Vertical farming systems are becoming more commonly used where there is a need to grow things more efficiently, effectively, and sustainably. Our helix vertical farming unit offers people the opportunity to grow their own vegetables in various intimate settings: restaurants, public plazas, even their own apartments. Instructions such as prisons and assisted living facilities can offer mental wellbeing, a social sustainability necessity, to the people living there by allowing them to plant, harvest, prepare, and then finally eat their own vegetables (ultimately becoming a reformed way of life). We envision this system being able to engage its users with themselves and their community and to take an active role in encouraging healthier lifestyles. Forcing users to take a more active decision-making role in what foods they are eating and how these foods are being grown ultimately creates an overall sustainable knowledge base that can be shared.