



4Roots Community Expressions

4Roots is dedicated to unearthing the power of food to build healthy communities. By engaging the community to think more deeply about where and how food is grown, and why it matters, 4Roots aims to restore and maintain the delicate balance between people and planet.

4Roots Farm Campus

Located less than two miles from the heart of Downtown Orlando, the 4Roots Farm Campus is being developed as a community crossroads that connects and serves everyone - farmers, students, professionals, and families - by educating and inspiring them to imagine their roles in building a better food future.



Help us grow!



The Farmacy

The Farmacy sells local, seasonal, non-GMO produce grown using a variety of clean growing practices, in addition to responsibly produced meats, dairy products, eggs and other pantry essentials. This program is housed at the 4Roots Co-Op and supports farmers by making their fresh produce more broadly available to our community. Established at the Winter Garden Farmers Market, The Farmacy has now expanded to online ordering, for pick-up or delivery. All proceeds benefit 4Roots efforts to build a better food future by strengthening our community food system.

Start your order today!

4Roots Co-Op

The 4Roots Co-Op is the current hub of our mission-driven initiatives. Here, programs like The Farmacy and Feed the Need source locally-grown produce for distribution to retail and donation outlets. This strengthens the connection between local growers and consumers, supports farmers by increasing their sales channels, and helps to alleviate food waste. The Co-Op is also home to a variety of urban farming systems, including box gardens, edible landscaping, and high-tech hydroponic shipping containers, localizing the teaching of urban farming solutions.



Sign up to volunteer at our Co-Op!



Farm to School

The 4Roots Farm-to-School Program is working with local K-12 schools to invest in the development of on-campus horticulture facilities. By building greenhouses, hydroponic systems, raised beds, and more, 4Roots provides the opportunity for students to engage in hands-on learning related to growing and harvesting fresh, healthy food. A portion of the harvested produce is donated to the community, and the rest is sold to the school cafeteria to be used in the student meal programs.

Urban Farming

4Roots is committed to demonstrating techniques and technologies for growing food in urban environments including raised beds, edible landscaping, and a high tech shipping container vertical farm.



4Roots Café & Food Heroes Exhibit

The 4Roots Café + Food Hero Exhibit is located at the Orlando Science Center. The café, in partnership with the 4R Restaurant Group, serves a variety of healthy menu items – sourced from 4Roots and other local farmers. The “Food Hero Exhibit” is an interactive STEM-learning experience that highlights the important role of “food heroes” in our community – such as farmers, chefs, beekeepers, and more. Each month, we host a demonstration inviting our food hero partners to share their expertise with guests of the Orlando Science Center.



Feed the Need Florida

Feed the Need Florida launched in 2020 as a response to increased food insecurity caused by the COVID-19 Global Pandemic and continues to respond to the dynamic food needs of our community. This program gathers excess produce from Florida farmers to distribute fresh groceries and prepared meals to students and families in need. Since its inception, Feed The Need has served <2 million meals and “rescued” over 785,554 pounds of Florida-grown produce.

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