Capital Roots nourishes healthy communities.

From the opening of its first gardens in 1975, to the dynamic and multifaceted organization of today, Capital Roots has worked to reduce the impact of poor nutrition on public health in the Capital Region. We organize community gardens, improve access to healthy food, offer nutrition and horticulture education for all ages and coordinate urban greening programs in Albany, Rensselaer, Schenectady and southern Saratoga counties.
The Taste Good Series educates inner-city students, in pre-kindergarten through second grade, about nutrition. Capital Roots’ Educator uses samples and fun, interactive lessons to encourage students to help prepare and taste fruits and vegetables.

Squash Hunger uses convenient drop off locations and a network of volunteers to deliver excess produce from gardeners and farmers to food pantries, shelters and soup kitchens throughout the region. Each year we collect tons of produce that benefits thousands of low-income residents.

Urban Greening uses public landscaping and street tree planting projects to add aesthetic appeal, increase property values, reduce energy consumption and improve the overall quality of life in communities.

The Produce Project employs underprivileged high school students to operate a year-round urban farm and to sell their harvest at markets. In addition to learning life, job and entrepreneurial skills, each student earns a stipend and a share of the farm’s bounty to bring home to their families.

Veggie Rx, a doctor-ordered vegetable prescription program, partners with local physicians to help patients struggling with nutrition-related illnesses gain access to fresh food.

Community Gardens
Growing Healthy Communities
Community Gardens makes garden plots available to anyone interested in growing their own produce. Gardeners receive nutritional, recreational, social and physical benefits from tending plots.

Veggie Mobile®
Produce on Wheels
The Veggie Mobile® traveling produce markets deliver fresh produce (often locally grown) to thousands of residents in urban neighborhoods without access to healthy food. Operating Monday through Saturday, The markets make nearly 50 stops per week.

Healthy Stores
Fresh Food Fact
Healthy Stores makes produce available in custom designed, refrigerated display units at urban convenience stores where families shop every day.

Virtual Veggie Mobile®
Online Farmer’s Market
The Virtual Veggie Mobile® is an online marketplace where local farmers list their produce, dairy, meat and value added products so that daycare centers, schools, food pantries, and other organizations can purchase fresh, nutritious local food.

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