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Allotment gardens appeared in Europe nearly two hundred years ago, and have been present in Poland for more than a century. There are currently about 5,000 family allotment gardens in the country, with almost one million individual plots delineated. Thus, it is estimated that millions of Poles, the families of allotment holders, their friends and residents of the surrounding residential complexes enjoy the benefits of recreation in these green areas with high environmental quality.

[Anna Pawlikowska-Piechotka, Rodzinne ogrody działkowe w Warszawie Tradycja i współczesnośćPobierz](#)