

Urban Agroecology for Health and Wellbeing

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Introduction

More than half of the world's population lives in urban areas

Rise of urbanization + alienation of early industrial capitalism ➡ **Metabolic Rift**

Metabolic rift consist of :**Material, Knowledge & Epistemic** rift

Epistemic rift manifested in the separation between: **human-nature**

Urban agroecological practices ➡ restore the rift

Urban agroecology: specific type of urban agriculture that includes the ethical, social, cultural and political approaches typical of peasant agroecology



Picture 1: Planting herbs in the city, Paris (own photo)

Aim &Methods

Enhance understanding of the relationship between urban agroecology and

- 1.Recalling and producing food related knowledge
- 2.Social wellbeing:

“The appraisal of one's circumstance and functioning in society”

Method: Literature searches using online tools, participatory observation, action learning workshops (see picture 3,4)

Target group: pregnant &lactating women in Coventry, UK

References

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Findings

Urban agroecology can **reunify** social & ecological aspects (practice & knowledge), since it goes beyond food production, as shown below (picture 2):



Knowledge exchange & social cohesion



Healthy diets & livelihoods



Solidarity & empowerment



Integration of various elements of the agro-ecosystem

Socialization + informal education scenarios ➡ **Produce & recall food related Knowledge**

Change in feeling, thinking & relation to the ecological system ➡ regular engagement with non-human matters

Create a common space enable people interaction ➡ **Social wellbeing**

Conclusion

Urban agroecological practices lead to:

1. Greater control over personal food and body metabolism ➡ **Health promotion**
2. Change in food system knowledge lead to change in food agency
3. Community cohesion



Picture 3: Solar oil infusion - Calendula flowers soaked in olive oil (own photo)



Picture 4: Calendula salve (own photo)

