

# Sokoto House Community Garden and Gather

Building community through wellness, education and self-sustainability

## Vision

Sokoto House Community Garden and Gather itself is a place-making initiative - to create a safe, welcoming, and valuable green space and stimulate community cohesion using the nationally recognized, evidence-based Crime Prevention Through Environmental Design (CPTED) curriculum.

## Goals & Objectives

### 1 Community Nutrition

Establishment of the Sokoto Community Garden and Gather is an effort to educate and assist the community on home gardening of produce, herb, berry and tree crops thereby creating stronger nutrition and health, self sufficiency, defending against generational food deserts and guiding home gardening on any scale through practicing permaculture principles. The Community Gardening Learning laboratory will offer such demonstrations as;

- Seasonal vegetable garden, berry and fruit tree growing, and herb garden demonstrations
- Home food preparation and preservation classes using home grown produce items
- Greenhouse utilization for neighborhood distribution of vegetable starter plants

### 2 Wellness and Connectivity

The multipurpose design of the Sokoto House Community Garden and Gather allows for wellness activities and community connectivity through the place based design. The large lawn serves as a gathering space for larger groups while the smaller shaded seating and coffee shop seating aid gathering for smaller and more intimate groups, both of which allow for community connectivity and sharing

- Outdoor Qi Gong and Yoga class space
- Completely Free Community Market space
- Outdoor Movie viewing space

### 3 Community Culture and Sustainability

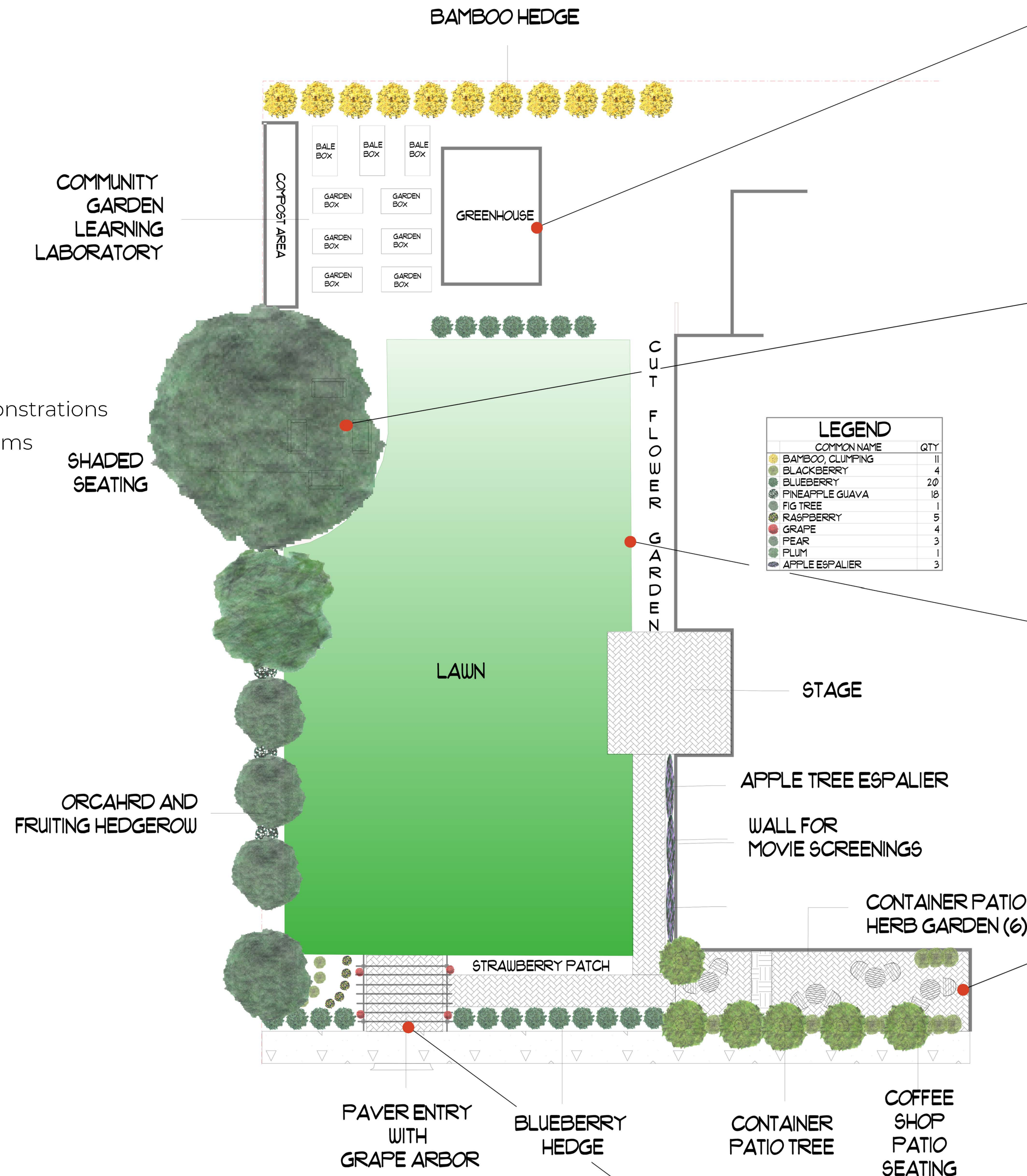
Identifying community culture through social programs creates a sense of common purpose. The Sokoto House Community Garden and Gather strives to be a place based on environmental wellness and education, all while bringing people together helping them create stronger bonds with one another as well as with the outdoor environment, The Sokoto House has such programs established and in development such as:

- Hydro, energy, Air, Land (H.E.A.L)
- Community Healing Initiative (C.H.I)
- Youth Empowerment Solutions (YES)

### 4 Social Cohesion

Establishment of the Sokoto House Community Garden and Gather is an effort to build social relations between neighborhood residents, with the ultimate goal of creating solutions to solving neighborhood problems, whether it be crime prevention, wellness or environmental awareness. Training and Workforce Development Programs that are vital to creating social cohesion that that are offered by the Sokoto House are:

- Earn While You Learn Tech Media Program
- CPR and Life Support Trainin
- Onsite Workforce Development Training
- Basic Safety training



Greenhouse and Gardens



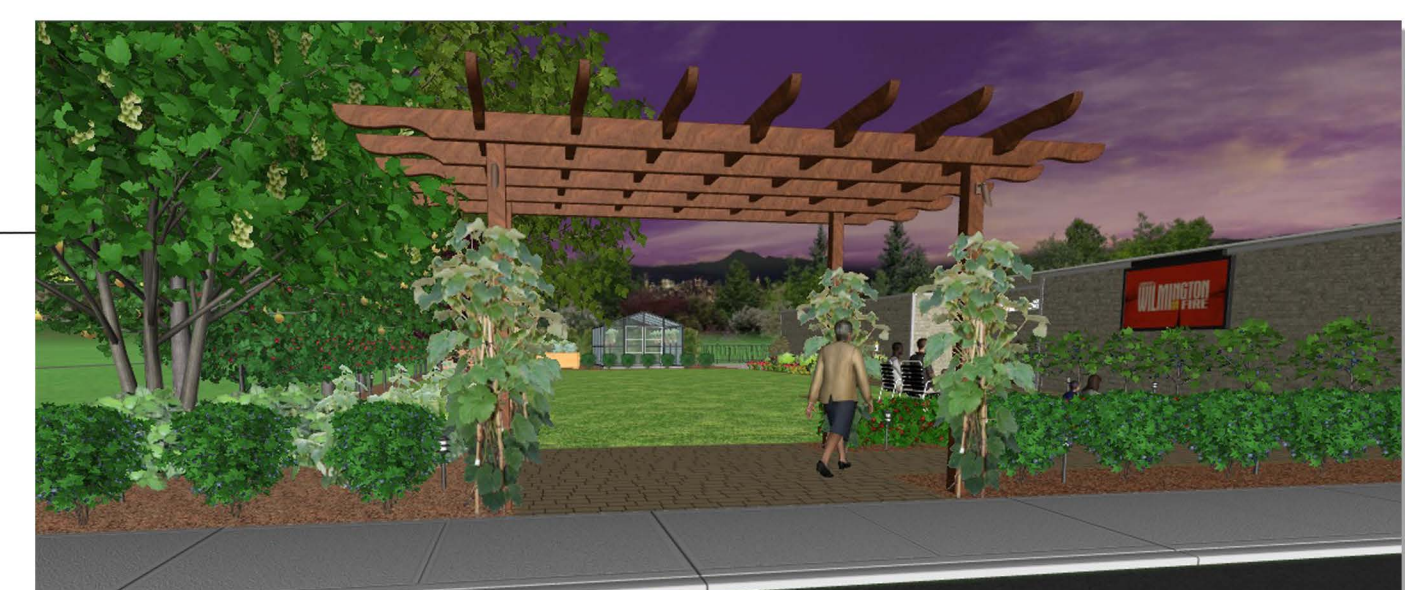
Shaded Seating Area



The Cutting Garden



The Herb Garden



The Grape Arbor

Landscape Design by Sheri Chisholm, Virginia Tech

Graphic Design by Keana R. Graham, NC A&T