

## **Survive The Crisis With Urban Gardens: a Project to Overcome Social Inequalities, Recover Public Space and to Provide a Healthy Lifestyle After The Pandemic.**

After the pandemic, physical environment and life cycles in which people, energy, food, water and air are connected, represent a new approach to the dualism between nature and society; a new Urban Metabolism involving the city and the territory, the population and its surrounding environment. This means the need of new approaches to urban management, the built of alternative scenarios based on agriculture, to define new forms of urban multifunctionality.

According to these definition, public spaces, designing represented by planned or spontaneous examples of urban gardens, can represent a re – appropriation practice in the city, being a social action that involves citizens in the caring of common goods, creating sustainable networks of local metabolism, an adaptive response to new urban land uses in life cycles enhancing the ecological resilience of local communities and an ecological approach that focuses on quality to implement resilient strategies according to productive services that agriculture can provide to cities.

The expectations of recover and enhancement of territories through urban agriculture practices in suburbs are to promote active citizenship and peaceful relation between people, to feel themselves as a part of a community, to raise awareness about the use of more portions of public space for social purposes and to promote sharing economy and the participatory management of the territory.

Thinking of abandoned green spaces to be converted into urban gardens like islands immersed in a sea that is the city, which guarantees territorial continuity, islands and sea represent the cornerstones of a strategy aimed at preventing welds at all costs, rediscovering the sense of fabrics and their settlement principles, reconstituting the structure of those semantically poor islands, providing the islands with public spaces, services, equipment and job opportunities, thus reducing forced mobility and dependence center, grafting the urban structure on possible local economic cycles and enhancing vocations. In this way, healthy life – style habits and the promotion of circular economies are encouraged, contributing to the creation of social and relational spaces in neighborhoods where they are often lacking.