriented initiatives, Soil improvement, Nature management Secondary School, Market days, Wild flower meadow



Neighbourhood and local identity

- Cooperation with Master's programme in Public Health Science, Norwegian University of Life Sciences
- Interviews (SPLOT) in 2020, 2021 & 2022

NIBIO POP



Urban gardening contributes to health and quality of life

Participating in a neighbourhood and community garden has positive social and mental impacts, as well as the satisfaction derived from growing food. Adults and teenagers participating in gardening activities at Urdoukt felle in Oslo report positive experiences most commonly related to social networks, growing food, feeling connected and aesthetic.

Urban gardening is gaining increasing popularity across Europe. In other parts of green spaces in cities and other urban areas, urban gardening provides numerous opportunities for benefits. For example, the work can have a water- and climate service to help prevent flooding, where urban surfaces are sealed by roads and buildings, and garden areas can provide habitats for wildlife, such as birds and insects.

Urban gardening is also an important way to provide social benefits, promote a greater sense of responsibility and ownership of green spaces, strengthen environmental awareness and create a sense of community among people who do not have a garden. For example, do you know how many people have a garden? These people may have very different reasons for gardening, and they often do not have a garden. Why do you garden in this space, and what are the reasons for growing food? Is this their main motivation? Are you

NIBIO POP



Monitoring people's motivations to participate in an urban neighbourhood and community garden

Participation in a shared neighbourhood and community garden in Oslo is mostly motivated by social aspects and by the desire to grow organic food.

Urban gardening is gaining increasing popularity across Europe. In other parts of green spaces in cities and other urban areas, urban gardening provides numerous opportunities for benefits. For example, the work can have a water- and climate service to help prevent flooding, where urban surfaces are sealed by roads and buildings, and garden areas can provide habitats for wildlife, such as birds and insects.

Urban gardening is also an important way to provide social benefits, promote a greater sense of responsibility and ownership of green spaces, strengthen environmental awareness and create a sense of community among people who do not have a garden. For example, do you know how many people have a garden? These people may have very different reasons for gardening, and they often do not have a garden. Why do you garden in this space, and what are the reasons for growing food? Is this their main motivation? Are you

NIBIO POP



Monitoring Motivations for Urban Gardening

Over three years, motivations of participants in a neighbourhood garden seemed to reflect the development of the garden from the startup phase, through consolidation, until a state where further evidence requires transitions in responsibility and funding.

Urban gardening is gaining increasing popularity across Europe. In other parts of green spaces in cities and other urban areas, urban gardening provides numerous opportunities for benefits. For example, the work can have a water- and climate service to help prevent flooding, where urban surfaces are sealed by roads and buildings, and garden areas can provide habitats for wildlife, such as birds and insects.

Urban gardening is also an important way to provide social benefits, promote a greater sense of responsibility and ownership of green spaces, strengthen environmental awareness and create a sense of community among people who do not have a garden. For example, do you know how many people have a garden? These people may have very different reasons for gardening, and they often do not have a garden. Why do you garden in this space, and what are the reasons for growing food? Is this their main motivation? Are you

Method: SPLOT

- Space, Person, Learning, Observation, Tracks
- Developed by anthropologist Aina Hagen, OsloMet
- One 'splot' about motivation, one on future wishes
- Dialogue, drawings, keywords
- Observe interactions
- Walk the space together



Motivations for participating

- Gardening
- Vegetables
- People
- Nice
- Activities
- Social
- Community
- Flowers
- Pleasant
- Food
- Nature
- Farming
- Learning
- Plants
- Organic
- Together



Motivations for participating

2020



- Individual motivations were reclassified into 6 main groups
- Social aspects were as important as gardening
- Feelings and aesthetics were equally important
- Member checks at annual evaluation meetings showed a high degree of agreement

Social aspects

- Friendly
- Sociable
- Community
- Solidarity
- Great people
- Friendship
- Make new friends
- Diversity
- Meeting place
- Network
- Meet other cultures
- Inclusive



Feelings/emotions

- Close to nature
- Peace and quiet
- Gardening as a calming activity
- A break from everyday life
- Memories
- A form of medicine, for both physical and mental health
- Feelings of achievement
- Better quality of life



Differences between years

- Increased focus on gardening and activities
- Less focus on feelings and aesthetics
- Social aspects remain important

2020



n = 18

2021



n = 18

2022



n = 21

Interpretation

- Results could reflect a move from a visionary start-up phase to practical work in an established garden
- Are the visionaries putting their dreams into action?
- ... or are they being replaced by more practically-minded members?

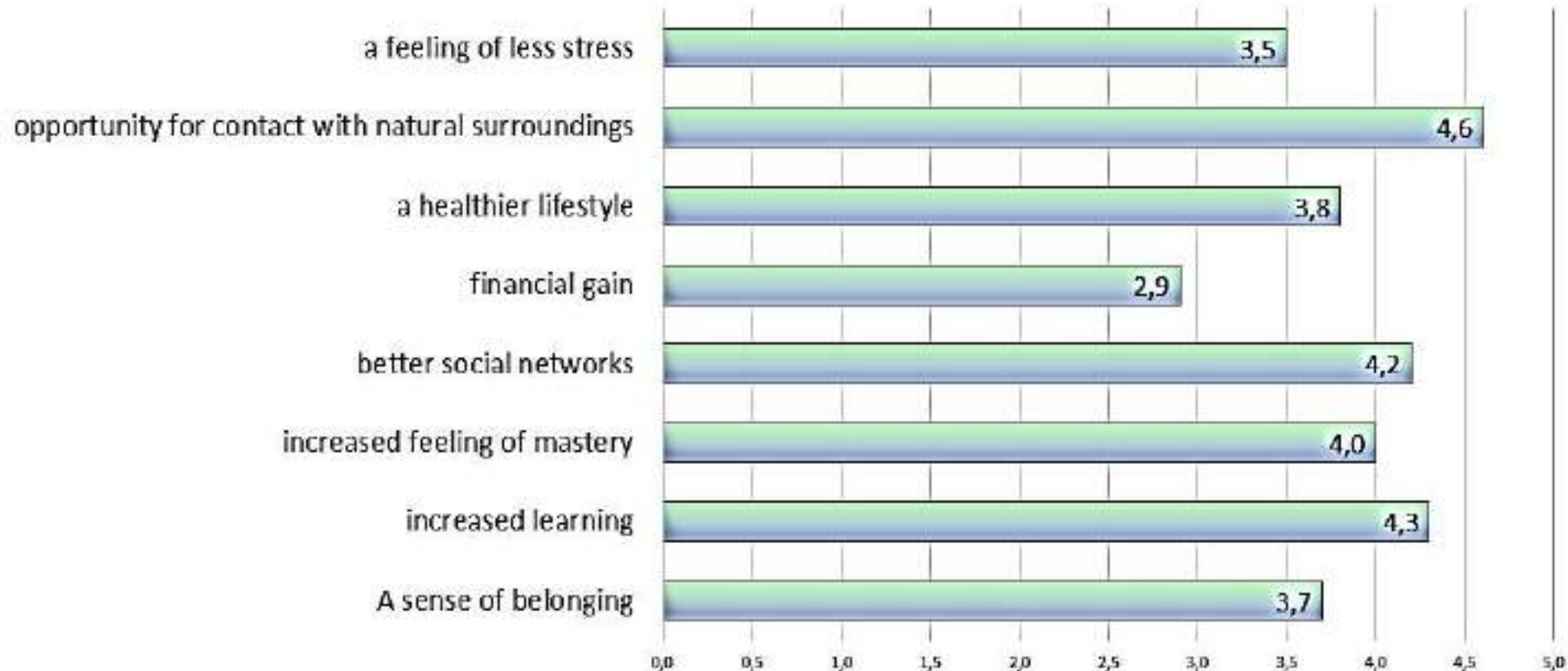


Photo: W. Fjellstad



Photo: K. B. Nøsterud

Grade the statements (0-5). To which degree has participation in the community garden given you:



Future wishes

2020



2021



2022



Recommendations for future work

- Record variables of socio-economic status, gender, ethnicity and how long participants have participated
- Are there links between these variables and motivations?
- For example, are motivations different for long-timers vs. newcomers?
- Ask long-timers whether their motivations have changed over the years
- Can knowledge about motivations be used in recruitment of new participants?
- Are there lasting health benefits of participation? (mental and physical health - changes in diet – quality of life)

Acknowledgements

- Sebastian Eiter, NIBIO



- Stephanie Degenhardt, City of Oslo
- Kim Weger, Nabolagshager

- Sheri Lee Bastien, Norw. Univ. of Life Sciences

2022: Ingrid Rønning Heyerdahl
Juditte Juul Diab
Ragnhild Nygaard
Elisabeth Oterholt Peersen

2021: Benedicte Susann Nilssen
Julie Bjørgen Myrås
Marit Ingeborg Kvernmoen
Pia Cathrin Kristiansen
Thea Nørvåg

2020: Kristine Valle
Eli Mari Øverdahl



Thank you for your attention



 **www:** edicitnet.com
 **Twitter:** [@edicitnet](https://twitter.com/edicitnet)
 **Insta:** [edicitnet](https://www.instagram.com/edicitnet)
 **Mail:** edicitnet-coordinator@eurtd.com



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



Reports in #openaccess #OA in [Zenodo](https://zenodo.org/communities/edicitnet)
<https://zenodo.org/communities/edicitnet>



Photo: S. Eiter

wendy.fjellstad@nibio.no
sebastian.eiter@nibio.no

