



*5th Healthy Cities: Working
Together to Achieve Liveable Cities*
Conference

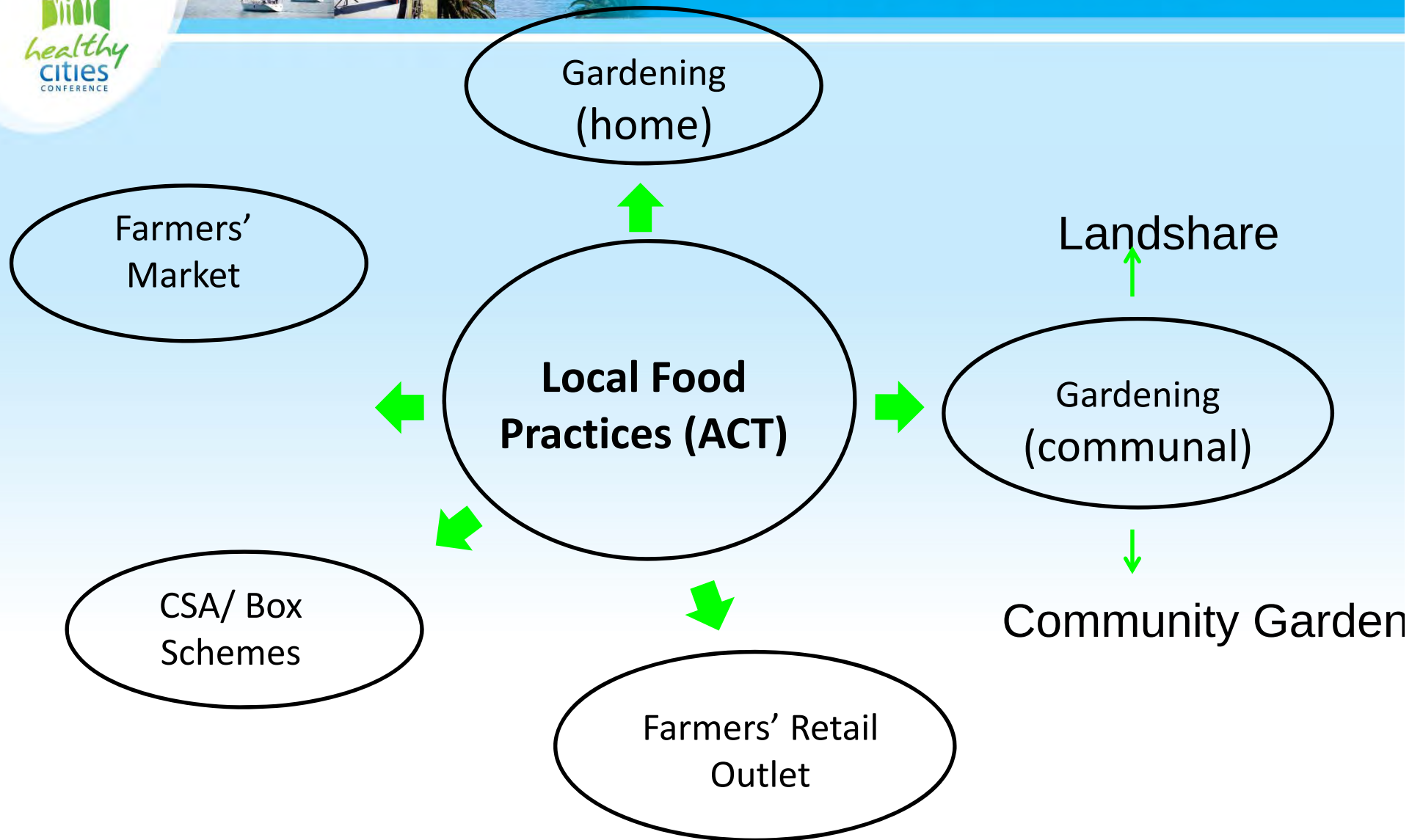
Bethaney Turner and Joanna Henryks

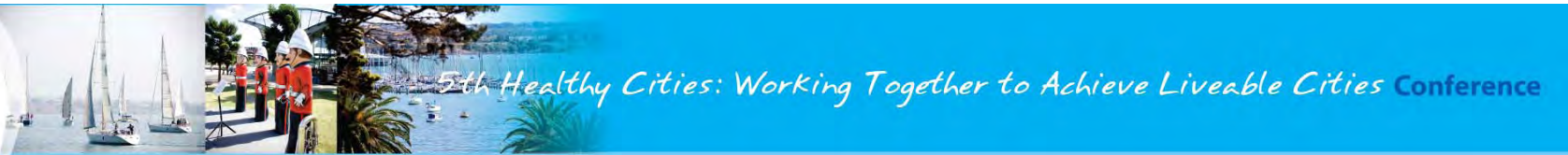
Assistant Professors, Faculty of Arts and Design
University of Canberra

*Cultivation, Consumption and Connection:
Making the most of local food*

Points of Disconnection

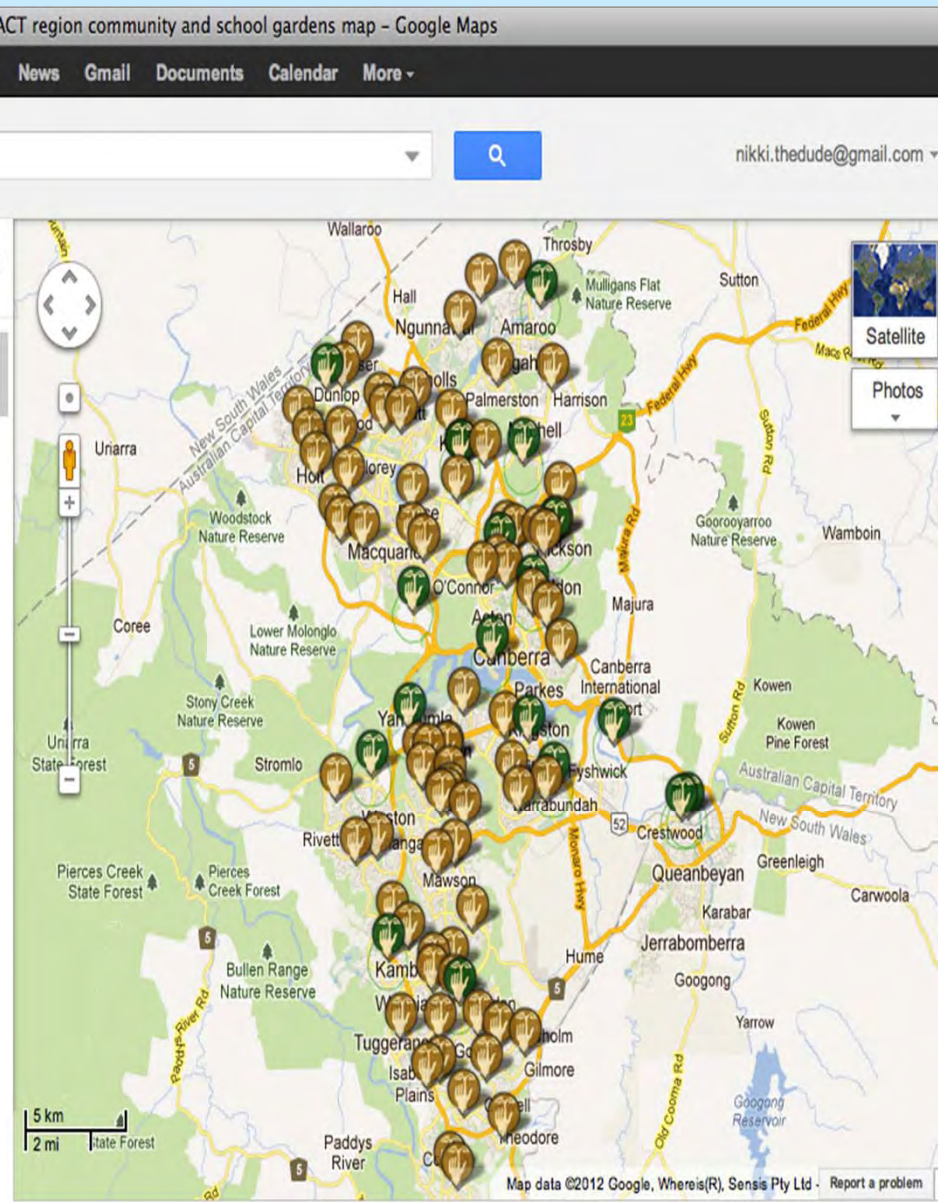
- As of 2008 over 50% of the world's population live in urban environments
- “[t]he feeding of cities has been arguably the greatest force shaping civilisation” (Steele, 2009: 9)
- In Australia a minimum of 5% of the population suffer from food insecurity (Rosier, 2011: 2)

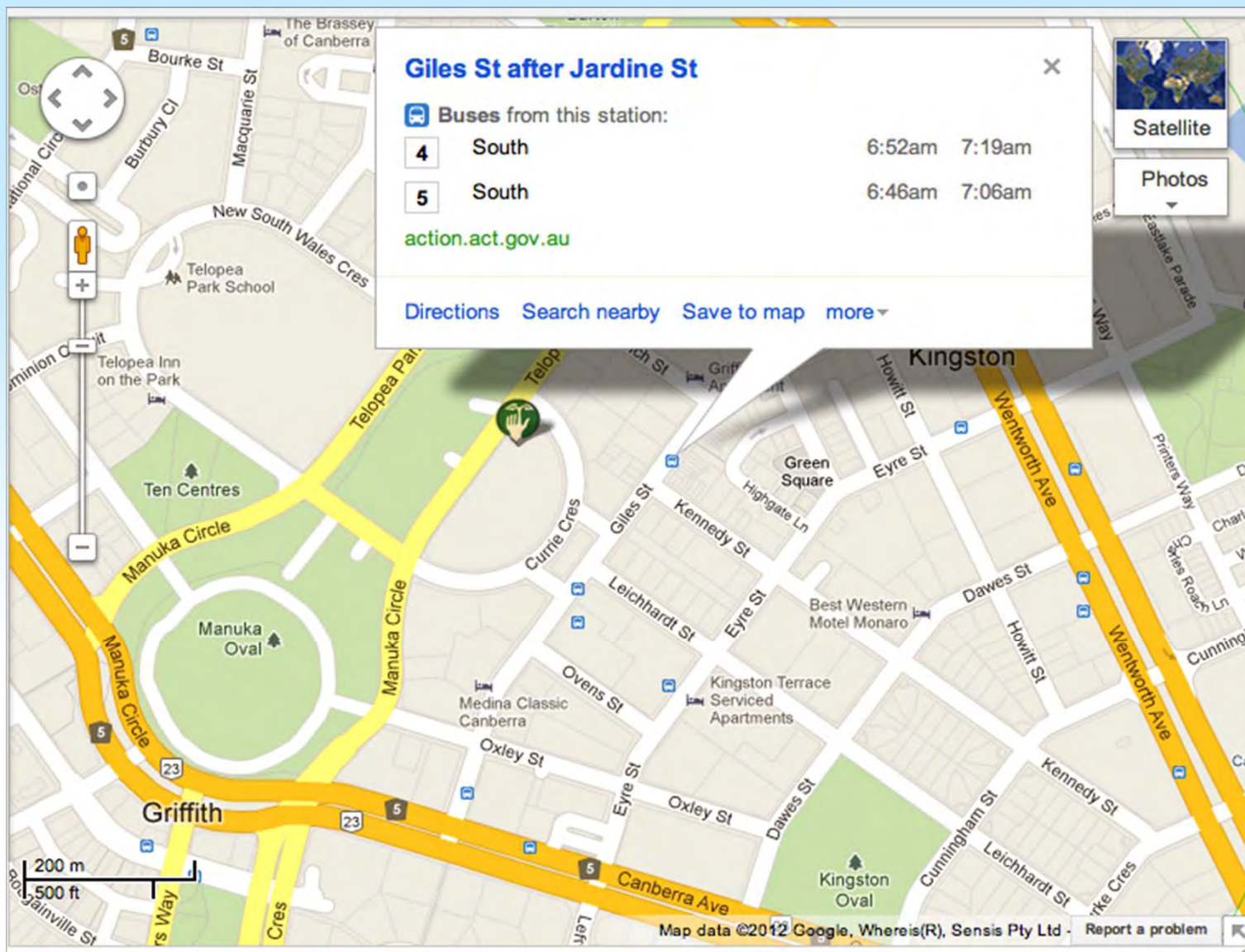




Six simple things to know before using this map:

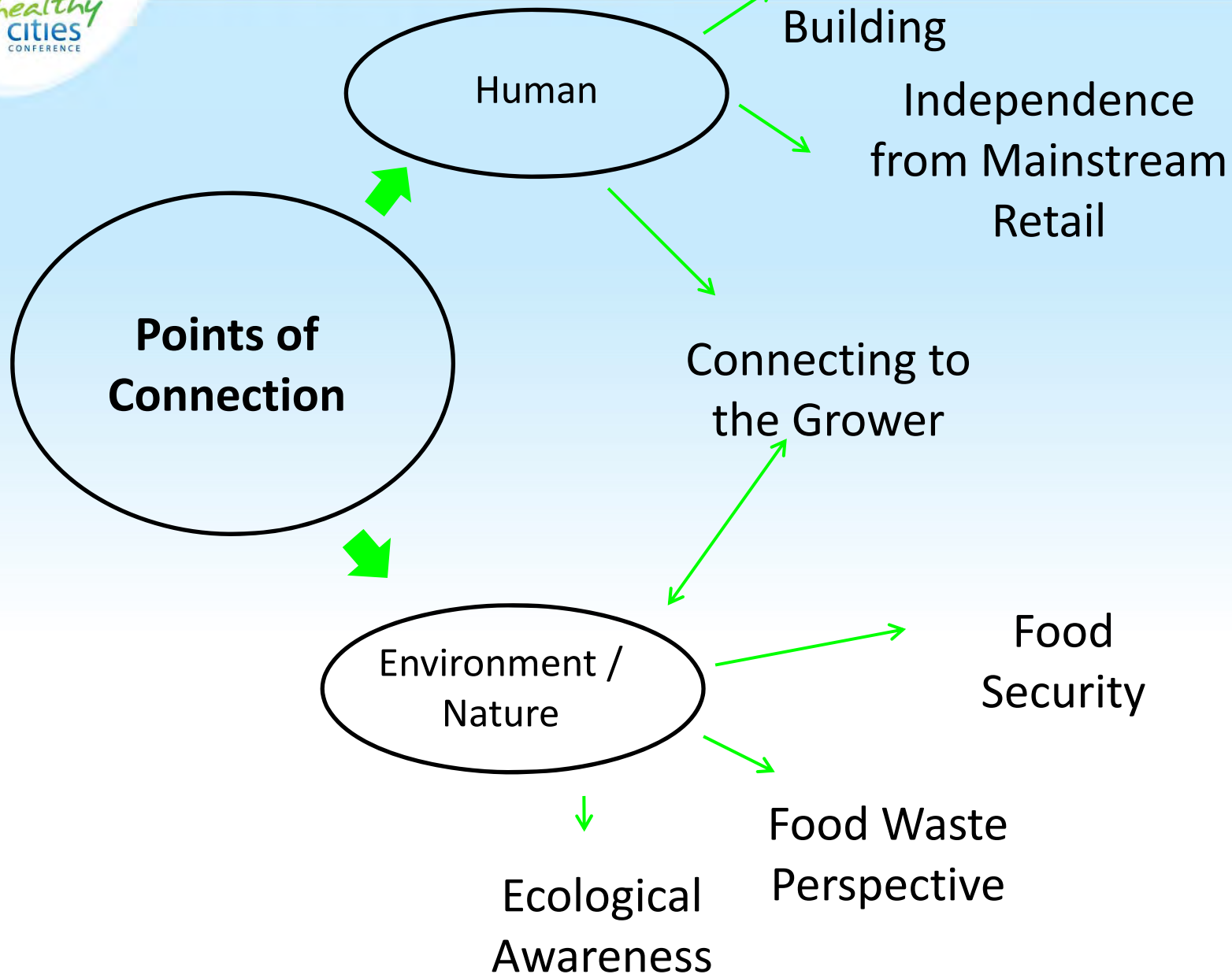
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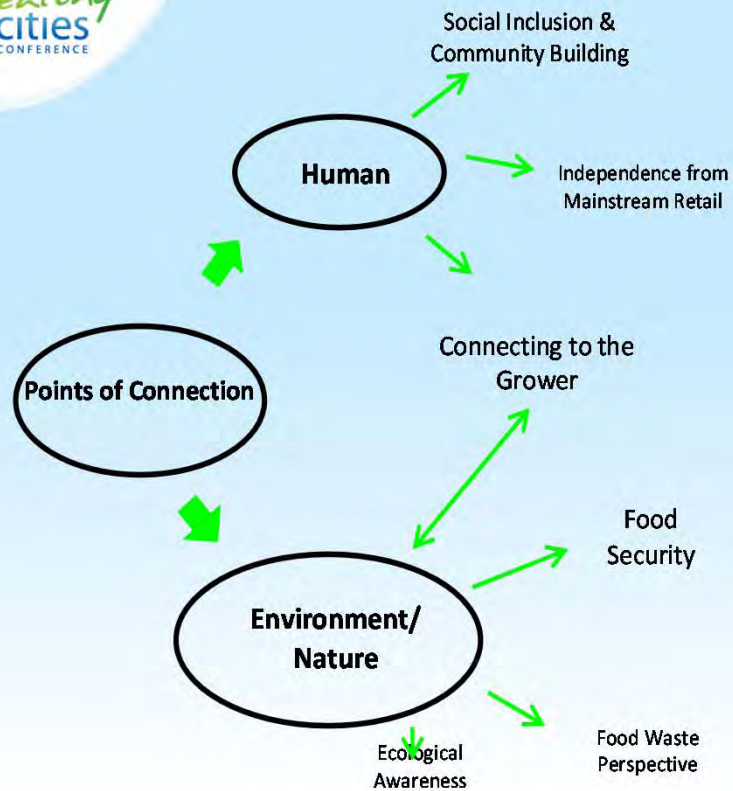






Social Inclusion & Community Building

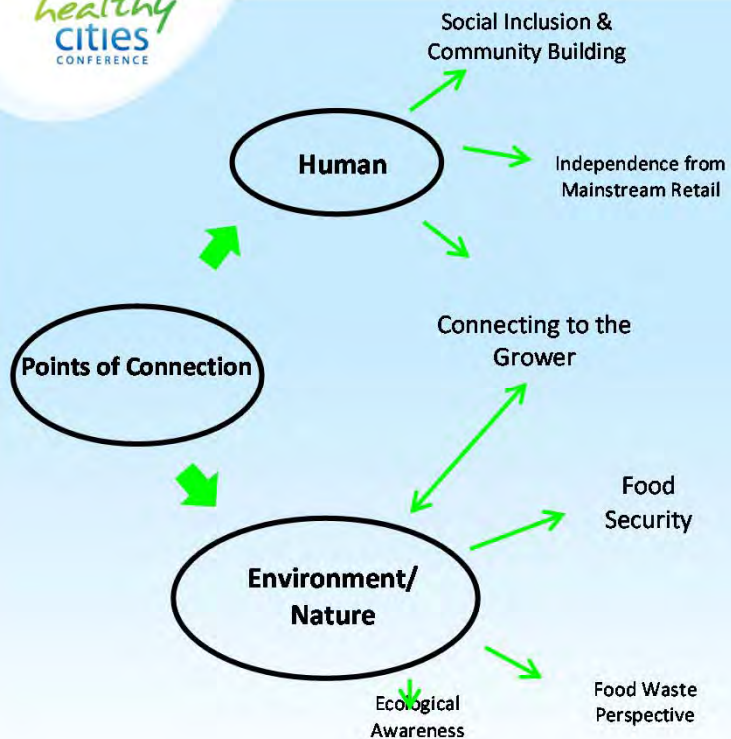




"I like it here because you meet people you wouldn't normally meet in your life...When you get old you don't get many new jokes. You already told everything. Here you start again from the beginning. It's like becoming young again"
(Community Gardener, 2010).



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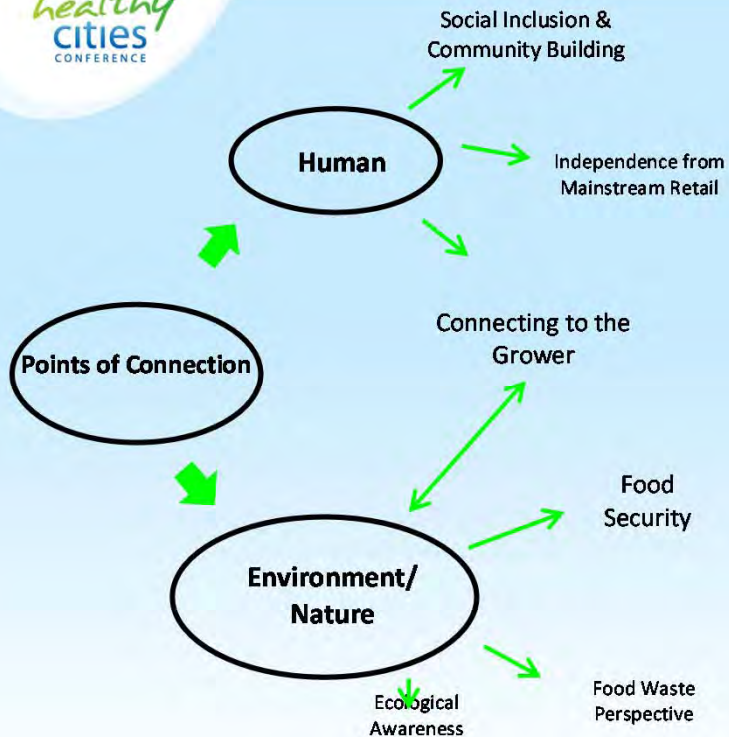


“Talking with the people who actually grow the food as well is nice...I have one stall this Japanese grower where the woman tells me very excitedly that she’s planted the Thai basil and I’ll have Thai basil again for the summer... So you have that connection with where the food’s actually coming from whereas at the supermarket who knows where it comes from”

(Farmers’ Market Shopper, 2009).



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“It (gardening) keeps you attached to the earth... attached to the reality of where these things come...”

(Farmers’ market and farmers’ retail outlet shopper and backyard gardener, 2012)

“there’s a kind of, almost like a Zen or a meditative space that you can get into when you’re interacting with the soil, when you’re cultivating and caring for something because growing is all about noticing what is a plant doing, what is the soil doing, what is the air around you doing?”

(Farmers’ market and farmers’ retail outlet shopper and backyard gardener, 2012)



Acknowledgements

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