


Evaluation of a community market garden in a north Queensland Aboriginal community

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Jumbun Background



Background continued



Fruit and vegetable consumption

The National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan^[1] identifies seven key areas for action:

- Food supply in remote and rural communities,
- Food security and socioeconomic status,
- Family-focused nutrition promotion: resourcing programs, disseminating and communicating 'good practice',
- Nutrition issues in urban areas,
- The environment and household infrastructure,
- Aboriginal and Torres Strait Islander nutrition workforce, and
- National food and nutrition information systems.

[1] National Health & Medical Research Council. Dietary Guidelines for Australian Adults; 2003.

Project Objectives

- **The requirement for proper engagement with the Jumbun community,**
- **the health benefits of consumption of fresh fruit and vegetables,**
- **the factors influencing consumption of fresh fruit and vegetables in the Jumbun community and how these are influenced by access to a market garden, and**
- **horticulture, financial and social issues associated with sustainable market garden operation.**

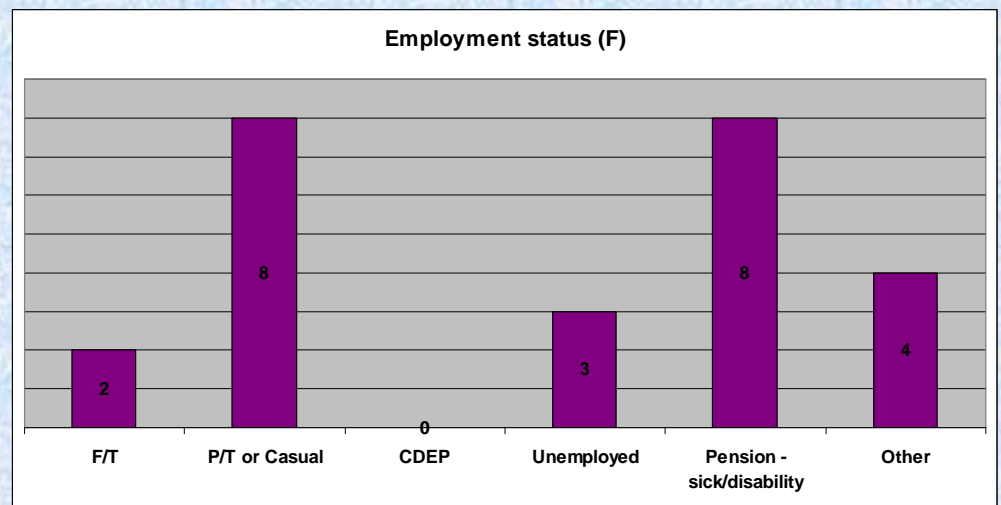
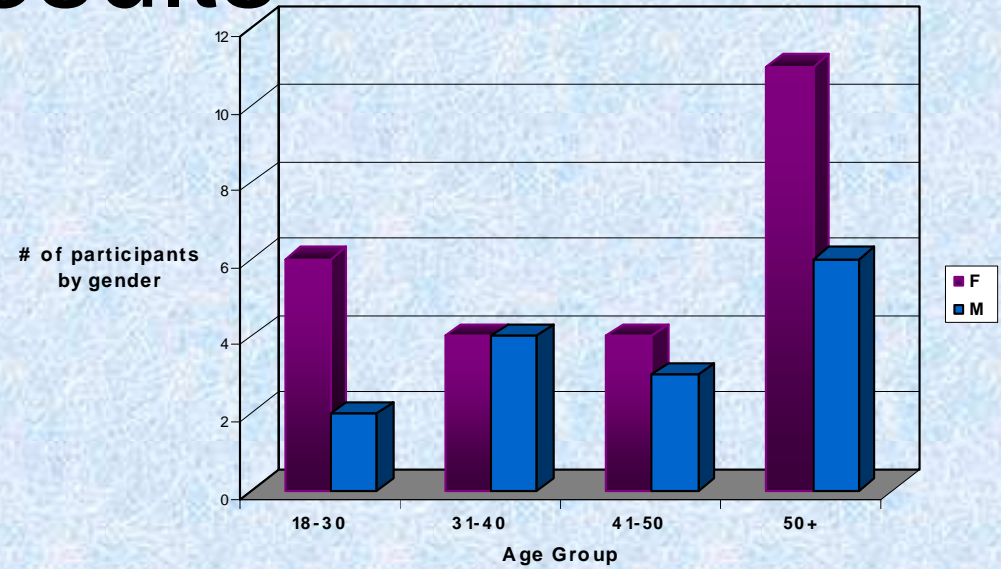
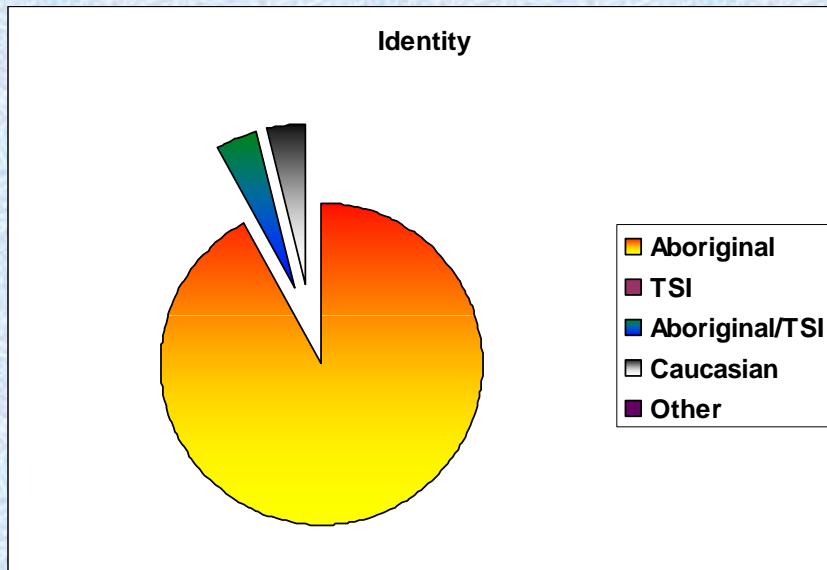
Social determinants, capacity development

- Health and wellbeing are determined by a wide range of biological, behavioural, environmental and socioeconomic factors that affect people's lives.
- Report into Capacity Building and Service Delivery in Indigenous Communities, <http://www.aph.gov.au/HOUSE/committee/Atsia/reports.htm>

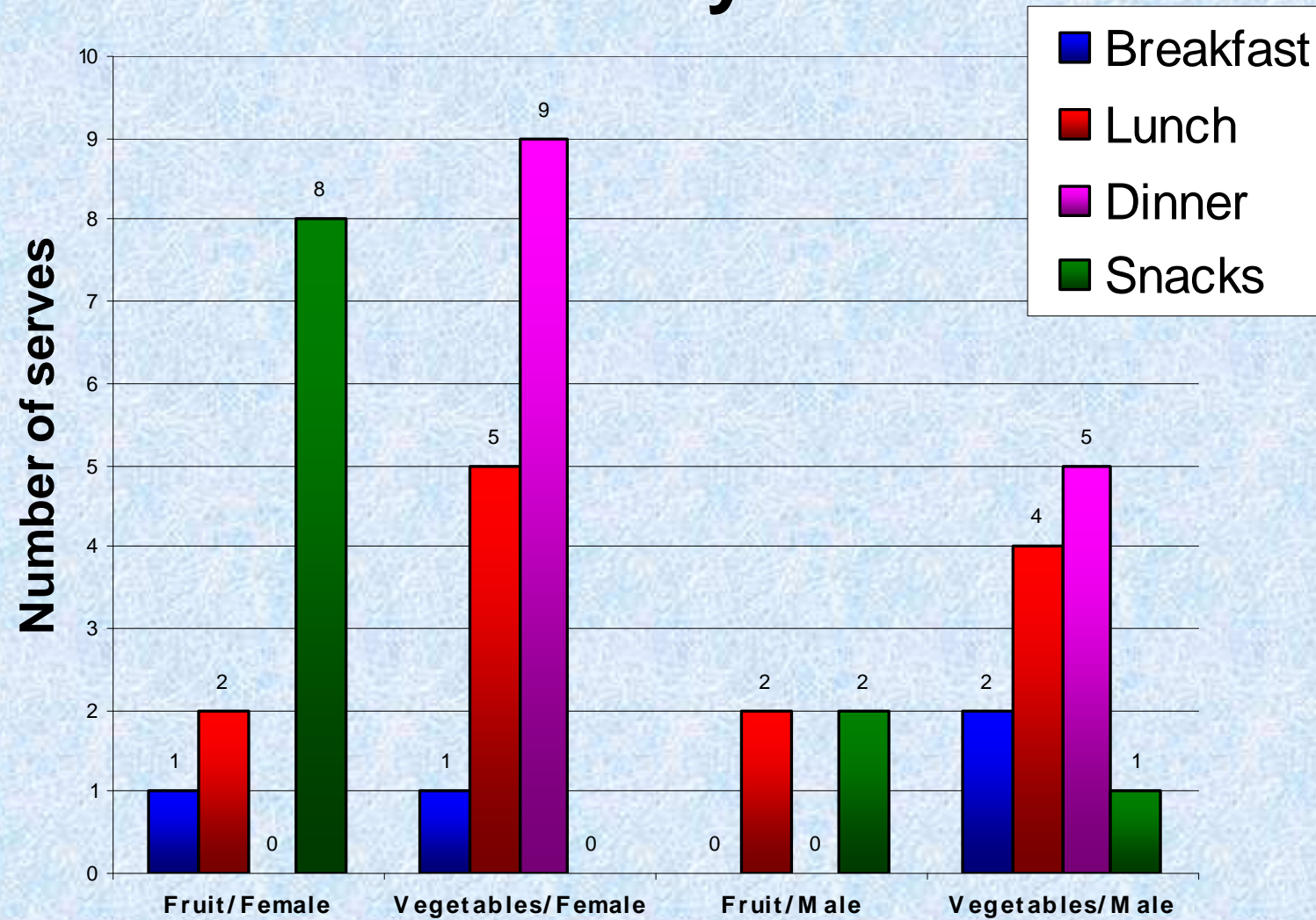
Methodology



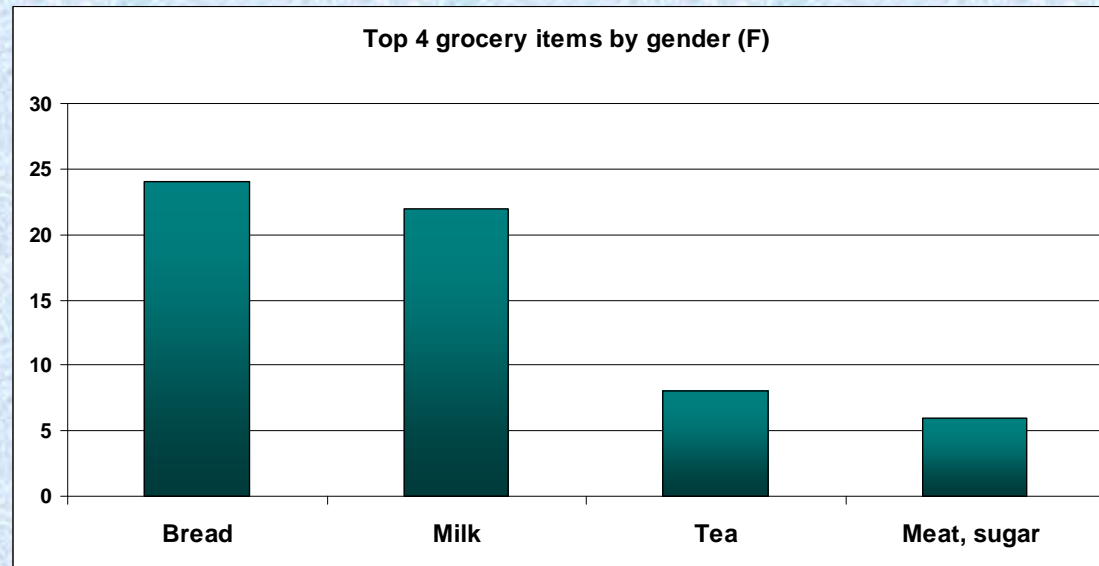
Results



Knowledge about fruit and vegetables and daily intake

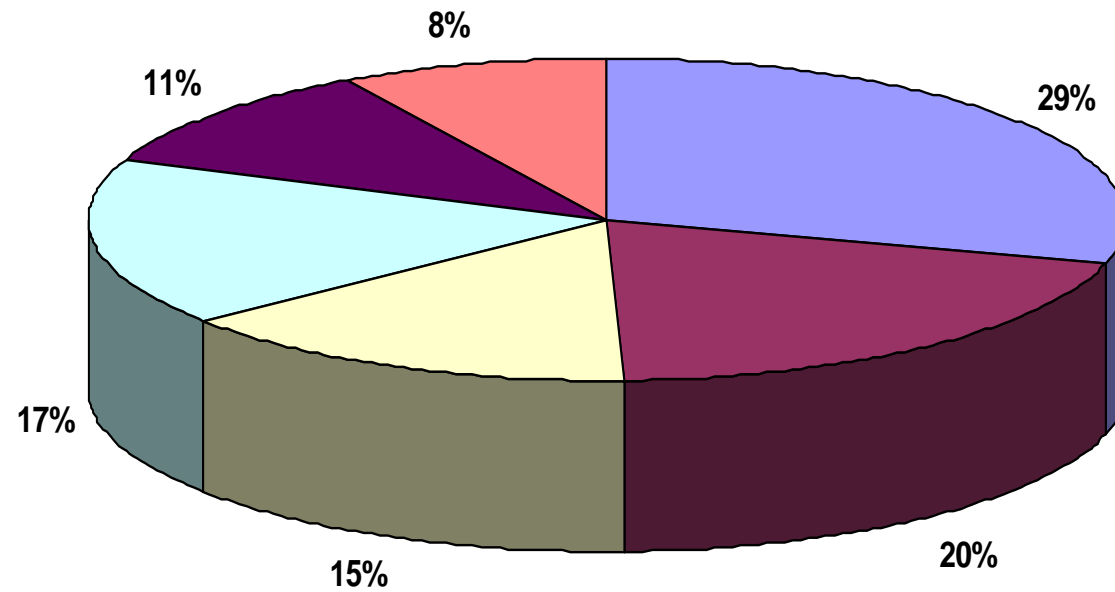


Purchases from store



Food preparation and cooking

Cooking methods used in the past week



Boil Steam Bake/roast Raw Stir-fry Stewed

Participants were asked to state the things they liked most about the market garden and the following statements were made;

“we can pick our own and how much we like”.

“it’s close and convenient”.

“it’s right here in the community and we know it’s freshly grown”.

“easy access to it and it’s chemical free”.

“the community is involved and it gives you plenty of exercise”.

When respondents were asked what they didn’t like about the market garden, they said;

“snakes, weeds, long grass, bugs/insects, pigs”.

“I don’t like it when there’s no vegetables”.

Reasons for working in the garden included;

“to lend a hand”.

“like to see a healthy community”.

“no other work available in the community”.

“to see good results from growing fresh veggies”.

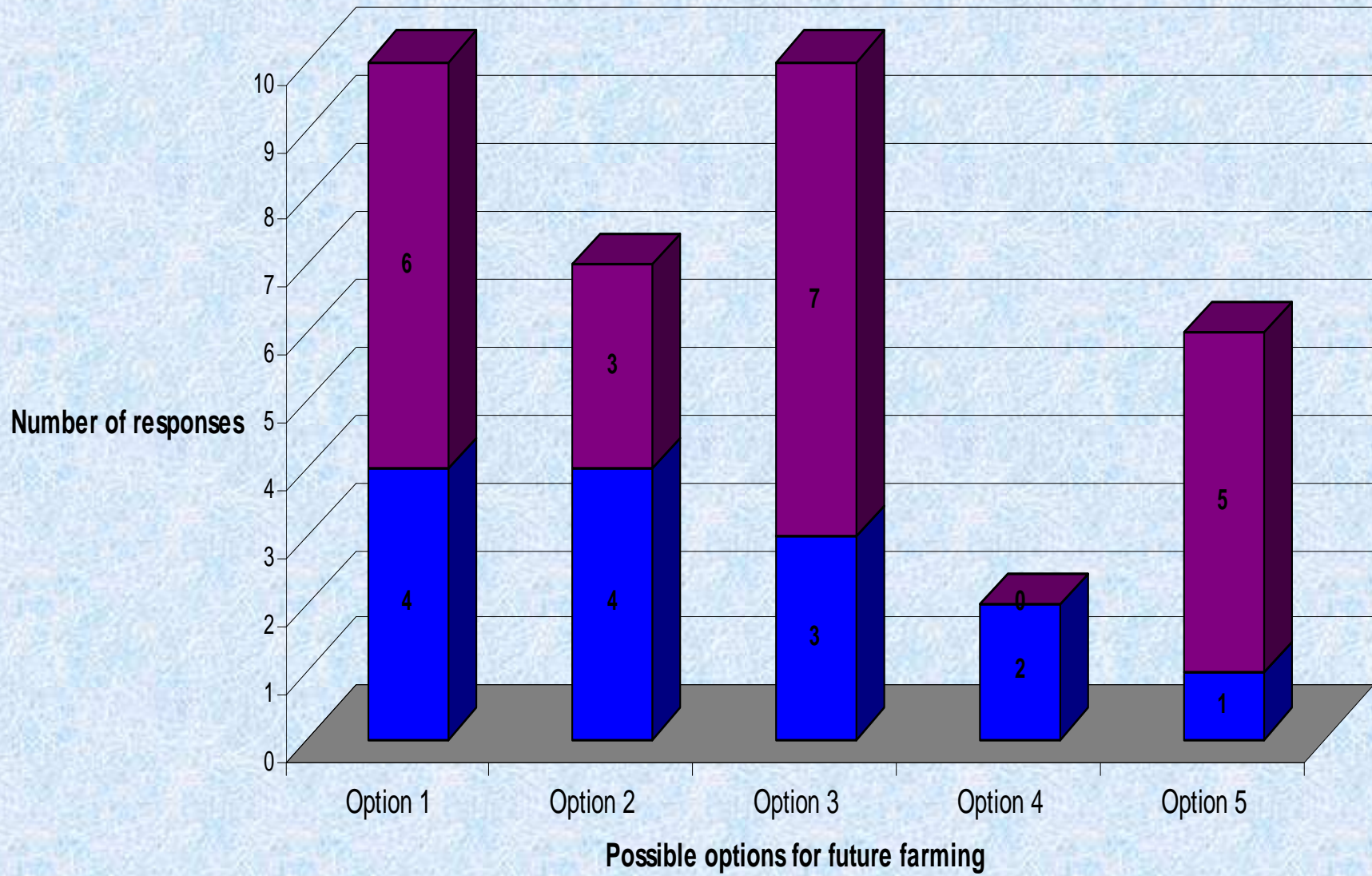
Comments made for not wanting to work in the garden or maybe working there included;

“already working”.

“something to do”.

Possible options for future farming opportunities

- 1. Jumbun leases out the land to a farmer who may offer some work to members of the Jumbun community (similar to what happened with the watermelons).**
- 2. Jumbun Limited provides a small wage to assist with the market garden. At the end of the season you then get a bonus from the sale of the crop.**
- 3. Jumbun Limited provides a block of land for you and your family to work and supplies cultivation, irrigation and fertiliser but no wages. You provide the labour in your time and then keep the profits from the sale of the produce.**
- 4. None of the above – it's easier to go and work on a farm in the neighbourhood and get paid full wages up front.**
- 5. None of the above – I'm not interested in farming.**



■ Males ■ Females

Fresh Produce

- *“Keep on growing bigger and bigger”.*
- *“We get better vegies and cheaper and get the very best you can get”.*
- *“Keep it going because it’s fresh and chemical free”.*

Work Opportunity

- *“Easy and convenient for me”.*
- *“Would like it to get up and running again”.*
- *“I would like to see more workers for the market garden and workers get more wages”.*

Community Benefits

- *“Happy to have a market garden here in the community for the people of the community”.*
- *“Market gardens are an excellent idea, it is a health benefit for any Aboriginal community. Fresh is best and it bought up the level of understanding as to how important vegetables is in our diet”.*
- *“Would like it to run again ‘cause it’s fresh veggies for Jumbun”.*

Key informant issues

- Farming option - *“I see us in farming, with maybe family groups taking on small bits and making some financial reward for them. I see us involved in farming – Jumbun farming!”*
- Positives - *“Satisfaction – fresh fruit and vegetables for the community. There was a lot of concern in the community about chemical inputs with a lot of the community working on farms in the area and worried about massive chemical inputs and people getting sick over the years from it. Seeing their own people growing the vegetables here. People are very shy here and at first they would come along and volunteer their time to be in the garden.”*
- Health – *“Before the introduction of the market garden there was a low intake of fruit and vegetables now people have better access to the garden and are eating more fruit and vegetables”.*

Recommendations

- A range of key stakeholders are identified to have 'buy in' to the Jumbun market garden and commercial garden and their input could provide a sustainability aspect to the project.
- Queensland Health and Education Queensland develop and implement nutrition and learning programs to compliment the project.
- Queensland Health develop and implement health education and health promotion programs to reinforce the importance of fresh fruit and vegetable intake.
- Queensland Health re-introduce cooking classes to demonstrate the use of preparing and cooking local produce and provide health information about the benefits of fresh produce.
- A mentor and support program is offered to Jumbun Limited to develop farm management skills and develop internal business capacity.
- The Indigenous Land Corporation and Indigenous Coordinating Centre negotiate and implement realistic timeframes for funding.

Acknowledgments

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- **Marcia Jerry, CEO Jumbun Limited**
- **Cameron Smart, Jumbun Farm Advisor**
- **Elizabeth McCullough, Qld Health**
- **Kerry Reid, Lesley Grant and Melanie Muriata**
- **Jumbun community members**

