



Therapeutic and Social Role of Urban Allotment Gardens in Poland and Turkey

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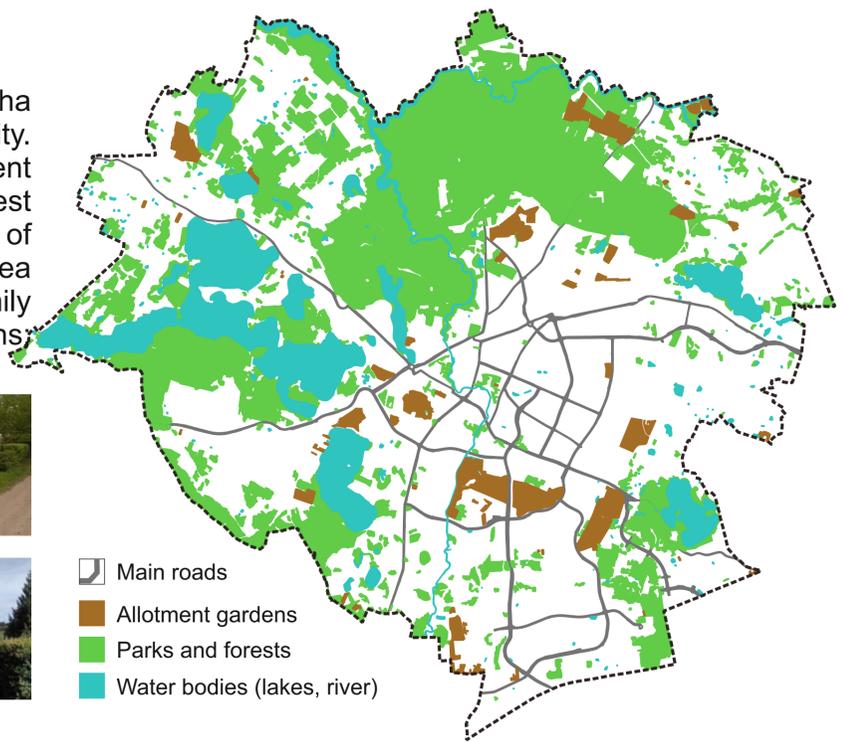
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One of the forms of urban agriculture in Poland and Turkey are urban allotment gardens. A common and characteristic feature of such allotment gardens is the production of food products mainly on a small scale and for personal needs (vegetables, fruits, herbs), but also non-food products (ornamental greenery). Other functions of allotment gardens are health-promoting, therapeutic and social ones. All activities related to working in the garden have a positive impact on the quality of life of users. Physical activity has a positive effect on health, while establishing social contacts and shaping the urban space and the surrounding landscape are also of key importance. The importance of urban allotment gardens increased especially during the pandemic of COVID 19, while activities related to urban agriculture in the context of the social function (urban community gardens) are becoming more and more popular in Poland.

POLAND OLSZTYN

Allotment gardens in Olsztyn are located in thirty complexes covering a total of 230 ha of the city, which is 3% of its area. The gardens are scattered throughout the city. Some are located in the vicinity of lakes and forests, others are located on investment areas or with large housing estates "behind the fence". The beginnings of the oldest modern allotment gardens in Olsztyn date back to 1962-1964. The largest group of plots in the city, with an area of approx. 64 ha, is located in a depression. In the area covered by the research, the following were designated: complexes of family allotment gardens; orchards; tree and shrub nurseries; experimental plants / gardens; greenhouse production; home gardens; farmlands.

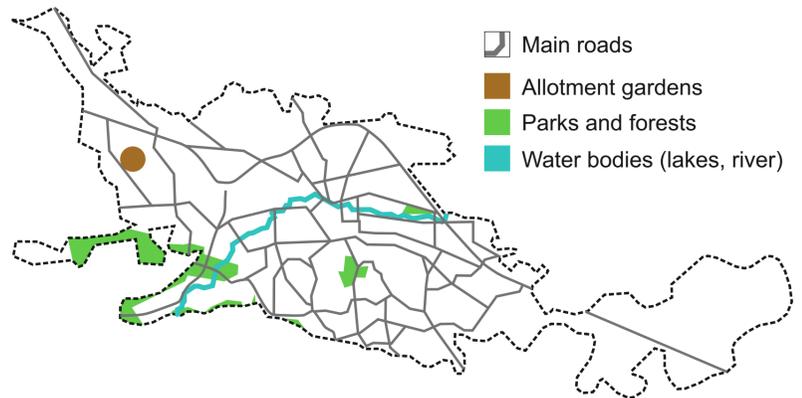


CITTASLOW ASSOCIATION

Allotment gardens are also located in small towns belonging to the Cittaslow association and located around Olsztyn. The assumption and the very idea behind their creation are similar to those in Olsztyn, but the scale and the way of using them are slightly different. Gardens in Cittaslow towns are more productive than recreational or decorative. While the function of allotment gardens in Olsztyn has changed, especially in recent years, from production to recreational, in Cittaslow towns, there is a need for garden users to produce small crops for consumption. This is in line with the philosophy of slow life and slow food.

TURKEY ESKIŞEHİR

Production gardens in Eskişehir are characterized as hobby gardens and volunteer gardens on an area of 9,066 m² for the use of residents. Gardens are designed by municipalities, and applications are made for the use of gardens and allocated to individuals. The gardens are designed in city centers, user-friendly and close to transportation areas. The area of individual plots is 68 m². In this area, there is a small wooden cabin and planting area that people can use. The main users are the elderly, relatives of veterans and martyrs, disabled individuals and their relatives. The most commonly grown species are seasonal vegetables and fruits. While pepper, tomato, eggplant, zucchini and seasonal greens are grown in summer vegetables, cabbage, cauliflower, broccoli and carrots are grown in winter vegetables. Of the fruits, there are apple and quince trees in some gardens, while strawberries, raspberries and blackberries are usually grown.



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