Using Urban Agriculture to Promote Neighborhood Stabilization and Community Development

Sponsored by:
U.S. EPA Regions 5 & 7
Technical Assistance to Brownfields at Kansas State University
Great Lakes Environmental Planning

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Using Urban Agriculture to Promote Neighborhood Stabilization and Community Development

Agenda

Intro: Urban Agriculture & Community Gardens as Elements of Community Development  (Jim Van der Kloot, EPA & Eugene Goldfarb, Great Lakes Environmental Partners)

Sustainable Urban Agriculture: Best Growing Practices  (Patsy Benveniste & Angie Mason, Chicago Botanic Garden)

Sustainable Urban Agriculture: Uplifting Communities, Creating Opportunities in the City of Lawrence, MA  (Art McCabe, City of Lawrence)

Q&A with HUD  (Ted Massey & John Swanson), USDA (Alan Shannon), EPA (Jim Van der Kloot)

As elements of Community Development
The Challenges:

- Widespread abandonment
- Economic Downturn
- Very poor market for Real Estate

Required to Think Differently!

Numbers of vacant properties:
- Pittsburgh - 15,000
- Buffalo - 40,000
- St Louis - 40,000+
- Indianapolis - 22,000
- Philadelphia - 30,000+
- Baltimore - 42,000
- Detroit - 90,000
- Cleveland – 20,000

Vacant lots aren’t harmless…

- Illegal dumping
- Crime
- Eyesores
- Lowers surrounding area property values

They actively drag a neighborhood down:

- Illegal dumping
- Crime
- Eyesores
- Lowers surrounding area property values
Community Greening can make neighborhoods more livable

- Urban Agriculture and Community Gardens
- Green Infrastructure (the subject of our next webinar)

This is an emerging issue

- Many communities are just getting started with Community Gardens
- Others have many years of experience
- Federal role is developing
Introduce people and programs from two separate fields to each other
  – Community Gardening
  – Community Development

Kick off a dialog on Governmental roles
  – Feds, State, Local Government
Sustainable Urban Agriculture: Best Growing Practices

Patsy Benveniste  
Vice President of Community Education Programs

Angela Mason  
Director of Community Gardening

Urban Agriculture: Common Themes Past and Present

- Local self sufficiency
- Reduced resource use
- Citizen health & welfare
- Improved morale
70 Years Ago
By USDA estimate, 20,000,000 Victory Gardens nationwide produced 40%+ of produce consumed nationally

• In multi-family city neighborhoods

• On the urban-suburban fringe

• In dense, inner city neighborhoods
Urban Agriculture in 2010: What it Means

- Economic Development
- Green jobs training
- Food security and health
- Carbon Sequestration
- Community Improvement

Urban Agriculture Players and Partners in 2010 and Beyond

- US Department of Agriculture
- US Environmental Protection Agency
- US Health and Human Services
- State agencies and county government
- Municipalities, e.g., city departments of planning, park districts
- For profit businesses and restaurants
- Non-profit environmental organizations, human service organizations, colleges and universities, faith based institutions
Sustainable Urban Agriculture in 2010

- Soil Contamination
- Safe Growing Methods
- Composting
- Propagation Methods
- Cover Cropping
- Season Extension
- Companion Planting
- Post-harvest Handling

Soil Contamination

Heavy metals and other contaminants are typical soil problems in densely populated urban areas.

Urban growers should know their site’s history and, if indicated, get a professional soil analysis.

Map from www.urbanleadpoisoning.com
Soil Analysis

• Collect a soil sample and send for analysis
  • Great resource for alternative soil analysis including compost analysis
  – http://www.algreatlakes.com/
  – County Extension Services will often have a place to send soil samples.

Nutrient Uptake

• Nutrient uptake varies depending on soil pH.
  – Soil pH determines what nutrients are available to the plant. Most plants like to grow in a soil at 6.5 pH.
Metal Uptake

Table 1: Relationship between cadmium (Cd) and lead (Pb) concentrations in cabbage, carrots and lettuce crops and (irrigation water IW)

<table>
<thead>
<tr>
<th>Crop</th>
<th>Days</th>
<th>IW conc. (mg L⁻¹)</th>
<th>Av crop Cd conc. (mg kg⁻¹ dry wt.)</th>
<th>IW conc. (mg L⁻¹)</th>
<th>Av crop Pb conc. (mg kg⁻¹ dry wt.)</th>
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<td>0.249 (0.125)*</td>
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<td>0.601 (0.095)*</td>
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<td>0.183 (0.015)*</td>
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<td>Carrots</td>
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<td>0.00</td>
<td>0.062 (0.021)*</td>
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<td>0.799 (0.258)*</td>
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<td>Lettuce</td>
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<td>1.41 (0.563)*</td>
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<td>0</td>
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<td>1.00 (0.843)*</td>
<td>30</td>
<td>79.20 (24.9)*</td>
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<td>0.534 (0.101)*</td>
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<td>82.40 (22.9)*</td>
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<td>55</td>
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<td>0.121 (0.053)*</td>
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<td>1.022 (0.311)*</td>
<td>50</td>
<td>187.40 (59.9)*</td>
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</table>


Safe Growing

- Use a landscape fabric barrier
- Grow in containers or constructed timber, raised beds
- Use only untreated timbers, cedar is best, or composite recycled timbers. Do not re-use railroad ties since they have been treated with coal tar creosote.
Propagation Methods

- Soil blocks
  - eliminate the need for plastic pots, which cuts costs and saves on plastic going to the landfill
  - Produce a strong, healthy root system by naturally air pruning the roots
  - minimizes disturbance of the root systems

Cover Cropping

- Benefits
  - Provides organic matter and aids with soil structure
  - Nitrogen production
  - Soil microbial activity
  - Nutrient enhancement
  - Weed suppression
  - Soil and Water conservation
Cover Crops/Green Manure

<table>
<thead>
<tr>
<th>Crop</th>
<th>Life Cycle</th>
<th>Sowing Time</th>
<th>Growth Period</th>
<th>Nitrogen Fixer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alfalfa</td>
<td>Hardy annual</td>
<td>Late spring</td>
<td>1 year</td>
<td>Yes</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>Annual</td>
<td>Late spring/late summer</td>
<td>3 months</td>
<td>No</td>
</tr>
<tr>
<td>Field Beans</td>
<td>Hardy annual</td>
<td>Late fall</td>
<td>Over winter</td>
<td>Yes</td>
</tr>
<tr>
<td>Crimson Clover</td>
<td>Hardy annual</td>
<td>Early spring/late summer</td>
<td>3 months, overwinter</td>
<td>Yes</td>
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<tr>
<td>Red Clover</td>
<td>Perennial</td>
<td>Spring</td>
<td>18+ months</td>
<td>Yes</td>
</tr>
<tr>
<td>Winter Rye</td>
<td>Hardy annual</td>
<td>Late summer</td>
<td>Overwinter</td>
<td>No</td>
</tr>
<tr>
<td>Trefoil</td>
<td>Annual</td>
<td>Spring/late summer</td>
<td>3+ months</td>
<td>Yes</td>
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<tr>
<td>Vetch</td>
<td>Perennial</td>
<td>Spring/late summer</td>
<td>3 months/ will overwinter</td>
<td>Yes</td>
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</tbody>
</table>

Composting

- Check with city and state regulations
- Some cities require in-vessel compost systems
- Backyard composting in urban areas: use a compost bin with wire mesh to help deter rodents
Compost Bins

- Compost bins come in all shapes and sizes

Composting Guidelines

Compost Ingredients

<table>
<thead>
<tr>
<th>Greens = High Nitrogen</th>
<th>Browns = High Carbon</th>
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</thead>
<tbody>
<tr>
<td>Alfalfa</td>
<td>Ashes (wood)</td>
</tr>
<tr>
<td>Algae</td>
<td>Bark</td>
</tr>
<tr>
<td>Clover</td>
<td>Shredded cardboard, newspaper, and paper</td>
</tr>
<tr>
<td>Coffee grounds</td>
<td>Corn stalks</td>
</tr>
<tr>
<td>Garden waste</td>
<td>Leaves</td>
</tr>
<tr>
<td>Grass clippings</td>
<td>Saw dust</td>
</tr>
<tr>
<td>Hay</td>
<td>Straw</td>
</tr>
<tr>
<td>Spent brewery grains</td>
<td>Pine needles</td>
</tr>
<tr>
<td>Manure</td>
<td>Animal bedding - straw/animal manure mix</td>
</tr>
</tbody>
</table>

A good compost pile will have a 25:1 C:N ratio

*Do not compost meat and fish scraps, dog feces, cat litter, disposable diapers, coal ashes, synthetic fibers, weeds that have gone to seed, diseased plant material, bones, dairy, and colored paper.
Other Composting Practices

- Following these practices will reduce emissions and odor
  - Avoid layering brown and green material- be sure to mix the piles otherwise you will have pockets of anaerobic activity
  - Limit the height of the pile to 3’
  - Shred the materials before adding them to your pile. Materials will break down more evenly.
  - Have a course foundation for your pile, like course woodchips

February Production in Chicago

Spinach, chard, mesclun, carrots, beets, turnips, collard greens, radishes
Extended Season Production

- Hoop houses: big and small
  - Unheated hoop houses can be productive for a minimum of ten months
- Movable vs. stationary
- What will grow in February?

Mini hoop houses/coldframes

Mini hoops allow for 10 months of production
Movable Hoophouse Construction

- Movable hoophouses are versatile for season long growing in cold regions

Companion Planting and Intensive Cultivation

Companion planting increases production by grouping plants that have complementary nutrient needs and can help protect each other from pests.
Intensive Cultivation

Intensive planting in raised beds can double and triple harvest quantities with careful rotation and crop sequencing.

Harvest Handling

1. Harvest during the coolest time of the day to maintain low product respiration.
2. Avoid wounding, bruising, crushing or damage. Handle as little as possible.
3. Shade harvest produce in the field, move to cool space quickly to reduce heat damage.
4. Do not mix damaged or decayed produce with high quality product.
5. Only used cleaned harvest and packing bins or coolers.
Harvest Practices

Sanitation
- Clean surface for prep
- Clean storage containers
- Clean harvest knives

Effects of Respiration

Respiration rates of commodities are directly related to product temperature; the higher the temperature, the higher the respiration rate. Rapid cooling to the commodity's lowest safe temperature is most critical for vegetables with higher respiration rates.
Tomatoes

- If warmer than 90°F, harvest fruit earlier in day
- Pick when fruit is evenly red but still firm
- Do not squeeze
- Twist tomato in a downward motion to leave stem behind or toss after harvest. (Exception: some heirlooms)
- Pack on bread tray lined with newspaper
- Always pack stem side down in single layer, do not stack
- Rinse if necessary
- Never cool
- Store cherry tomatoes in pints to avoid cracking

Okra

- Harvest before okra are large and woody, best at about 3”
- Use scissors to harvest
- Do not wash
- Store dry in covered tote in walk-in cooler
**Cutting Greens & Leaf Lettuce**

- Harvest as early in a.m. as possible
- Use knife to give leaves a “haircut” to 2” long
- Cut section evenly
- Leave 3” for re-growth
- Flash shock in ice water in field for no more than 1 min
- Double wash if necessary
- Turn in salad spinner for 2 min
- Dry in crates
- Pack in 6 oz bags and store in cooler, in walk in cooler

**Brussels Sprouts**

- Harvest as early in a.m. as possible
- Remove entire plant from ground, cut roots and top off with angled knife
- Flip plant upside down and gently pull off leaves
- Rinse if necessary
- Pack in cooler and store in large cooler
The Future of Sustainable Urban Agriculture

- Growing in healthy and safe soil
- Proper harvest/post-harvest handling of produce
- Good training & apprenticeship experience
- Effective marketing and community outreach

Classroom instruction and hands on experiences in partnership with educational institutions

Opportunities for paid internships in a variety of growing settings
Strong collaborations with local, county, state and federal agencies that support programs and share responsibility for expanding a safe and productive local food system

Resources

- Websites
  - www.chicagobotanic.org
  - www.rodaleinstitute.org
  - http://attra.ncat.org
  - www.composting101.com
  - www.organicgardening.com
  - http://www.communitygarden.org
  - http://www.foodsecurity.org
  - http://cfs.ucsc.edu/index.html
  - http://www.schoolgardenwizard.org
  - http://www.familyfarmed.org

- Books
  - The New Organic Grower by Eliot Coleman
  - Four Season Harvest by Eliot Coleman
  - Rodale’s Illustrated Encyclopedia of Organic Gardening by Pauline Pears
  - The Rodale Book of Composting by Grace Gershuny and Deborah Martin

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Strategic Planning for Community Gardens

From Vision to Shovel

June 15, 2010

Gardening has been part of the fabric of our society since the beginning

William Lantigua, Mayor
City of Lawrence, Massachusetts

Art McCabe, Manager
Community Development
City of Lawrence, Massachusetts

Heather McMann, Director
Groundwork Lawrence

Lawrence Neighborhood Community Garden Initiative
Precedent Credits

Many cities and institutions are making important contributions to urban agriculture.

www.cityfarmer.info
www.urbanfarming.org
www.ecoschools.com
www.growingpower.org
www.communitygarden.org

Groundwork USA

www.groundworkusa.org
"Your most precious possession is not your financial assets. Your most precious possession is the people, and what they carry around in their heads, and their ability to work together"
Historic Significance

New York City

www.cliftongarden.wordpress.com

Boston Historic Significance

WWII

1943
Boston Historic Significance

Plimouth Plantation

Plymouth, MA Circa 1620

Circa 1900
Historic Significance

Gardening Isn’t Exactly A New Idea

“Hey Adam, want a bite of this apple?”
Eve, Day 1

Keys to Success

“Gardening is a universal and timeless language.”
Keys to Success

- KNOW YOUR COMMUNITY
- HAVE A VISION
- BUILD PARTNERSHIPS AND CREATE SHARED OWNERSHIP
- INVOLVE YOUTH
- ALWAYS: PATIENCE & PERSERVERANCE

Keys to Success

- KNOW YOUR COMMUNITY
  - History of your Community
  - Know your Demographics
  - Immigrant connections / Personal journeys
  - Populations of Youth and Elderly
  - Cultural and Ethnic
  - Connections with Residents
  - Cultural and Social Parallels
Keys to Success

**HAVE A VISION**

**Set Long-term Goals and Break them into Manageable Parts**
- Establish careful site selection criteria
- Identify resources | opportunities and challenges | impediments
- Analyze and differentiate between resources and obstacles
- Establish Open Space Plan, City-wide Master Plan, Consolidated Plan, Action Plan, State guidance documents, Regional Planning Organization technical assistance

**Leverage Resources and Cluster Projects**
- Match and leverage complimentary funding sources : local | state | federal | private
- Marshal resources and leverage assets by identifying complimentary and clustered projects
- Be conscious of the opportunity to use the garden as a vehicle for bringing the community together

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**A Case Study**

A neighbor of an abandoned city owned Brownfield parcel comes in without permission and singlehandedly turns the lot into a wonderful community garden.

**Response #1**

City officials come and kick the resident off the land, fence and lock the site to prevent further access. Existing garden withers with no attention, site is now ‘free’ to be renovated into a formal community garden.

**Response #2**

The City approaches the resident, explains the danger of gardening in urban fill and enrolls him as a partner in the redevelopment process. The site is remediated and His stewardship of the parcel continues as he manages new members of the formalized community garden effort.
Keys to Success

**BUILD PARTNERSHIPS AND CREATE SHARED OWNERSHIP**

Identify stewards, stakeholders, and partners to create public | private partnerships and strategic alliances

- Neighborhood Associations
- Community Development Corporations
- Local Private Businesses
- Land Bakes

**Potential Partners**

- Environmental Protection Agency
- Department of Environmental Protection
- State Offices of Environmental Affairs
- Neighborhood Associations
- Groundwork USA
- Department of Housing and Urban Development
- Department of Public Works | Police Department | Inspectional Services Department | Health Department
- Faith-based Organizations

Keys to Success

**INVOLVE YOUTH**

Engage the community through schools, reach the parents and caregivers through the students

- YMCA and YWCA
- Boys & Girls Club
- Youth Build
- Boy and Girl Scouts
- www.schoolgardenwizard.org
- www.edibleschoolyard.org
- www.ecoschools.com
Student-based Design

Massasoit School, Braintree, MA
Integrated workshops into school’s math / art / science curriculum and taught:
- Mapping / Drawing to Scale
- Site Inventory + Analysis
- Basic Construction Techniques
- Graphics / Rendering
- Digital Modeling
- Public Presentation

The collaboration between landscape architects and students was coalesced into a plan drawing that the students and their families helped construct.
Keys to Success

- **ALWAYS: PATIENCE & PERSERVERANCE**

“Every journey of a thousand miles . . . begins with a single step”
City of Lawrence

City of Lawrence
City of Lawrence

- One of the FIRST planned industrial cities (circa 1845) focused on living near the mills and efficient city planning
- 30 miles north of Boston
- One of the poorest cities in New England with over 25% of families below poverty line
- Population approximately 70,000
- Per capita income of just $14,753
- Homeownership rates 35% citywide (1/2 state average)
- Unemployment rate 18% (twice the state average)
- 37% of residents hold HS degree
- Young population (~30% under age 24)
- Diet and lifestyle-related disease rates soaring
- Highest rates of foreclosure in MA
- 60% of population is hispanic or latino
- State’s FIRST Latino Mayor

Conditions

- 6.8 square miles of area
- Divided by a post-industrial river
- Highest number of environmental justice communities in the state
- High levels of residential density in close proximity to downtown
- Existing vacant lots with varying levels of contamination
- Remnant building materials from mill demolition
- Ideal for Smart Growth- Back to the Future- A planned city

Social Services Dilemma

or

Urban Planner’s Dream?
City of Lawrence

Open Space Per Capita

Density of Children Under 15 and walking distance to parks
City of Lawrence

Arlington Neighborhood

City of Lawrence

Creating the Spicket River Greenway
Short Term & Long Term Goals

- Clean up abandoned space
- Utilize abandoned space
- Provide space for growing own food
- Provide opportunity for microenterprise (farm stands)
- Improve stormwater event response
- Improve neighborhoods
- Ideal for teaching life / work skills

Opportunities

- Proximity to urban transportation center makes Lawrence ideal for development
- Density and access to amenities creates opportunities to develop communities that support live/work/play
- Missing component is high quality of life, which will evolve with an enrolled constituency of residents
- These efforts are building blocks and part of a much larger plan
- These projects have become a vehicle for community organizing
- Inclusion of seating for community gatherings or contemplative area
Site Selection

- > 3000 square feet (too small for redevelopment)
- Brownfield site: presence of real or perceived contamination
- Environmental Site Assessment (Phase I, Phase II)
- Located within a floodplain (prohibitive for development)
- Accessible by foot for much of the neighborhood
- A minimum of part-sun exposure / solar orientation
- Consideration of sustainability and stewardship for future care and maintenance
- Highly visible from streets
- Source for water for irrigation
- Don’t be afraid to approach the neighbors for help!

Partners

Lawrence Community Neighborhood Garden Initiative
Environmental Protection Agency
Massachusetts Department of Environmental Protection
Executive Office of Energy and Environmental Affairs
Lawrence Community Works
Lawrence Neighborhood Associations
Groundwork Lawrence
Department of Housing and Urban Development
City of Lawrence Department of Public Works | Police Department | Inspectional Services Department | Health Department
YMCA | YWCA
Boys & Girls Club
Youth Build
Spicket River Greenway
Building Blocks

Manchester Street Park Gardens (26 beds) Completed Summer, 2009
Former Brownfield Site - Waste incinerator
Partners: EPA, DEP, EDEEA, HUD, ARLINGTON NEIGHBORHOOD ASSOCIATIONS, PRIVATE SECTOR, GROUDWORK LAWRENCE

Cronin Park Gardens (6 large shared beds) Ribbon Cutting June 17, 2010
Old park site in advanced state of neglect
Partners: HUD, EDEEA, ARLINGTON NEIGHBORHOOD ASSOCIATIONS, GROUDWORK LAWRENCE

Brook Street Gardens (17 beds) Completed in 2006
Part of Scarito Park in the North Common Neighborhood
Former Brownfield Site - Urban Fill
Partners: EPA, HUD, EPA, ARLINGTON NEIGHBORHOOD ASSOCIATIONS, GROUDWORK LAWRENCE

Union & Mechanic Alleyway Garden (8 large, shared beds) Built in 2006
Former Brownfield Site – reclaimed alleyway with urban fill issues
Partners: HUD, DEP, PRIVATE SECTOR, LAWRENCE COMMUNITYWORKS, NEIGHBORHOOD ASSOCIATIONS

Significant Brownfield Site – Former Oxford Paper Mill
Partners: DEPARTMENT OF TRANSPORTATION, ARMY CORPS OF ENGINEERS, HUD, EPA, DEP, MASS FINANCE DEVELOPMENT AGENCY, MERRIMACK VALLEY REGIONAL TRANSPORTATION, PRIVATE SECTOR, LAWRENCE COMMUNITYWORKS

Examples

Manchester Street - Before
Examples

Manchester Street - After

Examples

Dr. Nina Scarito Park – Lawrence, MA
Examples

Alley Ways + Vacant Lots

A Case Study

Abandoned vacant lots and alley ways are being used as illegal dumping grounds and have become host to rodents, trash heaps and blight.

Response #1

The lots are labeled as blight and continue to be a detriment to the neighborhood.

Response #2

The lots are identified as an opportunity to connect the fabric of the neighborhood and link blocks back together with gardens, passive open space, and pedestrian pathways.

Dr. Nina Scarito Park – Community Gardens
Alley Ways + Vacant Lots

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City of Lawrence
Neighborhood Stabilization Program (NSP)

- NSP funding can be utilized as part of a longer term plan to help stabilize an area as the longer term plan is implemented. The long term plans are vital.
- NSP funds can be used with other available funding sources to leverage related projects.
- To demolish abandoned or blighted properties which will be used for gardens or park;
- To rehabilitate properties near gardens or parks so as to cluster projects;
- To acquire vacant undevelopable parcels which are adjacent to private housing and then sold or combined with such housing as side lots or for parking or open space;
- To place in a Land Bank for future development - the use of a Land Bank is not required but it is often prudent to insure a parcel is set aside for the bigger plan;
- Land Banks are particularly useful in cities with large numbers of undeveloped parcels;
- Land Bank parcels can be used on an interim or long term basis as gardens and parks;
- Land Banks can acquire foreclosed homes and hold for future use.
How might all of this work in your communities?

- have long term plan like the Lawrence open space plan;
- break it into manageable parts like Spicket River Greenway Project;
- identify key building block parcels;
- demolish blighted properties in target area;
- set aside vacant parcels for open space or future use;
- combine funding and cluster projects;
  A. EPA and State environmental funding;
  B. HUD, CDBG, AND NSP funds;
  C. Open space funding;
  D. Private foundation funding;
  E. Not for profit funding;
  F. Private sector funding or sponsorship.
  G. Identify partners and spread ownership

Patience and Perseverance

Thank You

- EPA & HUD Boston & Chicago Regional Offices
- Groundwork Lawrence & Groundwork USA
- Weston & Sampson
  environmental engineers & landscape architects
Contact

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Community Development
City of Lawrence
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Lawrence, MA 01840
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Interested in using HUD funds?

- Identify the source of funding
- Understand the regulations
- Build strong local relationships
- Use HUD funds to leverage additional support
Potential Sources of HUD Funding

• Community Development Block Grants (CDBG)

• Neighborhood Stabilization Program (NSP)

Key Concepts from the Regs

• National Objective
  – LMA
  – LMI Limited Clientele

• Eligible Use
  – Public facilities/improvements
  – NSP1: Eligible Use E
  – NSP2: Eligible Use D
Strong Relationships are Essential

- Interested community groups should connect with their grantee
- Grantees should connect with their HUD field office

Leverage additional support

- Plan for both the development and operation of the project
- Understand funders’ priorities and requirements
  - Seek out flexible funding sources to complement restricted funds
Other resources:

- NSP Resource Exchange: http://hudnsphelp.info/

- Local CDBG Contacts: http://www.hud.gov/offices/cpd/communitydevelopment/programs/contacts/