

## ABSTRACT

This thesis delves into the role of community gardens in urban resilience literature, specifically examining their role in enhancing social resilience through collective use. The central inquiry guiding this research investigates the worth of community gardens in fostering social resilience within urban settings. To answer this question, PRISMA, a systematic literature review and metaanalysis methodology, and Quantitative Content Analysis, a consistent content analysis methodology, along with supporting coding systems, have been employed. Key findings reveal a growing interest in social resilience within urban resilience literature, mainly centered on physical infrastructure, with community gardens notably absent from mainstream publications, exposing a significant research gap. The analysis uncovers links between community gardens and social resilience, particularly in food production and provisioning illustrating their impact on community well-being. Additionally, it identifies a shift toward collective production perspective, emphasizing the connection between creation and sharing and social cohesion. Community gardens not only serve as productive hubs but also nurture shared experiences, fostering a more cohesive and mentally robust society. This research underscores community gardens' potential in addressing facilitation of adaptation to challenges by elevating urban dwellers' quality of life. It suggests a comprehensive framework for guiding future research and providing key concepts for understanding complex concepts. Furthermore, this study underscores the pivotal role of community gardens in creating healthier, sustainable, and resilient cities. Their democratic and participatory nature can stimulate scientific exploration and enrich the field of community resilience, a realm long overlooked in urban policy and strategy development.

**Keywords:** urban resilience, social resilience, community garden, cohesion, literature analysis