

Enhancing Food Security through Cabbage Production by Local Farmers in Nkokobe Municipality

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Abstract : Subsistence farmers practice farming for survival while commercial farmers produce to feed themselves and larger society with the motive to achieve highest profit. These types of farmers are characterised by growing what they eat, live without making regular purchases in the markets. The main objective of subsistence/peasant farmers is to ensure food security at household level. Cabbage is a crop that has been identified to have vital food nutrient sources like Vitamin A, B and C, protein, calcium, iron and antioxidative compounds beneficial for preventing cancer. This paper, therefore, looks at the potential that cabbage production has in enhancing household food security and also the challenges encountered by these cabbage producers. Primary data was obtained from 50 respondents, and linear regression model was used to analyse the data used. Income was used as food security measure. The results showed that three variables were statistically significant and they are gender (10%), education (5%) and household size (5%). Meaning that these are variables that influenced cabbage production by these households, and it also affects their food security status since income is affected.

Keywords : subsistence farmers, food security, cabbage, farming

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