

Planting Roots: Urban Agriculture for Senior Immigrants

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Introduction

In Canada, an increasing proportion of immigrants are seniors. Adaptation and integration into Canadian society can be extremely challenging for these seniors due to social isolation, lack of economic security, and poor health.

In Feb. 2007, a pilot project was launched in Edmonton to train senior immigrants in a new creative approach to commercial UA, known as S-small P-plot IN-tensive (SPIN) farming, developed by Wally Satzewich and Gail Vandersteen.

Goals

1. Increased awareness of SPIN farming and urban agriculture and the opportunities and challenges they present to senior immigrants.
2. Extension of social networks around UA/ SPIN farming, aging and ethnicity.

Partnership

Faculty of Extension
Multicultural Health Brokers' Cooperative
Seniors' Association of Greater Edmonton



The ultimate aim of this research is to contribute to knowledge concerning the adaptation and integration of senior immigrants into Canadian society, and the role that UA and SPIN farming can play in addressing the economic, health and social challenges they face.



Urban Agriculture (UA)

is increasingly recognized for its contributions to health and well-being, income generation, and overall development of more sustainable communities.

Benefits of UA

1. Food security & sovereignty
2. Physical well-being & nutrition
3. Mental well-being
4. Social well-being
5. Environment
6. Income generation

Conclusion

Despite some unanticipated outcomes, the pilot project successfully met the aim and two goals of the project. Additionally, UA/ SPIN can be used as a tool for building capacity and social capital, improving the well-being of individuals, as well as the health of communities and the environment.

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