

The Role of Community Gardens in Urban Food Security: A Case Study of the Thulubukele Community Farm in Newlands West

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Abstract : Reducing risks to food security resulting from climate change is recognized as one of the major challenges of the 21st century. The risks to food security have intensified, primarily due to globalization, a growing population, rapid urbanization, and the constantly evolving urban environment. One of the key challenges facing cities is the need to supply sufficient food to households amid increasing demand, which necessitates a continuous effort to enhance food production. Given the severity of climate change, it is imperative to adopt solutions to address food insecurity. Communities and individuals must explore sustainable livelihood options that do not harm the environment. Urban agriculture represents one of the many strategies that can be employed to improve household food security. The objective of this research is to establish the extent to which community gardens can enhance urban food security, focusing on the Thulubukele Community Farm in Newlands West, Durban. The researcher utilized a qualitative case study approach to gain insight into urban agriculture and food security within this context, while also examining the long-term impacts on food security and community development. The sampling method utilized for selecting participants and gathering information included purposive sampling. Since the study centers on urban agriculture, key stakeholders were specifically targeted. Participants were selected for interviews based on their involvement in the food garden. In-depth interviews were conducted to collect and analyze data. Secondary data from the literature facilitated a comparative analysis of similar case studies through precedent studies. This study demonstrates that growing food not only improves the nutritional value of the produce but also enhances household food security, enables individuals to generate disposable income, and facilitates significant contributions to the local community and other organizations in need.

Keywords : community gardens, food security, South Africa, urban agriculture

Conference Title : ICSDP 2025 : International Conference on Sustainable Development and Planning

Conference Location : New York, United States

Conference Dates : October 07-08, 2025