



Urban Sprouts is a nonprofit that helps middle and high schools develop school gardens in San Francisco's under-served neighborhoods. We use our school garden programs to improve youth nutrition and health, academic achievement, ecoliteracy, and environmental responsibility, while supporting community health, green space, and access to healthy food.

This year, we'll work with over 700 youth at six San Francisco public schools: Aptos Middle School, International Studies Academy, June Jordan School for Equity, Martin Luther King, Jr. Middle School, SF Community School, and Ida B. Wells Continuation High School.

Urban Sprouts grew out of a doctoral thesis project conducted at Luther Burbank Middle School during the 2003-04 school year. At the end of the study, teachers asked the research team to stay on and help make the school garden a sustained program at the core of the school's curriculum. In our first year, 100 youth worked in the school garden, and we have since expanded to support school garden programs at six middle and high schools. Since 2003, over 2,400 youth have benefited from hands-on garden learning by growing, harvesting and eating their own vegetables.



Click [here](#) for a map of our school sites and more about our history.

This year we are developing two parts of our programs: family involvement and sharing our research results. Our new family program will provide school family members with garden space and all the resources they need to grow their own food within the school garden.



Also, with help from researcher Dr. Michelle Ratcliffe, we've completed evaluation of the last four years of our program. Now, we're turning the results into tools that other schools can use to build strong school garden programs that achieve really big goals like preparing urban youth to be our nation's sustainable farmers!

Click [here](#) to read all our blog posts that relate to our evaluation and results.

Keep up to date on our new results and tools by reading our [blog](#).