



**Journal of Geography, Politics and Society**  
2025, 15(1), 66–75  
<https://doi.org/10.26881/jpgs.2025.1.08>



## THE RECREATIONAL AND LEISURE FUNCTION OF ALLOTMENT GARDENS (AG). A CASE OF SELECTED GARDENS IN THE ŁÓDŹ VOIVODSHIP

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### Citation

Szkup R., 2025, The recreational and leisure function of allotment gardens (ag). A case of selected gardens in the łódź voivodship, *Journal of Geography, Politics and Society*, 15(1), 66–75.

### Abstract

The aim of this paper is to present the recreational and leisure function of family allotment gardens (ROD) by identifying the nature of allotment development and use, and identifying the socio-demographic structure of allotment users, on the assumption that the recreational and leisure function is also revealed, inter alia, in the motives for obtaining allotments in the gardens, the activities undertaken in the allotments, and in the frequency and seasonality of their use. The objectives were realised by means of a direct inventory of plots and questionnaire surveys of users of eight gardens: one located in Łódź and seven located in the western and eastern part of the suburban zone of Łódź in the years 2020–2022. As a result of the analysis conducted, it was concluded that the recreational and leisure function is one of the most important functions in RODs. The aforementioned thesis is confirmed by the ways in which plots are developed and used, the motives for purchasing plots, the activities undertaken on plots in gardens, the frequency and seasonality of use of RODs, and the socio-demographic structure of plot users. For more than half of the surveyed users (57.3%), the allotment in a family allotment garden is the only place of recreation.

### Key words

allotment gardens (AG), allotment gardening, recreational and leisure function of allotment gardens, Łódź Voivodeship.

**Received:** 20 August 2024

**Accepted:** 17 January 2025

**Published:** 30 April 2025

### 1. Introduction

From the very beginning of allotment gardens, the main idea behind their creation was to provide workers with land for cultivation. The gardens were created with the poorest families and families of poorly paid workers in mind, who, by cultivating garden plots, could support their meagre household budgets.

The idea of creating allotment gardens in the city originated with community activists in the late 19th

century (Acton, 2010). Although the first such gardens in Poland began to emerge at the turn of the 20th century, was not until after the Second World War that they developed on a wider scale (Pawlikowska-Piechotka, 2010).

Allotment gardens in cities serve multiple functions, providing economic, social, cultural, educational, health benefits, as well as having a positive impact on the urban environment (e.g. Drescher et al., 2006; Nettle, 2010; Perez-Vazquez et al., 2005). An important and increasingly discussed

issue is the relationship: plot – human health. Two functions of gardens are emphasised: social activation of economically inactive people and recreation and active leisure (Duś, 2014; Dymek, Bednorz, 2017; Mokras-Grabowska, 2020; Szkup, Pytel, 2016). In recent years, in some circles of young people promoting alternative lifestyles, eco-trends, etc., there has been an emerging fashion for acquiring an allotment in a ROD and treating it as a place for alternative recreation (Mokras-Grabowska, 2020). In addition, family allotment gardens enable low-cost recreation without the need to leave one's place of permanent residence or its surroundings, providing a kind of substitute form of leisure when possibilities to travel are limited (Spilková, Vágner, 2016; Duś, 2011; Gawryszewska, Mysza-Stąpór, 2016; Eidimtiene et al., 2016; Mokras-Grabowska, 2020; Poniży, Stachura 2017; Poniży et al., 2021; Pawlikowska-Piechotka, 2009). The COVID-19 pandemic changed not only people's mental state, but also many of their behaviours (Grabowski et al., 2021; Heitzman, 2020; Lorettu, 2021, Sozanski et al., 2021, Stępień et al., 2021). This is no different for the use of RODs (Schoen et al., 2021; Szkup, 2020, 2022). For poorer and economically inactive people (including pensioners), activities carried out on allotments in family allotment gardens are often the only means of active recreation (Matczak, Szkup, 2010; Szkup, 2013; Szkup, Pytel, 2015). With the passage of time, the agricultural and productive function of gardens has become much less important than it once was. Changes in everyday life, caused by the development of civilisation (including

the flood of cheap food in hypermarkets) and the political transformation in Poland, have contributed to the intensification of the process of gradual change in the use of allotment gardens.

The author's previous research, carried out since 2008 in family allotment gardens in Łódź and towns in the Łódzkie Voivodeship, has proven that there is a continuous process of change in the use of allotments in RODs from agriculture and production to leisure and recreation. The scale of these changes is very large, and the process itself is proceeding rapidly (Szkup, 2013, 2020, 2022).

The aim of this article is to present the recreational and leisure function of family allotment gardens (RODs) by identifying the nature of the development and use of allotments and identifying the socio-demographic structure of their users, on the assumption that the recreational and leisure function is also revealed, inter alia, in the motives for obtaining allotments in the gardens, the activities undertaken on the allotments and the frequency and seasonality of their use.

## 2. Materials and Methods

The survey was conducted in seven allotment gardens located in the cities of the Łódź conurbation (in the western and eastern part of the suburban zone of Łódź) and in one garden located in Łódź itself (Fig. 1). Students of the University of Łódź took part in data collection.

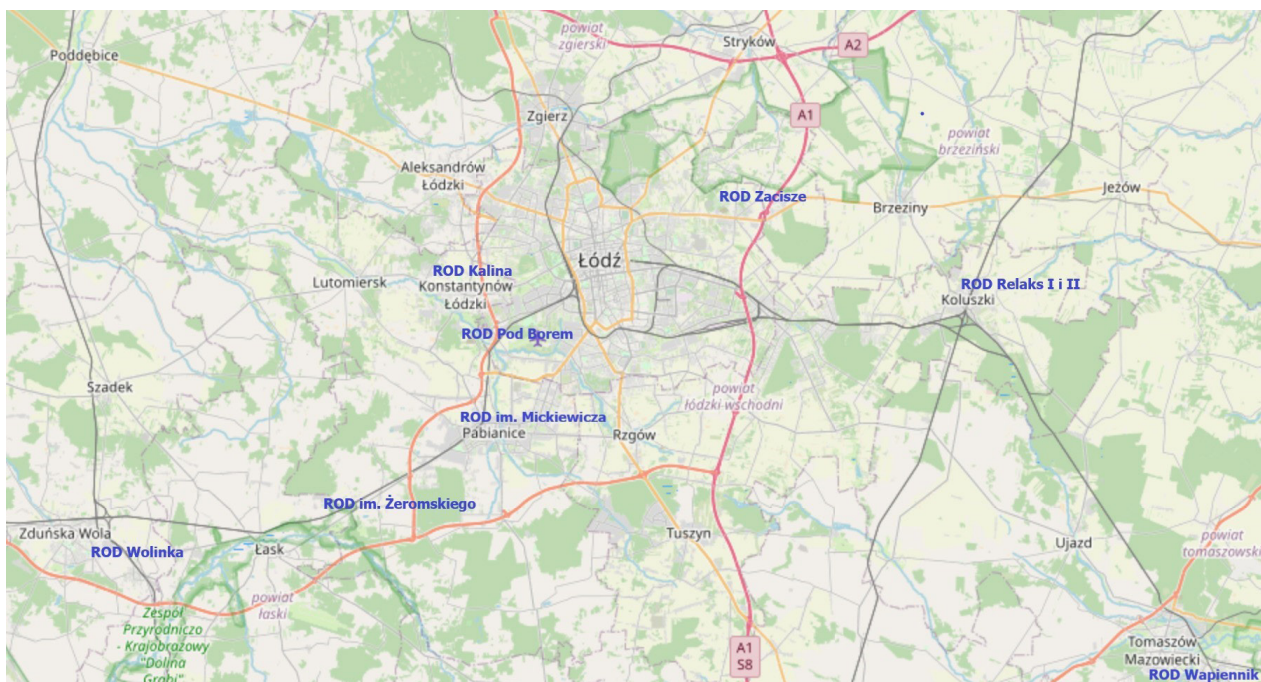


Fig. 1. Location of the surveyed family allotment gardens.

Source: Own compilation based on OpenStreetMaps.

On the outskirts, but still within the administrative boundaries of Łódź, ROD Zacisze is located. Two gardens: ROD Pod Borem and ROD Kalina are located close to the borders of Łódź - in Konstancynów Łódzki. The Adam Mickiewicz allotment garden is located in Pabianice. At a much further distance from the centre of Łódź are located: ROD Relaks I and Relaks II in Koluszki, ROD im. Stefana Żeromskiego in Łask, ROD Wolinka in Zduńska Wola and ROD Wapienniki in Tomaszów Mazowiecki.

The Zacisze Family Allotment Garden is located at 17A Kasprzowicza Street in Łódź. It is located in the immediate vicinity of a forest and areas used for agriculture. ROD Zacisze is adjacent to several other gardens: Polanka, Tulipan, Jasmine and Relaks. The garden was established in 1980 and originally had 125 plots. Due to the garden's location in the vicinity of a now-defunct landfill site, at the end of the 1990s a protection zone was demarcated in the garden for sanitary reasons and thus some plots were closed down. Currently, ROD Zacisze is a small garden in terms of the number of plots – it has 76 plots. Although the total area of the garden is 8.44 ha, the area of the plots in the garden is only 3.2 ha. The garden is used exclusively by residents of Łódź.

The Pod Borem Family Allotment Garden is located in the area of Konstancynów Łódzki at Józefów Street. In the closest surroundings of the garden there are single-family houses, and at a distance of 750 m from it flows the river Ner. It was created in 1980 as the realisation of a postulate of the NSZZ «Solidarność» submitted to the then functioning management of the Konstancyn Woollen Industrial Works. The factories acquired the land for the garden and 155 plots of land with a total area of 8.64 hectares were allocated at that time. In 2006, the neighbouring ROD Pod Górka was incorporated into the garden. Currently, the Pod Borem garden consists of 179 plots, with a total area of 12.2 ha. The vast majority of the plots are used by residents of Łódź Konstancynów Łódzki.

The Kalina Family Allotment Garden also lies in Konstancynów Łódzki and consists of two parts. The first (larger) has the main entrance from Lutomińska Street, the second from Krzywa Street. The initiative to create the garden was born in 1983 and its construction took two years. The Kalina garden is adjacent to two others: ROD Malwa and ROD Zgoda, with which it once shared a common connection to the water supply. Currently, ROD Kalina has 169 plots. In the southern, larger part 127 plots are located, while in the northern, smaller part 42 plots are located. The total area of the garden is 8.22 hectares, and the vast majority of it is used by residents of Łódź.

The Adam Mickiewicz Family Allotment Garden is located in Pabianice at 5 Warzywna St. It was

established in 1962. – In August 2022, the garden celebrated its 60th anniversary. No documents or archival data have survived on the history of the garden, and there are no chronicles or historical records. In the past it was an employee allotment garden of many factories located in the city, such as: Pabianickie Zakłady Przemysłu Bawełnianego Pamotex, Pabianickie Zakłady Tkanin Technicznych, Zakłady Mięsne Pamso, Pabianicka Fabryka Żarówek Polam and Pabianicki Zakłady Środków Opatunkowych Paso. These companies, taking into account their employees' need for recreation, created the allotment garden from their own social funds. ROD Adam Mickiewicz in Pabianice currently has 238 plots and is located on the outskirts of the city, among fields and meadows. The total area of the garden is 11.86 ha, and it is used almost exclusively by Pabianice residents.

The Family Allotment Garden Relaks I and Relaks II is located in Koluszki at 6 Czarneckiego St. It consists of two adjacent complexes of plots. The first, Relaks I, has 59 plots and the second, Relaks II, has 25 plots. In the past, the area of the gardens was an agricultural area and a brickyard operated in the vicinity of the current Relaks I garden. Both complexes were built in 1980. Due to the small number of plots located in each part, the garden is considered small. The total area of the Relaks I garden is 2.3 ha, and the Relaks II garden 0.65 ha. A day care centre has been erected in the northern part of the former. The garden is used by the inhabitants of Koluszki and Łódź.

The Stefan Żeromski Family Allotment Garden (Rodzinny Ogród Działkowy im. Stefana Żeromskiego) is located in Łask, in the Kolumna district, at Miła Street and Przedwiośnie Street. The garden is bordered only by clusters of single-family houses, there is a large forest complex nearby and the Łask-Kolumna railway station. The garden was founded in 1962 on the initiative of local residents who wanted to create it in order to grow their own vegetables and fruit. The garden area was originally a marshy wasteland, which was drained and rehabilitated; over time a pond was dug in the garden area. At present, the Stefan Żeromski ROD has 135 plots with a total area of 5.77 ha. It is predominantly used by residents of Łódź.

The Wolinka Family Allotment Garden is located in Zduńska Wola at Lipowa Street. In the vicinity of this garden there are single-family houses, a city bypass, a thermal power station and a large housing estate. A few hundred metres away there are large industrial plants: Wola Knitting Factory and Zwoltex Polish Towel Factory. Planning for the creation of ROD Wolinka started in 1967 and it was put into operation in 1970. The Wolinka garden was created in a wave of mass

establishment of allotment gardens on the initiative of the central authorities in socialist Poland, intended for the working class. The Wolinka trade unions had a large share in the creation of ROD Wolinka - it was mainly the workers of this plant who were the first users of the allotments. At present, ROD Wolinka has 237 plots, and the total area of the garden is 7.42 ha. The garden is mainly used by residents of Zduńska Wola.

Rodzinny Ogród Działkowy Wapienniki lies in Tomaszów Mazowiecki at 9/11 Batalionów Chłopskich St. Ogród Wapienniki was established in the early 1980s. The exact date is not known, nor does it appear in higher-level documentation. In 2021, the management received a symbolic cup and diploma to celebrate the garden's 40th anniversary. The site of the garden before its creation was farmland and an area of 'lime kilns', i.e. limestone mines. Around 1980, the idea arose to convert the area into employee allotment gardens. The site had to be cleared and fertilised, and a water, sewage and electricity connection was required. On 6 April 2016,

by a decision of the Mayor of Tomaszów Mazowiecki, the management of ROD Wapienniki was granted full rights to use the allotment areas. Currently, the garden has 451 plots and its total area is 15.42 ha. ROD Wapienniki is used overwhelmingly by residents of Tomaszów Mazowiecki.

Surveys in all eight gardens were conducted during the COVID-19 pandemic period, in August/September 2020/2021 and during its decline in August 2022. Primary materials were obtained using a questionnaire method (questionnaire interview), and a face-to-face plot inventory was also conducted in the surveyed gardens.

Due to the fact that there is no database of legal and actual users of allotment gardens in Poland (Moskalonek et al., 2020), the questionnaire survey was not representative. Despite the lack of representativeness, a significant number of questionnaire interviews were carried out – 648 (Tab. 1), i.e. nearly half of all users of the gardens surveyed were interviewed. Furthermore, more than 90% of all plots in the gardens were inventoried.

Tab. 1. Socio-demographic characteristics of the surveyed users of family allotment gardens (ROD) in the łódź agglomeration in the years 2020–2022

	Total	ROD Wolinka in Zduńska Wola	ROD Wapienniki in Tomaszów Mazowiecki	Żeromski ROD in Łask	ROD Relaks I and Relaks II in Koluszki	ROD Adam Mickiewicz in Pabianice	ROD Kalina in Konstantynów Łódzki	ROD Pod Borem in Konstantynów Łódzki	ROD Zacisze in Łódź
Total number of plots	1562	237	451	135	84	231	179	169	76
Number of users surveyed	648	63	100	54	71	91	100	100	69
Percentage of plots surveyed	41.5	26.6	22.2	40.0	84.5	39.4	55.9	59.2	90.8
Gender:									
men [%]	48.9	58.7	53.0	57.4	44.2	43.3	38.0	52.0	44.9
women [%]	51.1	41.3	47.0	42.6	55.8	56.7	62.0	48.0	55.1
Age:									
Median age of respondents [years]	54.4	58.2	60.1	62.8	60.4	59.3	53.5	50.7	51.4
under 40 years [%]	16.2	12.7	9.0	0.0	4.7	18.6	18.0	26.0	30.4
40-49 years [%]	17.3	17.5	14.0	7.4	11.6	16.1	25.0	21.0	16.0
50-59 years [%]	21.2	23.8	22.0	22.2	27.8	18.2	20.0	21.0	18.8
60-69 years [%]	26.1	20.6	33.0	53.7	30.1	25.9	15.0	19.0	18.8
70-79 years [%]	15.9	15.9	17.0	16.7	16.2	21.2	22.0	12.0	14.5
80 years and over [%]	3.3	9.5	5.0	0.0	9.6	0.0	0.0	1.0	1.5
Professional status:									
unemployed [%]	2.3	7.9	4.0	0.0	0.0	0.0	3.0	0.0	2.9
working [%]	53.6	42.9	47.0	29.6	62.6	52.9	61.0	71.0	62.3
pensioners [%]	44.1	49.2	49.0	70.4	37.4	47.1	36.0	29.0	34.8
Place of residence:									
Łódź [%]	42.2	0.0	0.0	83.3	22.1	0.0	81.0	51.0	100.0
Other localities in the Łódź agglomeration [%]	57.8	100.0	100.0	16.7	77.9	100.0	19.0	49.0	0.0

Source: Szkup, 2022; own field research in family allotment gardens



The questionnaire interview was conducted face-to-face with respondents during the pandemic, but despite the social distance, refusals to participate in the survey were encountered (there were about 10% of such cases in all gardens - refusals were more frequent in 2020 and 2021 than in 2022). It should also be noted that gardens were visited several times during the survey period, but users were not found on about 1/4 of the plots.

Among the 648 allotment users surveyed, there were no people living permanently or with a registered address abroad. Over 42% of the users were residents of Łódź (Tab. 1). A slight predominance of women (51.1%) over men (48.9%) was found, which is not surprising in the case of Łódzkie Region, as the feminisation index here is the highest in the country. The research conducted by the author of this article in Łódź allotment gardens in 2008–2014 also shows that the gender structure of users of Łódź allotment gardens is very similar to the gender structure of the inhabitants of Łódź, where there is a slight surplus of women over men (Szkup, 2013; Szkup, Pytel, 2015). The predominance of women may also reflect their greater activity in the era of the COVID-19 pandemic, while the surplus of men was clearly visible among users aged 50–79 years. The age of users of allotment gardens is related to their labour activity (Szkup, 2013). The predominant allotment users in the study were: economically active, who accounted for 53.6%, relatively young (median age: 54.4 years), with vocational education (33.1%), having a family (58.2%) and describing their financial situation as average (76.8%).

### 3. Results and Discussion

The function that family allotment gardens play in people's lives is reflected, among other things, in the way in which the plot space is developed and used. The very physiognomy of an allotment can say a great deal about its owner. Anyone who has had the opportunity to visit a family allotment garden can see that nowadays two types of plots dominate in the gardens: plots of typical agricultural-production type, which are dominated by plantings of fruit, vegetables, fruit trees (sometimes small plastic tunnels or greenhouses), and plots with well-kept lawns, with grassy mini football and volleyball fields, which are used exclusively for leisure and sports recreation (Szkup, 2013; Dymek, Bednorz, 2017; Mokras-Grabowska, 2020).

The research conducted in 2008–2011 by R. Szkup (2013) showed that the space of Łódź family allotment

gardens was dominated by areas associated with agricultural and productive land use, and in the vast majority of gardens the areas associated with such use exceeded 45%. Furthermore, in the conclusions, the author stated, among other things, that:

The analysis of the literature on the functioning of allotment gardens and the author's own observations have led the author to hypothesise that the agricultural and productive use of allotment gardens is gradually being replaced by leisure and recreational use. The research carried out proved that the image of the use of contemporary allotment gardens in Lodz is in line with trends in society. In contemporary gardens, only one third of the allotments (36.7%) are used exclusively in an agricultural and productive way. The change in the original character of the allotments from agricultural-production to leisure-recreational is evidenced by the percentage of allotments where the 'poorly invested leisure and recreational areas definitely dominate (Szkup, 2013, p. 232).

An inventory of plot areas carried out in eight gardens in the Łódzkie Voivodeship between 2020 and 2022 shows that up to six of the eight gardens are now definitely dominated by poorly invested leisure areas (mainly well-maintained lawns and sports games areas), which account for more than 60% in these gardens (Tab. 2).

Only two gardens are slightly dominated by agricultural-productive areas: in ROD Wolinka in Zduńska Wola, accounting for just over 45% and in ROD Wapienniki in Zduńska Wola, accounting for about 40%. The agricultural-productive areas (fruit, vegetable and fruit-growing crops) statistically constitute just over 1/3 of the plots in the gardens; the ROD Zacisze in Łódź stands out in this respect, with an agricultural-productive area of just 14.1%. The data presented here prove that in the gardens surveyed, agricultural-productive plots are being displaced by plots used for leisure and recreation. There is also a clear spatial trend that the further away from the centre of Łódź the smaller the percentage of plots used for leisure and recreation decreases and the percentage of plots used for agriculture and production increases.

Although in the gardens surveyed, leisure space definitely displaces agricultural and productive space, the latter is cultivated most intensively by pensioners (32.1%). Recreational and leisure areas are cultivated and used more often by the unemployed (73.1%) and the employed (61.9%).

The use of plots in the gardens surveyed is very significantly influenced by the age of the users. The research shows that developing plots in a way that allows cultivation of the land is mainly the domain of

Tab. 2. Structure of development and use of plot area in the surveyed gardens in 2020–2022

	Plot area:				
	Leisure and recreation (lawns, play areas) [%].	Agricultural and production (vegetable and fruit production) [%].	Communication (pavements, driveways) [%].	Forested/wooded (trees, conifers and ornamental shrubs) [%].	Other (e.g. ponds, rockeries, outbuildings) [%].
Total	57.7	33.6	6.0	1.9	0.8
ROD Zacisze (Łódź)	67.4	14.1	11.6	6.0	0.9
ROD Pod Borem (Konstantynów Łódzki)	65.1	21.8	7.6	0.0	5.6
ROD Kalina (Konstantynów Łódzki)	60.6	27.3	6.5	5.7	0.0
ROD Adam Mickiewicz (Pabianice)	56.1	38.1	4.8	1.0	0.0
ROD Relaks I and Relaks II (Koluszki)	64.2	32.4	3.4	0.0	0.0
Żeromskiego ROD (Łask-Kolumna)	62.9	36.8	0.2	0.2	0.0
ROD Wolinka (Zduńska Wola)	45.2	46.1	6.2	2.6	0.0
ROD Wapienniki (Tomaszów Mazowiecki)	40.4	52.2	7.4	0.0	0.0

Source: Szkup, 2022; own field research in family allotment gardens

older people (over sixty years of age). Older people very often come from rural areas - they migrated to the city at a time of strong industrialisation. However, they have retained the habits and customs of their youth, including a love of farming. At the opposite end of the spectrum are young people, who treat an allotment mainly as a place for recreation unrelated to farming, sometimes as a capital investment or as a place for alternative leisure. It is clear from the research that as the age of the allotment user increases, the proportion of the plot area used for agriculture and production increases and the proportion of the plot area used for recreation and leisure decreases.

The recreational and leisure function of RODs also manifests itself, among other things, in the motives for acquiring garden plots. Surveys carried out in eight family allotment gardens in the Łódzkie Voivodeship unequivocally show that the most prominent, main motive for acquiring (purchasing) a garden allotment was the need for recreation (Fig.2). This motive was indicated as the dominant one by as many as 71.2% of the surveyed allotment users (respondents were asked to indicate the two main motives for owning a plot in a ROD). The second most cited motive was the desire to escape from everyday urban life (36.5%), the third was the desire to have their own piece of land (28.2%). Only in fourth place was the desire to cultivate the land, which was declared by only one in four surveyed garden users. The response structure

was very similar regardless of the garden surveyed. The ROD Zacisze in Łódź stood out slightly in this respect, with over 81% of respondents indicating the need for recreation as the main motive for owning a plot.

The collected material also indicates that the need for recreation as one of the two main motives for owning a plot was indicated more often by the inhabitants of Łódź (79.6%) than by other cities of the Łódź conurbation (62.6%) and by users aged up to 50 years (75.5%). The motives for acquiring plots in the analysed gardens were much less differentiated by the socio-demographic characteristics of their users, such as gender, education, family situation or wealth status.

The research conducted by R. Szkup (2013) in the years 2008–2011 in the Łódź allotment gardens indicates that at that time active leisure was definitely dominant in the gardens. In the case of the eight gardens of the Łódzkie Voivodeship surveyed today, it is no longer possible to speak of such dominance. The questionnaire survey with the users of the allotment gardens surveyed clearly shows that although active recreation related to cultivation of the land is still dominant in the gardens (65.3%), its nature is changing – less often vegetables and fruit are grown, more often ornamental plants and shrubs. The proportions between activities considered as passive leisure and active leisure are also equalising (Fig. 3).

Activities such as mowing the lawn (58.3%) and walking (39.4%) also feature prominently in active leisure. At the other extreme was passive leisure (Fig. 3), with the highest percentage share of activities such as lying down (indicated by 61.9% of respondents), socialising (54.4%) or sunbathing (41.7%). One in

three indicated reading as a form of activity, one in four napping and listening to music, with far fewer people indulging in watching their favourite TV programmes on the plot (13.0%).

The users of ROD Zacisze in Łódź showed the highest level of active recreation, with almost all

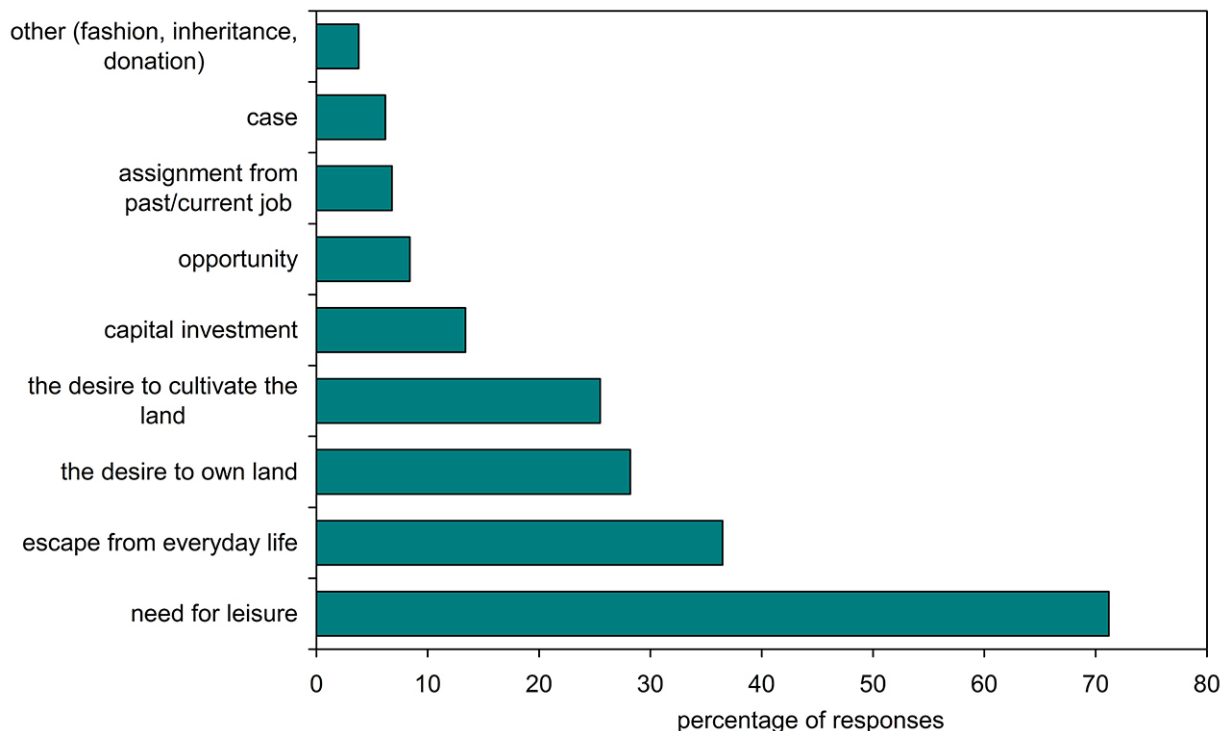


Fig. 2. Motives for obtaining plots in the gardens surveyed.

Source: own field research in family allotments.

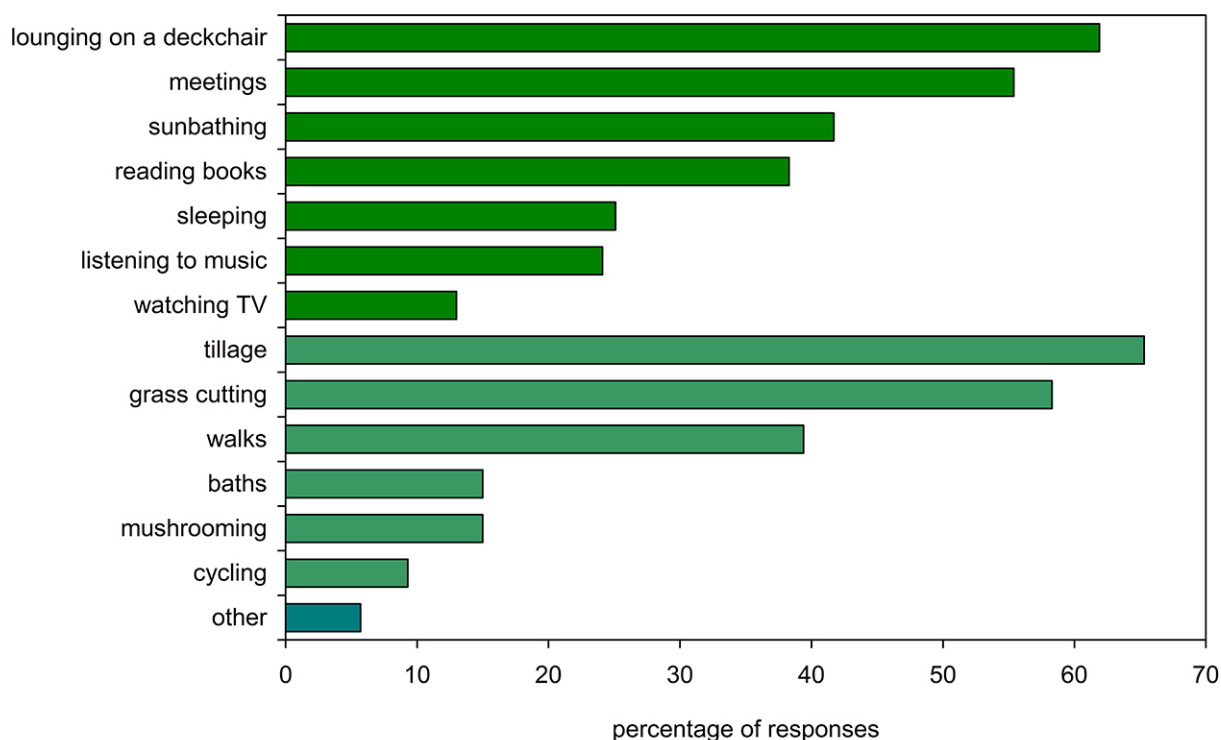


Fig. 3. Activities undertaken in the surveyed gardens by their users between 2020 and 2022.

Source: own field research in family allotments.

respondents declaring that they were active mowing the grass (98.6%) and growing ornamental plants (81.4%). At the opposite end of the spectrum was ROD Wolinka in Zduńska Wola, whose users demonstrated the lowest level of active leisure – only 45.4% of respondents were engaged in growing ornamental plants and 15.9% in mowing the grass.

The recreational and leisure function of allotment gardens is also evidenced by the seasonality and frequency of use of the plot. The period of the most intensive use of the surveyed family allotment gardens is the holiday and holiday period – intensive use starts at the end of April and ends in mid-September (Fig. 4). During the peak months – July and August, allotment users stayed on their plots for an average of about 18 days per month (17 days in June).

The most intensively used gardens in the study period were: ROD Relaks I and Relaks II in Koluszki, ROD Wapienniki in Tomaszów Mazowiecki, ROD Żeromskiego in Łask-Kolumna and ROD Wolinka in Zduńska Wola, i.e. the gardens located furthest from Łódź.

The garden with the smallest period of use was ROD Zacisze in Łódź – in this garden use was at most 12–13 days in the holiday months. This may be explained by the garden's peripheral location in relation to the large blocks of flats in Łódź and the fact that the garden is located near the now defunct and reclaimed landfill site, which may result in less intensive use. The apparent lower frequency of use of

the garden may also indicate that for Łódź residents, especially the young, the garden plot is not the only place for recreation.

The most frequent users of garden plots during the season were unemployed (23 days) and retired people (22 days) (Fig. 5), single people (22 days), people with secondary and vocational education (20 days), women (19 days), and people who do not live in Łódź (22–23 days). At the opposite end of the spectrum were working people who used plots 14–15 days during the season and residents of Łódź (16 days).

#### 4. Conclusions

The analysis of the collected research material indicates that in the Łódź agglomeration, during and shortly after the COVID-19 pandemic, one of the most important functions of RODs was the recreational and leisure function. The aforementioned thesis is confirmed by the ways in which plots were developed and used, the motives for purchasing plots, the activities undertaken on the plots, the frequency and seasonality of use of RODs, and the structure and socio-demographic characteristics of plot users. In addition, the questionnaire survey found that for more than half of the surveyed users (57.3%), the allotment in a family allotment garden is the only place of recreation (Tab. 3).

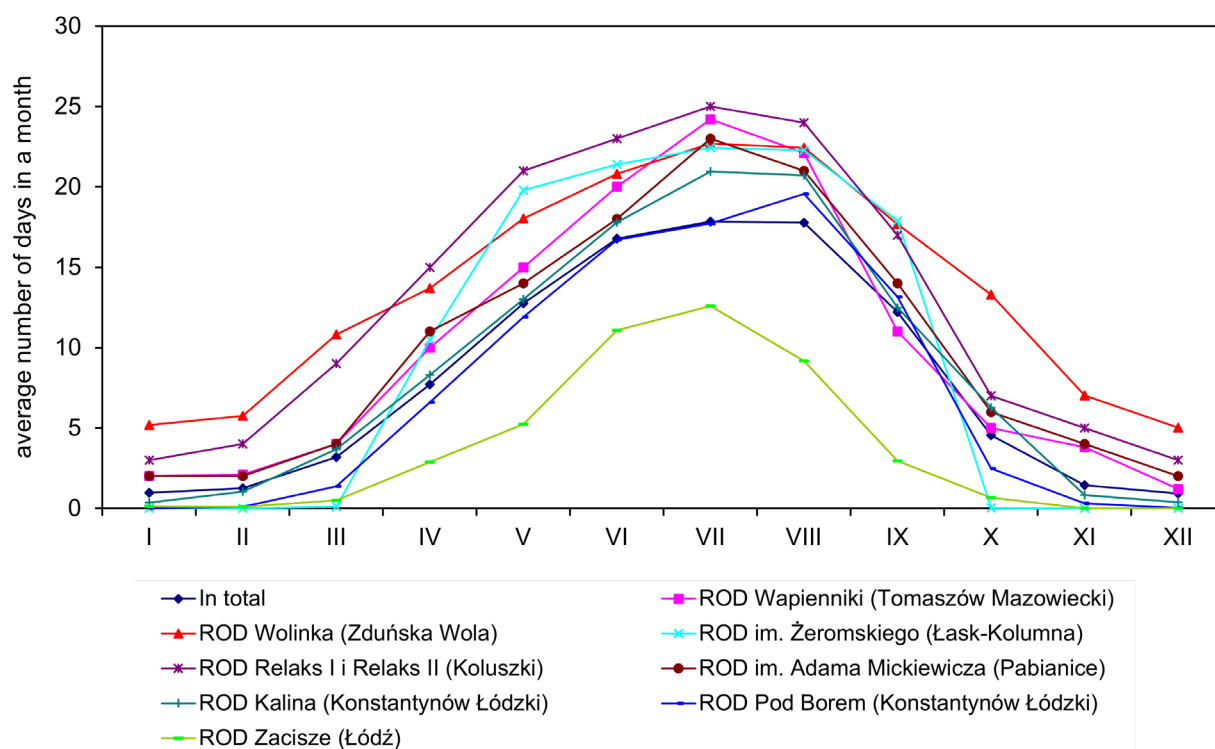


Fig. 4. Seasonality of use of surveyed gardens in 2020–2022.

Source: Szkup, 2022; own field research in family allotment gardens.



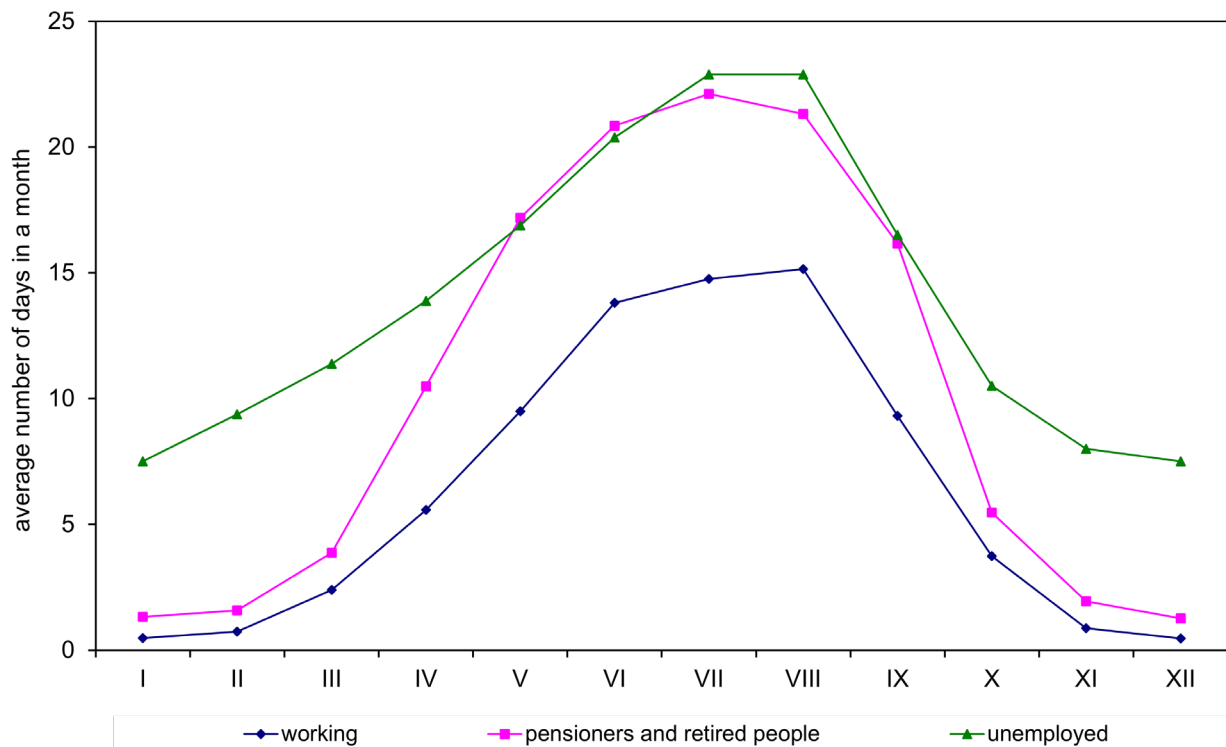


Fig. 5. Seasonality of use of surveyed gardens by occupational activity of their users.

Source: Szkup, 2022; own field research in family allotment gardens.

Tab. 3 Percentage of users who stated that the allotment in the ROD is the only place of rest and recreation for them.

	Plot in ROD is the only place for rest and recreation [%].
Total	57.3
ROD Zacisze (Łódź)	34.5
ROD Pod Borem (Konstantynów Łódzki)	54.6
ROD Kalina (Konstantynów Łódzki)	48.3
ROD Adam Mickiewicz (Pabianic)	48.6
ROD Relaks I and Relaks II (Koluszki)	45.7
Żeromskiego ROD (Łask-Kolumna)	46.3
ROD Wolinka (Zduńska Wola)	68.2
ROD Wapienniki (Tomaszów Mazowiecki)	73.7

Source: own field research in family allotments.

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There is also a spatial correlation in this respect, according to which the allotment is the only place of recreation mainly for users living in small towns in Łódzkie Region. Users of allotments living permanently in Łódź treat the garden allotment as their only place of rest to a much lesser extent. This regularity was even more pronounced during the pandemic period.

## Acknowledgement

Students of the University of Łódź collecting materials for their own bachelor thesis: Magdalena Rosiak (ROD Wolinka in Zduńska Wola), Aleksandra Marczyk (ROD im. Stefana Żeromskiego in Łask), Karolina Łukomiak (ROD Kalina) and Paulina Łykowska (ROD Pod Borem) in Konstantynów Łódzki, Martyna Serzycka (ROD Zacisze in Łódź), Dominika Puta (ROD Adam Mickiewicz in Pabianice), Karolina Pabjańczyk (ROD Relaks I and ROD Relaks II in Koluszki) and Martyna Wiercińska (ROD Wapienniki in Tomaszów Mazowiecki)

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