

FROM COMMUNITY GARDENS TO URBAN AGRICULTURE STRATEGY BASED ON HEALTH, SUSTAINIBILITY, AND EQUITY

ROLE OF POLITICAL COMMITMENT TO TODAY CITY
STRONG AND INSPIRING URBAN AGRICULTURE PROGRAMME

Miguel Brito, Head of Terras de Cascais Unit



VISION

CASCAIS AS A LEADER IN COMMUNITY-BASED,
HEALTHY FOOD PRODUCTION

LANDSCAPE

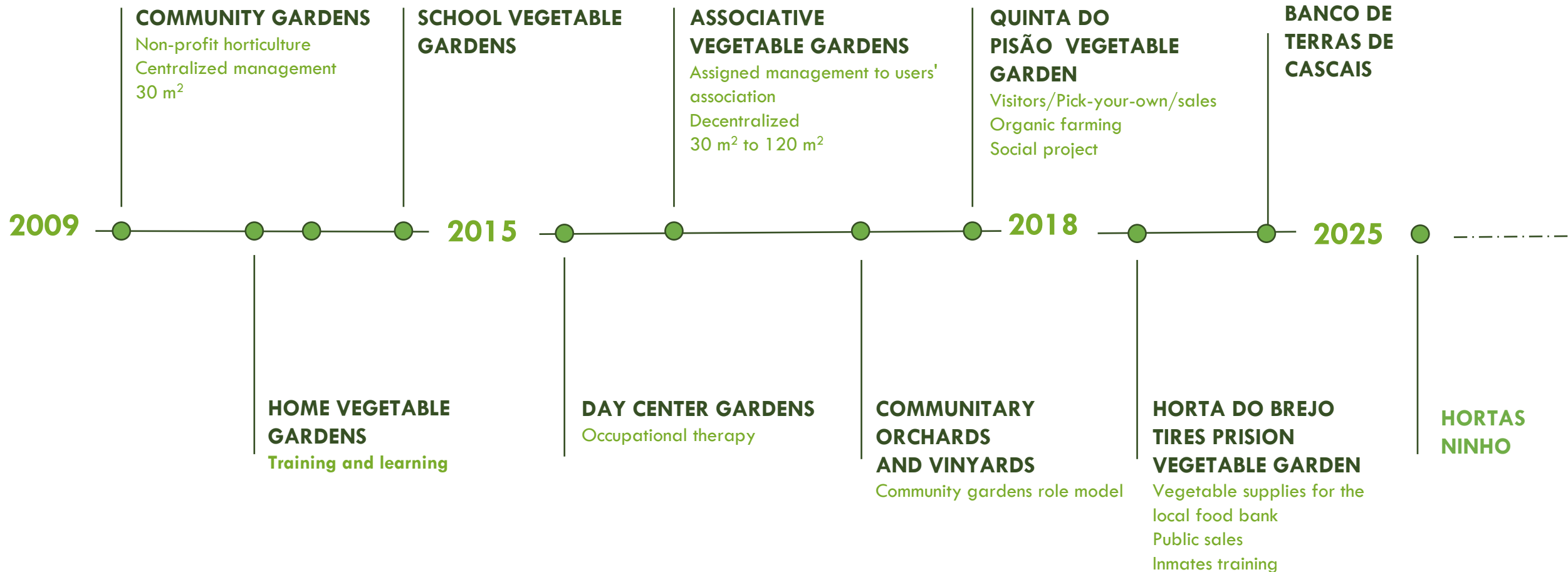
PEOPLE

ORGANIC
FARMING

LOCAL FOOD
PRODUCTION



TIMELINE TERRAS DE CASCAIS





**TERRAS
DE CASCAIS**
Juntos pelas raízes
Together by our roots

NUMBERS – TERRAS DE CASCAIS



34 COMMUNITY GARDENS

800 PARTICIPANTS



67 SCHOOL VEGETABLE GARDENS

5000 STUDENTS INVOLVED



4 COMMUNITY VINYARDS AND 5 COMMUNITY ORCHARDS

4 000 L of CARCAVELOS WINE AGING



QUINTA DO PISÃO, PICK YOUR OWN VEGETABLE GARDEN

**1 HA
22 Ton/Year**



HORTA DO BREJO TIRES PRISION VEGETABLE GARDE

**1 HA
17 Ton donated to people in need in 2025**



MOSTEIRO SANTA MARIA DO MAR VINEYARD

**2,7 HA
25 000 CARCAVELOS WINE AGING**

The background is a dark green color with a complex, abstract pattern. It features several concentric circles and lines that create a sense of depth and movement. The lines are of varying thickness and are arranged in a way that suggests a stylized landscape or a series of overlapping paths. The overall effect is a textured, organic feel.

LEISURE



DESIGNING COMMUNITY: HOW GARDEN DESIGN FOSTERS INCLUSION AND EQUALITY

WHAT'S A COMMUNITY VEGETABLE GARDEN IN CASCAIS?

- Open and inviting spaces: Low fences encourage passersby to engage with the garden and create a sense of transparency
- Universal access: Gardens are open to all residents, regardless of age, income, or experience, fostering a sense of shared ownership



WHAT'S A COMMUNITY VEGETABLE GARDEN IN CASCAIS?

- Shared spaces: Communal water points, tool sheds, and compost areas encourage interaction and collaboration among gardeners
- Proximity to homes: Locating gardens within neighborhoods makes them easily accessible, encouraging regular visits and fostering a sense of community.

"It's a wonderful way to socialize and fill my days. Even people who don't have their own gardens come by to visit and talk. They love seeing what we've grown."

Cascais Community Gardens Gardener



Cultivating Communities: The Impact of Community Gardens in Cascais

Community gardens in Cascais have become more than just places to grow food; they're vibrant hubs that foster health, sustainability, and equity





Nurturing Health, One Garden at a Time

Mental health benefits: Decreased anxiety and depression, improved mood, and increased sense of purpose

Improved physical health: Increased physical activity, reduced pain, and enhanced overall well-being.



GROWING A GREENER FUTURE

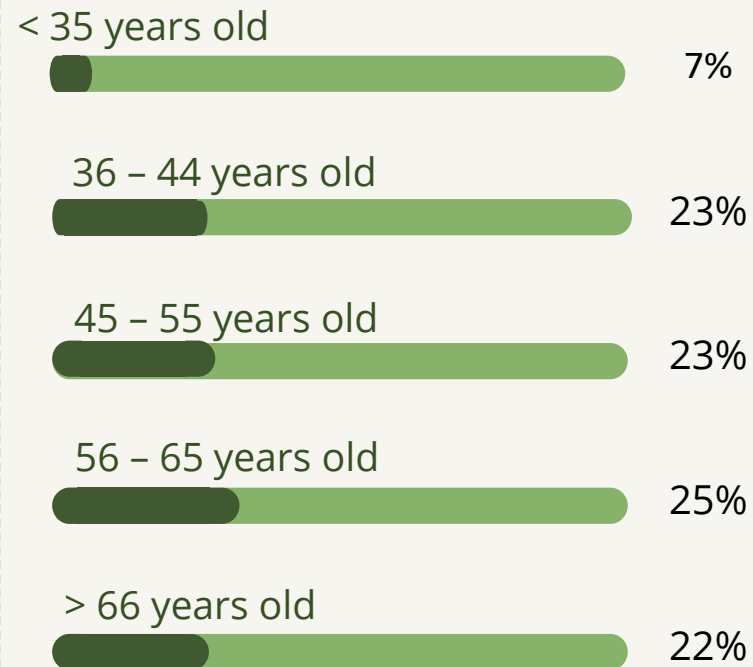
- Reduced carbon footprint: Community gardens contribute to a more sustainable environment by reducing the need for long-distance transportation of food
- Biodiversity conservation: Gardens provide habitats for local flora and fauna.





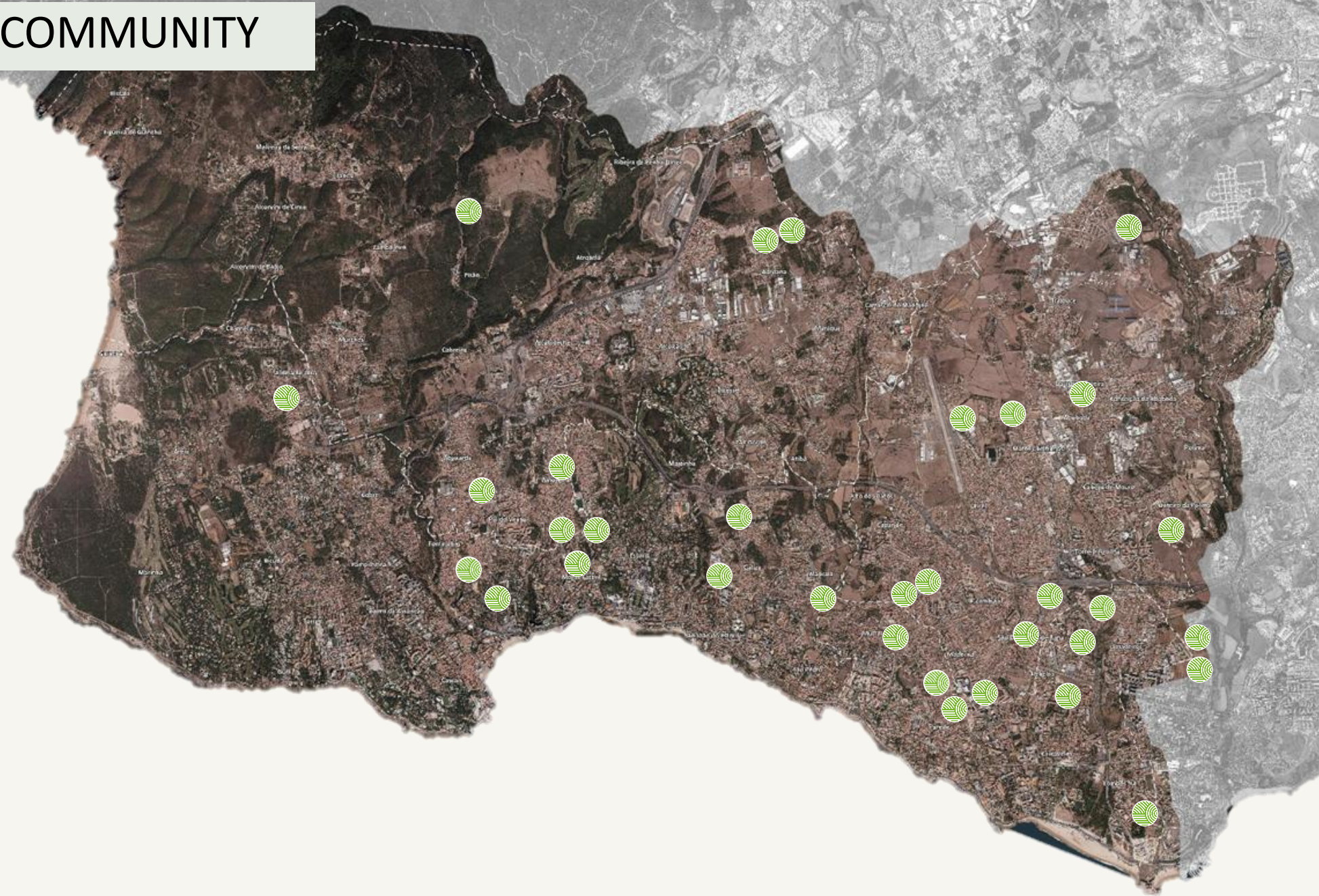
HORTAS COMUNITÁRIAS

Ages of gardeners





GARDENS COMMUNITY



Nº DE PARCELAS

2009	6
2015	219
2018	484
2022	679
2025	721



1626

On the waiting list
for Community Gardens

118

for community orchards and community vineyards



SHARED GREENS

73 849 Kg
Donated Greens
2018-2025

1,6
TON
Donated
Greens
2024



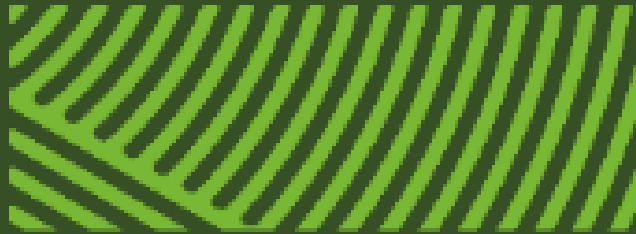
CULTIVATING COMMUNITY: BREAKING DOWN BARRIERS

- BRIDGING THE GAP:
COMMUNITY GARDENS BRING
TOGETHER PEOPLE FROM DIVERSE
BACKGROUNDS, FOSTERING
SOCIAL COHESION



CULTIVATING COMMUNITY: BREAKING DOWN BARRIERS

FOOD SECURITY: PROVIDING ACCESS
TO FRESH, HEALTHY FOOD,
ESPECIALLY FOR VULNERABLE
POPULATIONS.



IN THEIR OWN WORDS

*"(...) RETIREES DIDN'T
KNOW WHAT TO DO WITH
THEIR FREE TIME (...)
PEOPLE WHO LIVED NEXT
TO EACH OTHER DIDN'T
EVEN KNOW EACH OTHER.
NOW PEOPLE PASS BY AND
SAY GOOD MORNING, I
THINK THAT'S ALSO GOOD,
TO HAVE A COMMUNITY
THAT IS MORE
CONNECTED."*



IN THEIR OWN WORDS

"IT'S A WONDERFUL WAY TO SOCIALIZE AND FILL MY DAYS. EVEN PEOPLE WHO DON'T HAVE THEIR OWN GARDENS COME BY TO VISIT AND TALK. THEY LOVE SEEING WHAT WE'VE GROWN."



CASCAIS AMBIENTE

HORTAS DE CASCAIS

Certifica-se que Teresa Gaspar da Silva
participou na formação "Princípios Básicos de instalação de uma horta biológica", no âmbito do
Programa "Hortas de Cascais" - Projeto Hortas nos Centros de Dia 2016, com uma duração de 18 horas.

Cascais, 8 março de 2016.


Carlos Correia
Presidente do Conselho Municipal de Cascais


Nuno Pinheiro Lopes
Presidente do Conselho Municipal de Cascais

CASCAIS
Tudo sempre em parceria.

IN THEIR OWN WORDS

"THE GARDEN HAS MADE ME MUCH MORE ENVIRONMENTALLY CONSCIOUS. I'VE SWITCHED TO ORGANIC FOOD, STARTED COMPOSTING, AND RECYCLE EVERYTHING. I'VE EVEN SHARED THIS KNOWLEDGE WITH MY SON'S CLASSMATES."



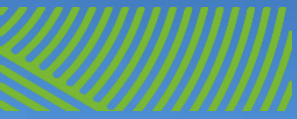


COMMUNITY PRODUCTION



Community Garden Principle
applied to vineyards and
orchards





COMMUNITY VINEYARDS



The same principle of Community Gardens is applied to other types of production, such as vineyards

The strains chosen are exclusively from Carcavelos PDO Wine varieties

The vineyards are divided into sets of vines (~50 plants each plot), later assigned to the residents

Winegrowers receive training in organic viticulture - because in Terras de Cascais this is our mode of production

The winemaking process is ensured by the Adega do Casal da Manteiga, Municipality of Oeiras

The wine produced will be delivered to the citizens of Cascais who own each lot and a part will be allocated to actions developed by the Municipality of Cascais





COMMUNITY VINEYARDS

4

Vindimas

2700 L

Carcavelos

Vinha Comunitária da Belavista



Vinha Comunitária do Murtal

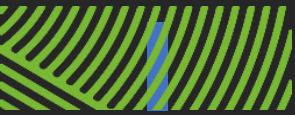


Vinha Comunitária do Jardim das Oliveiras





PRODUCTION



HORTA DO PISÃO

Local, Sesonal, Organic and socially responsible PRODUCE

Visitable and open to all with a strong PEDAGOGICAL COMPONENT

The Pisão Garden is the flagship site of the Terras de Cascais strategy.



PRODUÇÃO

2016
8 ton

2022
22 ton

45,000 €
faturação
2020

14,000 €
Colha você
mesmo
2020



HORTA DO PISÃO





HORTA DO PISÃO





HORTA DO PISÃO





HORTA DO BREJO

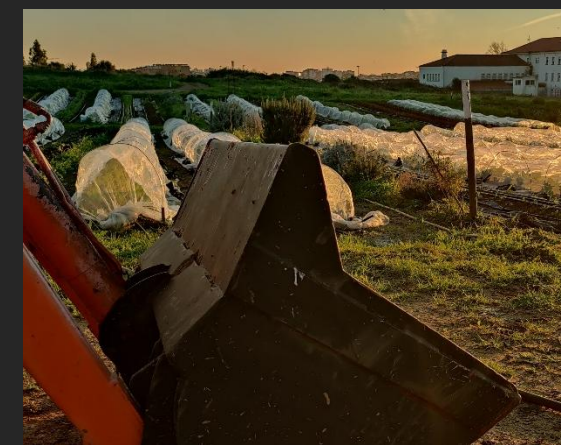
Estabelecimento prisional de Tires

Partnership of the Portuguese Directorate-General of Prison Services and Cascais Ambiente.

Promoting social reintegration and socio-professional skills of the inmate community

Donation of fresh produce to low-income families

Occasional sale of fresh produce to the public to raise awareness of the project



VINHO DE CARCAVELOS

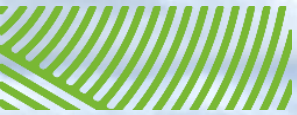
An open-access regenerative vineyard that serves as an urban green space

The community takes part in nearly all vineyard activities

Mosteiro de Santa Maria do Mar
2,7ha

5 Vindimas
+30 TON
+ 20 000 L a envelhecer





BARBELA WHEAT





BARBELA WHEAT

CLOSING
THE ENTIRE
CEREAL
VALUE
CHAIN IN
CASCAIS





*We are
preparing
the future
with our
feet on
the
ground*



*School
canteens*



*Cascais Circular
Linhó Prison
Establishment*



*Market Gardening
Incubator*



*Terras de
Cascais
product label*



*Winery/Museum
Carcavelos wine*



HORTAS NINHO

Market Gardening em Cascais

- Incubator for agricultural entrepreneurs
- Small-scale and organic
- Take advantage of the proximity to the end consumer and the demand created by the Terras de Cascais strategy
- Short-cycle crops and high profitability
- Vegetable gardens of ~2000 m²
- Sharing machines, vehicles, common spaces
- Support with training and market positioning
- 5-year contracts.





CASCAIS CIRCULAR

Linhó Prison

52 Ha of available land

First sowing: 5 Ha of Barbela Wheat

Short-term: 1000 m² greenhouse 2000 m² Outdoor Vegetables



Terras de Cascais Label



ORGANIC, LOCAL, SEASONAL

One Community + 3000 people engaged



34
Community Gardens
800 plots

+ 4 Ha
Barbela Wheat

2,7 Ha
Carcavelos DOC
Vineyard

4
Community
Vineyards
26 Winegrowers

5
Community Orchards
35 fruit growers

67 School Gardens
67 Escolas

Horta do Brejo
17 Ton
donated/2025

Horta da Quinta do
Pisão
12 Ton/Year

+ 170 000 m²
dedicated to local
food production



TERRAS DE CASCAIS

Juntos pelas raízes

