

Gardener well-being along social and biophysical landscape gradients

Supplementary Tables and Figures

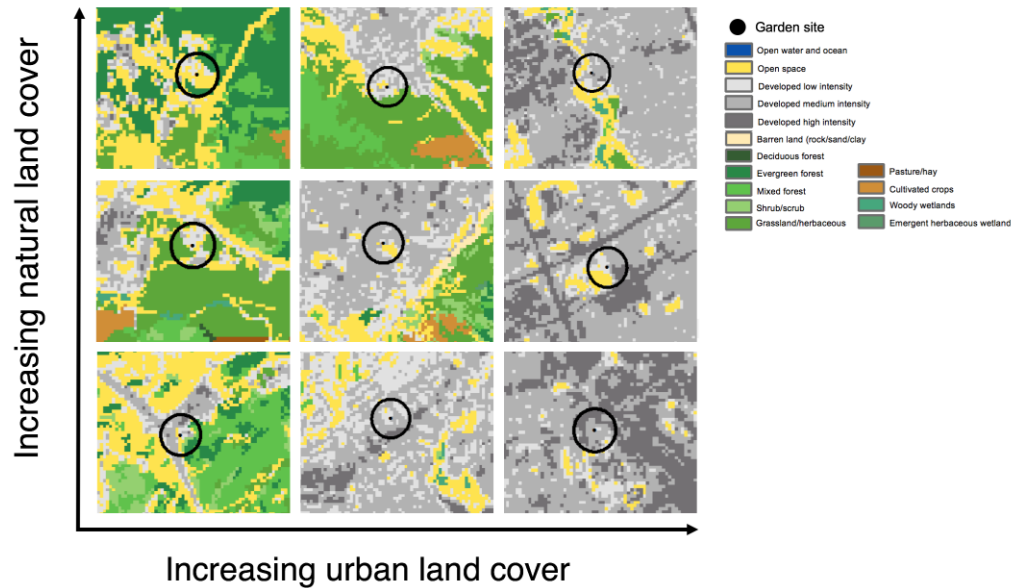


Figure S1. Garden research sites in the California central coast, USA, vary in surrounding amounts of natural land cover and urban land cover. Dominant land cover classes consist of urban developed, natural agricultural, and open space land-uses. We present a matrix of 9 selected garden sites situated along a gradient of more natural land cover versus more urban land cover at a 1km spatial extent. The proportion of urban land cover increases along the horizontal axis, the proportion of natural land cover increases along the vertical axis. The points indicate garden sites, and circles indicate 200m buffer surrounding gardens (resolution 1:24 000).

Table S1. Well-being codes and their descriptors used to code gardener responses to the question: “how has gardening positively impacted you or your family’s well-being?”

Code	Descriptor of well-being code
Food	Gardeners make direct/indirect reference to food benefits derived from garden participation. This could include: increased access to organic fresh vegetables; cost savings; growing things they don't find in the store (or that are expensive in the store); knowing where their food comes from
Community	Gardeners describe or give examples about the benefits of being a part of a group of gardeners (instead of just gardening alone)
Mental health	Gardeners express an influence that gardening has on their mental or psychological well-being (e.g., reduce stress, improve mental clarity)
Physical health and recreation	Gardeners describe the influence that gardening has on their physical health and well-being, including physical movement and recreation. They may describe weight loss and disease mitigation as benefits of gardening. They reference increase nutrition/physical health in relation to eating vegetables/fruits
Connection to nature	Gardeners describe connecting to or interacting with nature, biodiversity, the outdoors through gardening. Gardeners may talk about observations they make or how they feel after being outside.
Learning and knowledge	Gardeners make direct/indirect reference to learning and/or sharing agricultural knowledge with or without other gardeners
Sharing	Gardeners specifically state that sharing is a benefit that they get from gardening. This could include knowledge sharing or food sharing or other material and non-material forms of exchange
Hobby	Gardeners associate gardening as a fun activity, something that they like to do in their free time.
Family	Gardeners describe familial benefits or how the garden is a space for family interactions
Culture	Gardeners express that the garden is a place where they practice cultural traditions, learn about different cultures, and spend time with others of the same or different culture
Personal satisfaction	Gardeners convey that gardening offers them a sense of accomplishment that is rewarding. This personal satisfaction may be related to watching things grow that they cared for

Table S2. Physical landscape features (at 5 km) and neighborhood social opportunity measured via the ROI for each of the community gardens in this study in relation to the summary statistics (minimum, maximum, mean and standard deviation).

Community Garden	County	% Natural	% Open	% Urban	% Agriculture	Education	Economy	Housing	Health/ Env Quality	Civic life
Aptos Community Garden	Santa Cruz	43.4	19.7	12.0	1.4	42.5	12.0	47.4	10.2	90.9
Beach Flats Community Garden	Santa Cruz	14.8	14.0	35.2	0.8	57.9	15.4	30.5	59.1	70.9
Berryessa San Jose Community Garden	Santa Clara	2.7	7.9	89.4	0.0	45.3	18.0	51.2	18.6	82.4
Charles Street Gardens	Santa Clara	0.0	6.6	93.4	0.0	64.0	21.8	50.2	28.7	85.6
Coyote Creek San Jose Community Garden	Santa Clara	1.8	9.2	88.5	0.0	47.4	14.5	47.3	42.3	74.5
Goodwill Garden	Monterey	24.0	14.6	27.9	0.9	51.0	10.6	47.7	7.2	79.1
Live Oak Grange Community Gardens	Santa Cruz	18.7	15.5	34.9	0.0	49.6	15.7	45.4	61.4	76.8
Green Thumb San Jose Community Garden	Santa Clara	0.1	5.7	94.0	0.0	54.1	18.4	30.8	10.2	72.6
Guadalupe Garden San Jose Community Garden	Santa Clara	0.1	5.4	94.4	0.0	51.3	17.6	59.1	47.2	74.5
La Colina San Jose Community Garden	Santa Clara	21.4	14.6	62.7	1.0	53.1	12.6	56.3	6.7	89.4
Laguna Seca San Jose Community Garden	Santa Clara	52.3	12.5	23.6	9.2	55.5	13.3	53.7	29.3	88.7
Middlebury Institute of International Studies Our Green Thumb Community Garden	Monterey	21.5	18.6	24.5	0.0	59.9	17.5	37.5	61.4	76.8
Pacific Grove Community Garden	Monterey	7.4	10.8	14.7	0.0	61.2	18.0	37.0	42.3	85.6
Jardin de la Comunidad Pájaro	Santa Cruz	14.5	16.4	27.8	37.0	38.3	13.5	46.6	48.0	79.0
El Jardin San Jose Community Garden	Santa Clara	0.7	7.4	91.5	0.0	40.8	15.3	41.5	45.8	69.7
Mid-County Senior Center Garden	Santa Cruz	24.8	15.0	29.8	0.0	52.5	15.3	43.3	57.0	84.9
Trescony Garden	Santa Cruz	24.2	13.2	26.5	1.6	57.9	15.7	43.9	62.6	85.5
Mi Jardin Verde	Santa Cruz	11.4	17.8	33.7	33.3	38.3	13.4	51.0	48.5	73.2
<i>Min</i>		0.0	5.4	12.0	0.0	38.3	10.6	30.5	6.7	69.7
<i>Max</i>		52.3	19.7	94.4	37.0	64.0	21.8	59.1	62.6	90.9
<i>Mean</i>		15.8	12.5	50.2	4.7	51.1	15.5	45.6	38.1	80.0
<i>SD</i>		15.0	4.6	32.0	11.3	7.8	2.7	7.9	20.2	6.8