

## **Vegetable gardens help families to be better nourished and healthier**

Vegetable gardening is one of the best strategies that allow low-income families to gain increased access to nutritious foods and opportunities for child and adult physical activities. Active participation in vegetable gardening activities will stimulate consumption of more fruits and vegetables. Garden-based nutrition intervention programs can promote increased fruit and vegetable intake among children which, in turn, positively impacts their learning process. And when healthy students make better students, we all win.

# **DON'T JUST GO LOCAL GROW LOCAL**



December 2014

The Year 2014 is being observed as the **International Year of Family Farming** to provide attention and recognition to the family farmers who are helping to nourish us. You can influence your health and protect the environment by planting nutrient rich foods in your yard or in containers on your patio, if you are living in an urban setting. Whether it is part-time or full-time, working alone or with family and friends, you can fit food production into your life. While the beauty of flowers blooming, vegetables ripening, and happy people working together is certainly a reason enough to garden, taking part in eliminating hunger and confronting health challenges sweetens the deal.

**See what's possible. Do What's practical. Ask us, we will show you how to turn your patch of land or patio into a food factory!**

**There are several complex and interrelated challenges and barriers to achieving food and nutrition security. Without urgent action for mitigation and adaptation, food and nutrition security of vulnerable populations is at risk. Vegetable gardening is one of the best strategies to achieve this goal.**

**THE TIME TO ACT IS  
NOW**

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Contact:

Dr. Murukesan Krishnapillai

Tel: (691) 350 5752/4319



2014  
International Year of  
Family Farming

## **URBAN AGRICULTURE**

**PATHWAY  
TO  
CLIMATE CHANGE ADAPTATION,  
AND  
FOOD SECURITY**



## What is Urban Agriculture?

Urban agriculture is an activity that produces, processes, consumes or markets food, by means of transforming underutilized or neglected space into a resource providing opportunities for social interaction, greater community cohesion and self-sufficiency, and engagement of people in underserved neighborhoods. Urban agriculture connects people to opportunity so that they move from stagnant, difficult conditions to vibrant and productive lifestyles. It essentially moves people beyond the cycle of continual need for emergency food assistance so that they become employed, healthy, productive and innovative citizens.

**"GROWING YOUR OWN FOOD IS LIKE PRINTING YOUR OWN MONEY" - RON FINLEY**



## Urban agriculture as a climate change adaptation strategy

Urban populations are directly and indirectly affected by climate change, with the urban poor being most at risk. However, urban centers have an important role to play in climate change mitigation and adaptation. Urban agriculture involving vegetable gardening is a viable adaptation strategy that provides multiple benefits for poor households. It significantly decreases the vulnerability of households and communities through:

- ♦ diversifying urban food sources, enhancing access of urban poor to nutritious food;
- ♦ reducing dependency on imported foods and decreasing vulnerability to periods of low food supply or natural disasters;
- ♦ diversifying income opportunities of the urban poor, and functioning safety nets in times of hardship;
- ♦ a source of innovation and learning new strategies/methods for high land- and water-efficient food production.

Urban agriculture essentially builds resilient livelihoods by supplying food, generating income, creating jobs and building social capital.

**Urban agriculture involves many different types of food- producing spaces, stakeholders, resources, and contributes to many benefits:**

### HEALTH

- ♦ Access to healthy food
- ♦ Food-healthy literacy
- ♦ Healthy eating
- ♦ Physical activity

### SOCIAL

- ♦ Empowerment + Mobilization
- ♦ Youth development and education
- ♦ Food security
- ♦ Safe spaces
- ♦ Socially integrated ageing

### ECONOMIC

- ♦ Economic stimulation
- ♦ Job growth
- ♦ Job readiness
- ♦ Food affordability

### ECOLOGICAL

- ♦ Awareness of food systems
- ♦ Stewardship
- ♦ Conservation
- ♦ Water management
- ♦ Habitat improvement

**URBAN FARMING IS GROWING GREEN FUTURE!**

**GROW IT, LOVE IT, EAT IT, ENJOY IT**

**BUILD STRONGER COMMUNITIES**