# Contents

About the Author xi
Acknowledgement xiii

1. **Introduction**  
   - Modern Cities and the Disconnected 1  
   - Population Spike 2  
   - Limits to Growth 3  
   - Global Threats 3  
   - Ecosystem Services and Stewardship 4  
   - Greening Cities is Necessary 5  
   - Hope 5

2. **Origins of Cities**  
   - Why Look Back? 7  
   - Emergence of the Human Species 7  
   - Great Leap Forward 8  
   - Agriculture and Permanent Settlements 8  
   - Agriculture Around the World 10  
   - Agriculture Intensifies 11  
   - Empires Rise and Fall in Mesopotamia 12  
   - Nile Valley 12  
   - Indus Valley 13  
   - Ancient China 13  
   - Ancient Greece 14  
   - On the Ganges 15  
   - Rome 16  
   - The Moche 16  
   - Mesoamerica 17  
   - Fortified Centres of Administration 17  
   - European Renaissance 18  
   - Early Modern 19  
   - Squalor 21

3. **Modern Cities**  
   - Origins of the Modern City 23  
   - Industrial Revolution 23  
   - Railways 24  
   - Rapid Growth 25
| Contents |
|-----------------
| Ill Health | 26 |
| Distinctive New Districts Emerge | 27 |
| Paris Re-born | 28 |
| Railways and Suburbs | 29 |
| Planning and Zoning | 29 |
| Garden Cities | 29 |
| Motor Vehicles Herald in the Oil Age | 31 |
| A Humane Outlook | 32 |
| Going Up | 33 |
| Continued Rise of the Motor Vehicle | 33 |
| Decline of the Inner City | 34 |
| New Towns | 35 |
| City Plans | 36 |
| An Unfinished Task | 37 |

4. Issues Facing Contemporary Cities 39
   - Impacts of Cities and City Living | 39 |
   - Habitat Loss | 40 |
   - Habitat Fragmentation | 41 |
   - Impacts on Soil | 41 |
   - The Water Cycle | 42 |
   - Water-borne Pollution | 44 |
   - Urban Heat Islands | 44 |
   - Air Pollution | 45 |
   - Noise | 46 |
   - Light Pollution | 47 |
   - Agricultural Land Take | 47 |
   - Concrete | 48 |
   - Steel | 48 |
   - Glass | 49 |
   - Timber | 49 |
   - Waste | 49 |
   - Drivers of Population Growth | 50 |
   - Peak Oil | 52 |
   - Peak Phosphorus | 52 |
   - Post Oil | 53 |

5. Working with Nature 55
   - Ecology and Ecosystems | 55 |
   - Born Free | 56 |
   - Saving the Great Lakes | 56 |
   - Earth Summit, Ecosystem Assessment and Ecosystem Services | 58 |
   - Cities as Part of the Biosphere | 59 |
   - Ecological Restoration | 59 |
   - Urban Wildlife | 60 |
   - Green Infrastructure | 60 |
Sustainable Sites Initiative 61
Advice from Professional Bodies and Others 61
Mimic Nature 62
Working with Nature Works 63

6. Urban Nature 65
   Open Space Preservation 65
   The Naturalists 66
   Nature Leaves the City? 66
   Urban Nature Returns 68
   Wildlife Gardens 69
   Encapsulated Countryside 70
   Bukit Timah 71
   The Urban Forest 72
   Urban Wastelands 73
   Canvey Wick 74
   Emscher Park 75
   Urban Farming 76
   Biodiversity Action Plans 77
   River Corridors 78
   London’s South Bank 79
   Minneapolis Riverfront 79

7. Water and Cities 81
   Fresh Clean Water – Essential and Increasingly Scarce 81
   Civilisation has Modified the Water Cycle 82
   Water Consumption 82
   Embodied Carbon 82
   Virtual Water 83
   Catchment Management 84
   Rainwater Harvesting 84
   Grey Water 85
   Sustainable Urban Drainage 85
   Water Sensitive Urban Design 86
   Rain Gardens 86
   The Streets are Changing 86
   Ponds 88
   Potsdamer Platz 89
   River Restoration 89
   The Cheonggyecheon River 90
   Singapore 91
   Water and Urban Heat Islands 93
   Towards the Water Sensitive City 93

8. City-wide Greening 95
   Bioregions 95
   Catchment Management for Clean Water 96
## Contents

Catchment Management for Ecosystem Services 97
Regional Green Infrastructure Plans 99
Biomass and the Bioregion 99
Regional Ecological Networks 100
Community Forests 101
Green Belts 101
Green Grids 103
Transport 103
Urban Heat Islands 105
Blue Networks 105
Masterplanning 107
Regional Plans, Local Implementation 107

9. **Greening Neighbourhoods and Buildings** 111

  - Sense of Neighbourhood 111
  - Living Streets 112
  - Standardising the Neighbourhood 113
  - Design Your Own Park 113
  - A Phoenix Rises 114
  - Growing Their Own 115
  - Learning from Squatter Settlements 116
  - Rain Gardens 117
  - They Paved Paradise 118
  - Clapton Park Estate 118
  - People of the Trees 119
  - Tree Pits 120
  - Tree Trenches 121
  - No Space? 122
  - Energy Efficient Buildings 123
  - Water Efficiency 123
  - Autonomy 123
  - Building-integrated Vegetation 124
  - A Coat for Buildings 124
  - Value of Shade 125
  - Living Walls 126
  - Cooling Effect of Green Roofs 128
  - Green Roofs, Rainwater Attenuation and Cooling 129
  - Green Roofs Need the Right Substrate 130
  - Green Roofs for Biodiversity 130
  - London’s Black Redstart Roofs 131
  - Biodiverse Green Roofs in North America 132
  - Roof Gardens for People 133
  - Worldwide Applications 133
  - Wildlife and Buildings 134
  - Rooftop Harvests 136
10. Conclusion 137
   Interesting Times 137
   The Positives 138
   Cities and Citizens Take the Initiative 138
   Greening Requires Greenery 140

Appendices 141
I: award winning projects from IHDC website
II: useful resources 177

Notes and References 197
Index 209