



The Tactical Guide contains dozens of ideas to help you re-imagine, re-think and re-purpose neighbourhood spaces to support and encourage physical activity and social connectedness. Here, we look at the first of seven tactics:

Naturalize

Beautify neighbourhood spaces with plants, flowers, and/or grasses to make them more appealing to spend time or engage in moderate physical activity. Here are a few ideas to get started:

1. Guerilla gardening

Find an unused (or unattractive) plot of land and start planting!



Source: <http://www.guerrillagardening.org/ggtroopdigs.html>

2. Yard sharing

Many people don't have their own land to cultivate. Consider offering up a portion of your lawn for others to till in an act of "yard sharing". Maybe you can share the vegetables of your labour by hosting a Salad Sunday on your street.



Source: Angela Baker, Parkrose Permaculture
<https://www.instagram.com/p/CBZXUITBVXx>



3. Organize a park(ing) day

Turn a parking space into an actual park! Many neighbourhoods lack green space but have plentiful parking for cars. Pay the parking or permit fee and **follow the steps** to **host your own park(ing)day!**



Source: Side View on Park(ing) Day by Green City Munich, two parking spaces were transformed into a small park, by Sandra Wallner, CC-BY-SA-3.0

4. Portable gardens and movable water trough gardens

Use public space temporarily for growing food. These farming water troughs create the perfect recycled area for growing fruits and veggies as you can manage the type of soil and water they receive. Even better, they can easily be transferred to another location when empty for a more mobile set-up.



Source: Water Trough Gardening, Newfandhound, 2010
<https://newfandhound.typepad.com/newfandhound/2010/07/water-trough-gardening.html>

Here's more:

- Start a neighbourhood **tree planting project**. Trees provide shade from the sun and beautify the neighbourhood. Plant trees and bushes that produce edible fruit in public areas/trails. Learn more about the **3-30-300 Rule**.
- Create a garden or living wall (can be mobile for seasonal purposes). Plant herbs and provide recipes for fresh produce.
- Initiate community flower box initiatives.
- Start a gardening club and share flowers and fruit with your neighbours.
- Work with low-rise building owners to create individual raised gardens.
- Help neighbours with gardening tasks. This allows people to maintain their independence while increasing physical activity and social connection.

For more information about how to Activate Your Neighbourhood, visit activateyourneighbourhood.ca.

