



Community Gardening and Food Security in Cape Town: A Decade's Reflection

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Abstract

Cape Town, South Africa, has faced significant challenges related to food security among its urban poor population. The study employed a mixed-methods approach, including qualitative interviews with participants and quantitative data analysis of household food expenditure surveys over ten years. Community gardens demonstrated an average increase of 20% in fresh produce consumption among participating households compared to non-participants, highlighting the project's direct impact on nutrition levels. The review concludes that while community gardening projects can significantly enhance food security and improve quality of life for urban poor families, further research is needed to identify best practices and scalability strategies. Future studies should explore long-term sustainability measures and the potential impact of diverse crop cultivation on local markets and economies.

Keywords: *Cape Town, Urbanization, Community Development, Food Security, Mixed-Methods, Empowerment Strategies, Participatory Research*

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