



# Welcome



## How did we start?

Ocean View Growing Grounds (OVGG) was founded in 2012 and started as an empty lot, which is owned by Harold Georgiou. Mr. Georgiou allows the Global Action Research Center to use it as an Environmental Justice Learning Hub for the community. This project is a result of the support and hard work from an entire community of local residents, student volunteers, and university researchers. This site continues to grow as an urban agriculture and environmental learning space for the community.



## Who are we?

The Global Action Research Center is a non-profit organization committed to social change and environmental justice. The organization is guided by a vision of healthy, resilient communities where people learn and work together and life flourishes in just and equitable environments.

## Our Mission

The OVGG supports local growing and sustainability through hosting events and workshops that makes growing and environmental resources accessible to residents of the community. By connecting residents with their fellow neighbors, researchers, and policymakers we can develop ideas and solutions together that are authentically led by the community.



**Scan here to see the Global Action Research Center website!**



# Orchard

## What is an orchard?

An orchard is an intentional farm where fruit and nuts are grown on trees and shrubs. All trees, including orchards, are part of the Nature-Based Climate Solutions because they help to reduce the amount of carbon in the air.

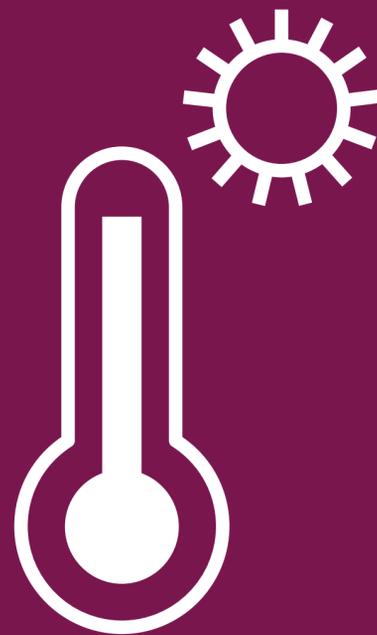


## Fighting Food Deserts

Orchards create a long-term supply of nutritious foods, which is one solution to **food deserts**, or socio-geographic areas in which residents lack easy access to affordable, accessible, enjoyable, healthy foods.

## Keeping cool

Planting more trees in urban areas provide important shade and reduce the **urban heat island effect**, the phenomenon in which urbanized areas have higher air temperatures than rural or suburban areas.



Scan here to read more about orchards!



# Vertical Garden

## Up Not Out

A vertical garden is self-explanatory: it is a garden that **grows upwards** rather than outwards. This method allows for a surprising amount of fruits and vegetables to grow in a relatively small space, such as patio in apartments in urban areas.



## Bonus benefits

In addition to providing fresh produce, vertical gardens absorb carbon dioxide, provide calming greenery, and can even act as a water filtration systems.



## 2 Types

**Green facades** use climber plants that are planted at the bottom, and grow up the structure. **Living wall systems** contain planters placed in a structured design.



Scan here to read more about vertical gardens!



# Kitchen

## Let's Get Cooking!

We wanted to build a kitchen to not only share healthy dishes, but for members of our wonderfully diverse community to be able to share their recipes from their home cuisines. We want more delicious fruits and vegetables on our plate!



## The Cultural Component

In addition to being healthy, affordable, and easily accessible, achieving food security in a community means having not just any food, but ingredients for culturally significant dishes.

## Community and Food

The act of cooking can have different and personal meanings to different people, but sharing that food is widely understood as an important act of building community. Dining together can make strangers into friends and create deeper connections.



Scan here to read more about our kitchen!



# Food Forest

## What is a food forest?

A food forest, also known as a food garden, is a self-sustaining ecosystem that mimics nature. Food forests are made up of seven layers (see photo), which all play a role in the forest's self-maintenance.

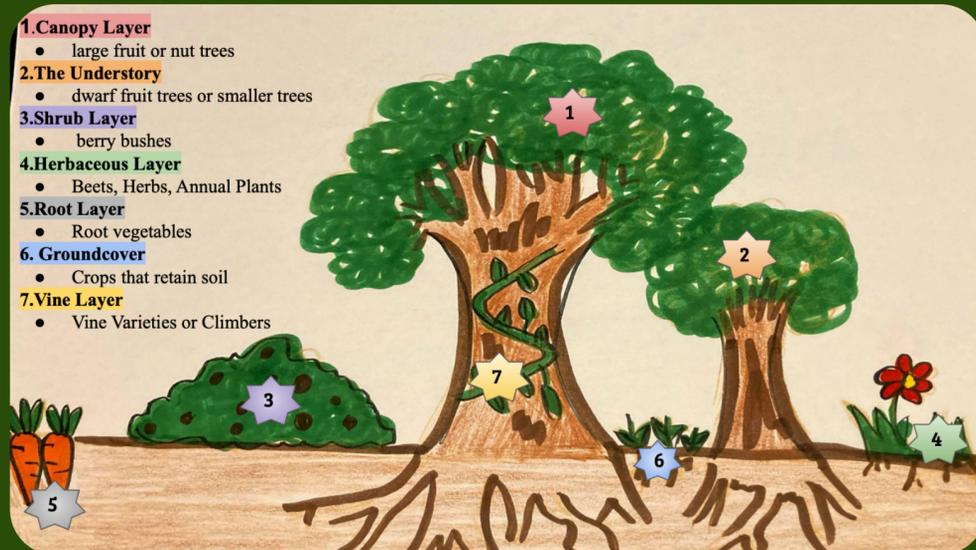


Image by Linda Rodriguez



## Community Resilience

Food forests are examples of nature-based solutions that combat climate change and assist a community's resilience, or ability to adapt and sustain itself when facing the effects of global warming.

## Bioswale

Our food forest is also located in a bioswale, which are shallow trenches or ditches lined with highly absorbent sands, soils, and plants. They collect large stormwater volumes, providing intentional filtration along the way.

Scan here to read more  
about food forests!



# Crop Beds

## Crop Rotation

Crop rotation is the practice of planting different crops sequentially on the same plot of land. Through cycling different crops, herbs, and tubers, we keep soil lively by not letting certain pests build-up or letting critical nutrients deplete.



## The Problem with Monocrops

Growing **monocrops**, or planting the same crops every season, allows pests to linger and multiply, and depletes the soil nutrients. This practice leads to the reliance on chemical pesticides and herbicides.

## Legumes! Who knew?

Some legumes, such as soybeans or peanuts, help take nitrogen out of the atmosphere and put it into the soil. Nitrogen is an important nutrient for plants to grow and overuse of artificial fertilizers has caused this nutrient to pollute water systems.



Scan here to read more about growing crops!



# Succulent Garden

## Mindfulness

This space is intended for gathering, relaxing, and practicing mindfulness. Mindfulness is the practice of being fully aware and present of the moment, which can be difficult in today's culture.

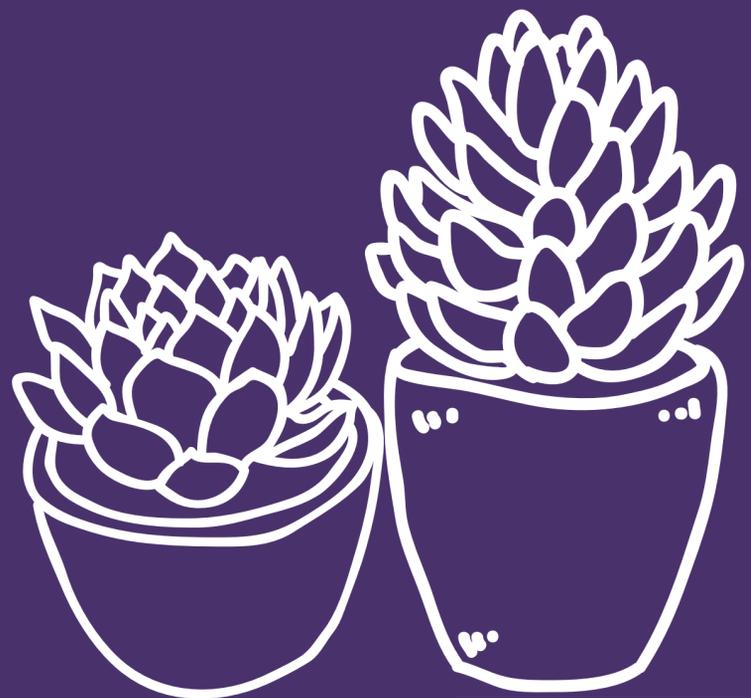


## Green Spaces

Green spaces, like parks and gardens, are conducive to mindfulness and have been shown to help improve overall mental wellness. Therefore, having access to green spaces is very important for all communities.

## Succulents

Succulents are a category of plants which store water in their leaves. They are becoming increasingly popular throughout the nation as they thrive in dry environments, requiring relatively little water and being resilient during extended periods of drought.



Scan here to read more  
about the succulent garden!



The Global  
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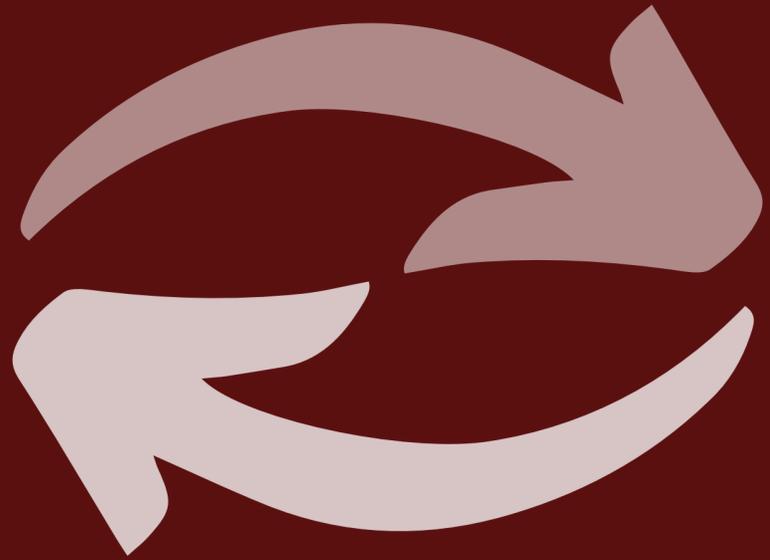


OCEAN VIEW GROWING GROUNDS  
Growing Community Through Food

# Classroom

## Bi-Directional Learning

First and foremost the OVGG is a learning hub in which the Global ARC can connect communities with universities. Both parties have a great deal of knowledge and each has much to offer the other, which is why we utilize a **bi-directional approach**.



## Popular Education

**Popular education** is known as "the people's education". This concept is grounded in notions of class, political struggle, and social transformation and its primary purpose is to inform action.

## Show and Tell

Our **demonstration projects**, like our vertical garden and food forest, are one of the means that we bring university-created research to the communities that want ways to combat food security, climate change, and other challenges.



Scan here to read more about education!

