Five Borough Farm – urban farming, New York City, USA.

Back in the mid-1990s, New York City already experienced the first tentative tendrils of what would later grow into a major global movement: urban gardening. Here, amateur gardeners would transform derelict areas into thriving plots, filled with fruit and vegetables, harvested and processed by the gardeners themselves.

But another aspect is just as important: these city gardens not only help raise lettuce and tomatoes, but also entire communities, turning allotments into fertile ground for a more conscious approach to life.

Photo: Rob Stephenson / Courtesy of the Design Trust for Public Space