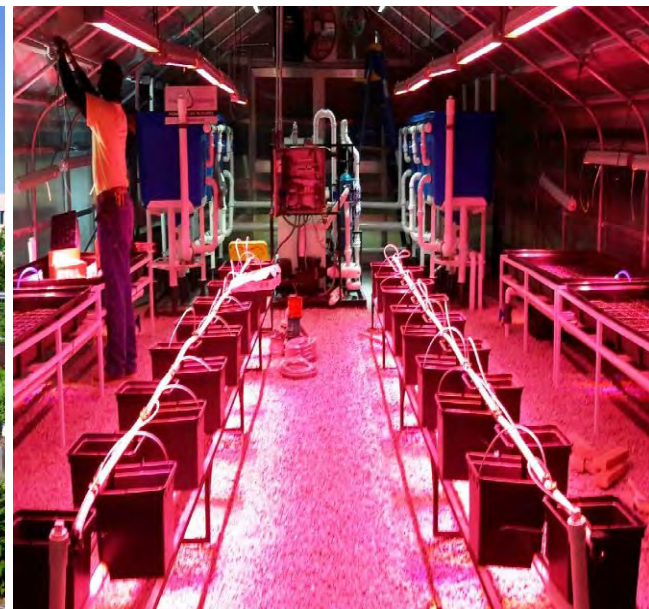
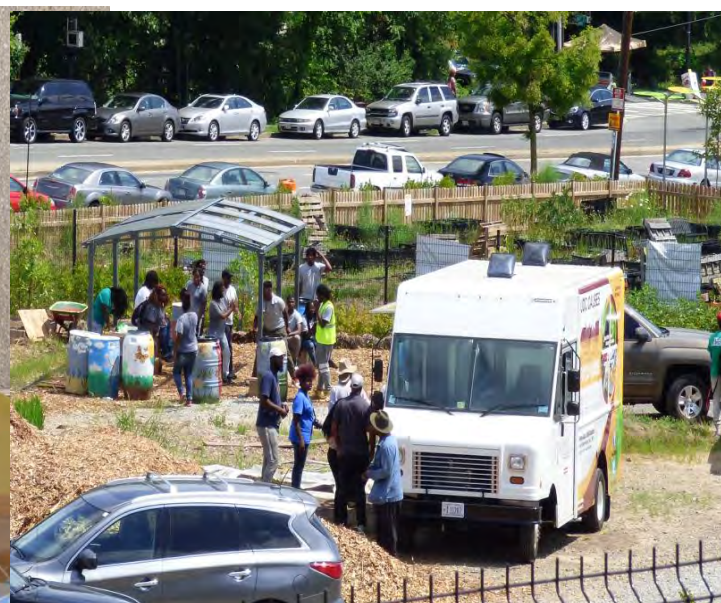


Restorative Urban Agriculture

Sabine O'Hara

April 18, 2022



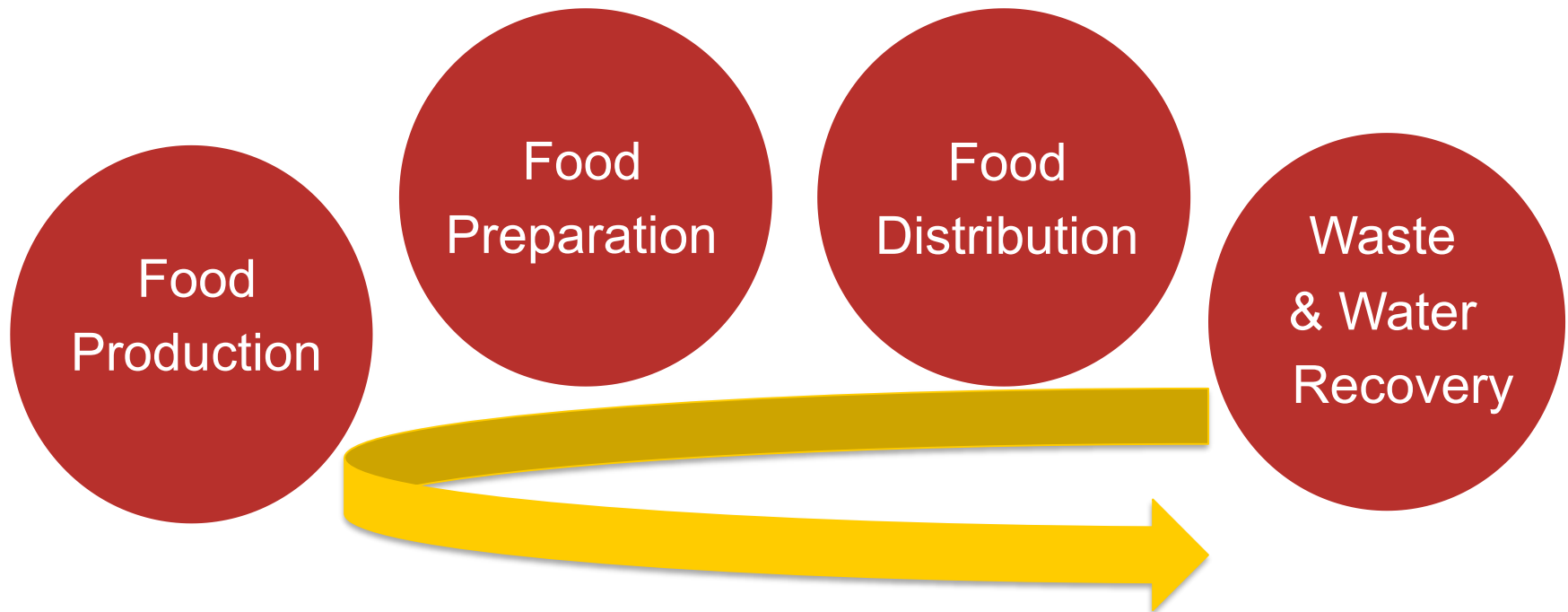


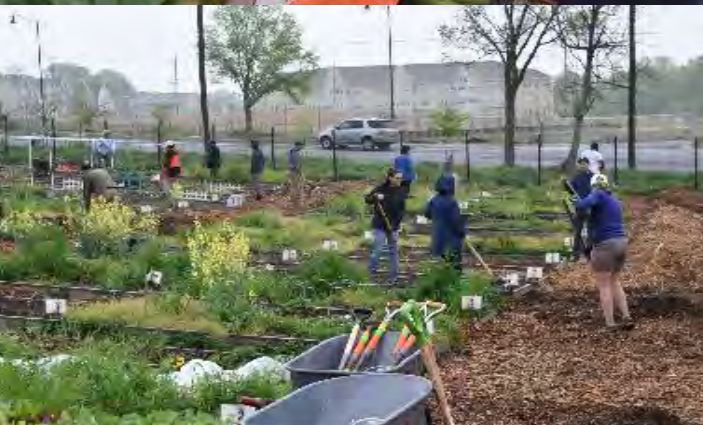
Why Cities?

- Urbanization continues
- Compensatory areas are depleted
- Cities must become sustainable

Why Food?

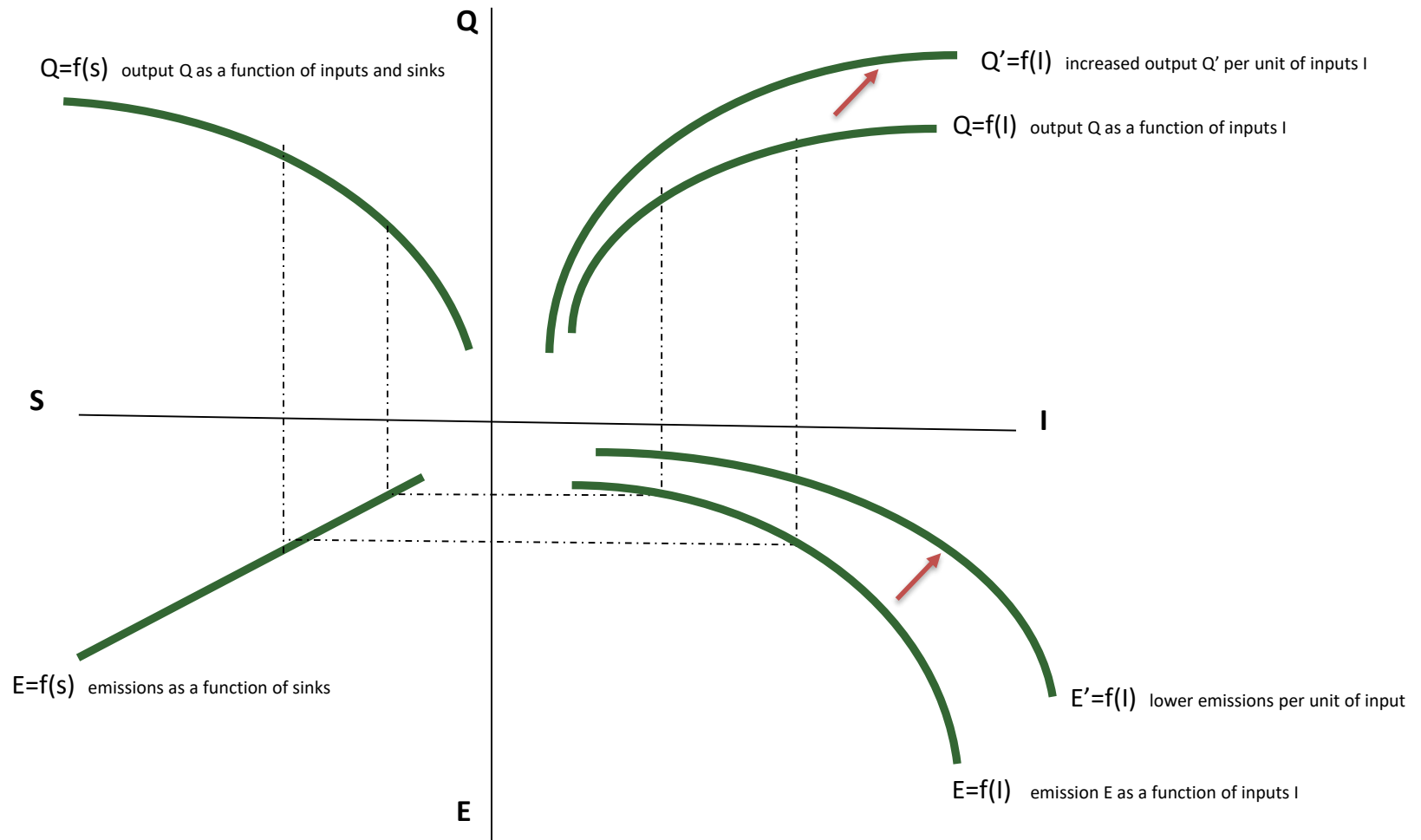
- It's unavoidable
- It is a source of energy
- It fuels our economy (25% connected sectors)
- It connects us to nature
- It can make us sick
- It uses 70% of the world's fresh water
- It emits 25% of the world's CO₂
- It's supply chains are highly vulnerable
- It is unequally distributed (20% insecurity DC)
- It creates too many has negative externalities





Decentralizing Food

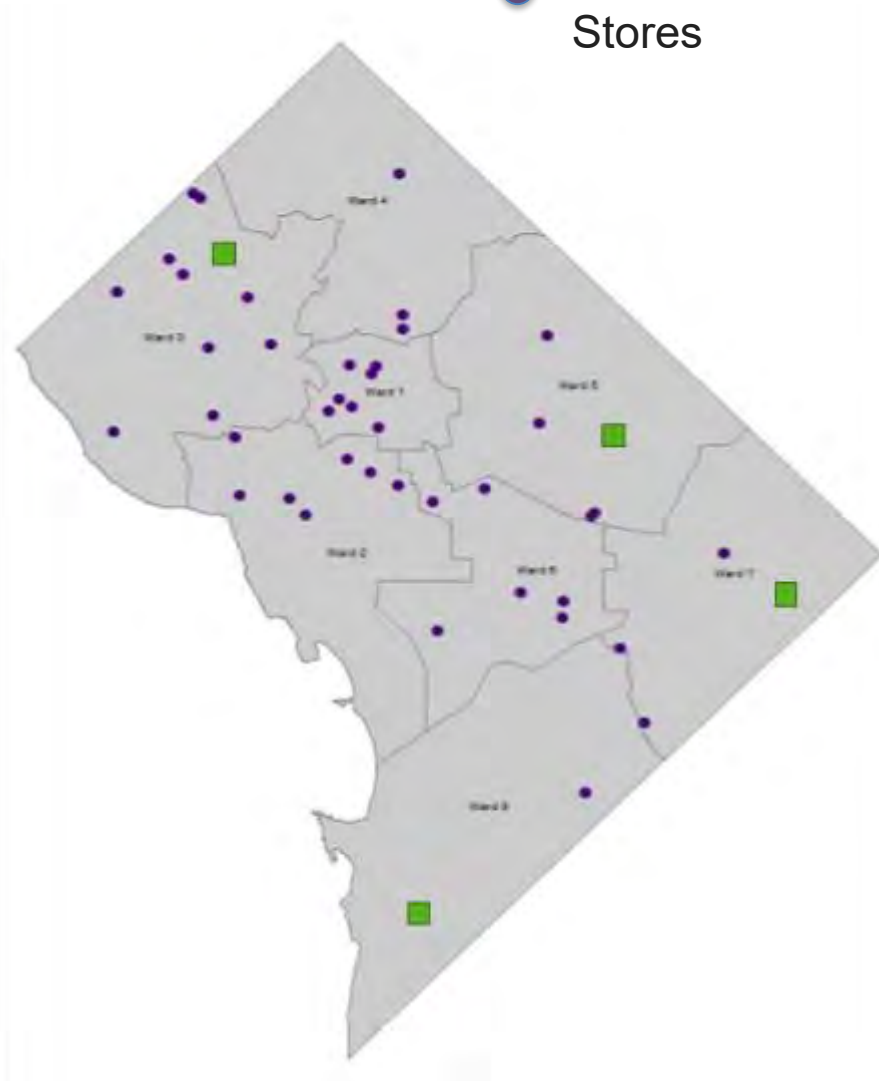
Restorative Food Model



Where?

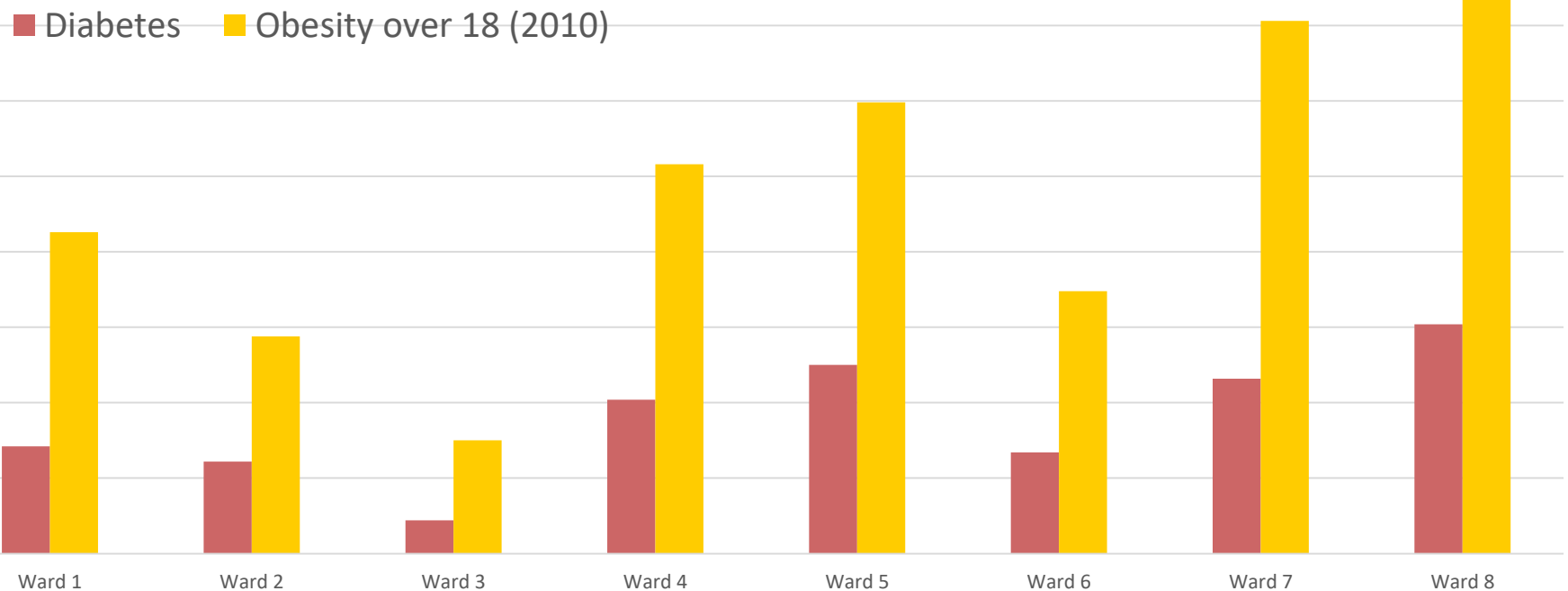
■ Urban Food Hub location

● Full-service Grocery Stores



Reducing Disparities

Percentage of Population with Obesity & Diabetes



O'Hara, S. 2018, The Five Pillars of Economics Development

The 8 Wards of Washington DC

Demographics	Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Ward 7	Ward 8
Population	82,859	77,645	83,152	83,066	82,049	84,290	73,290	81,133
Black (non-hisp.)	33%	10%	6%	59%	77%	43%	95%	94%
White (non-hisp.)	40%	70%	78%	20%	15%	47%	2%	3%
Hispanic	21%	9%	8%	19%	6%	5%	2%	2%
Asian	5%	10%	8%	2%	2%	5%	0.3%	0.5%
Household Income	\$114,000	\$210,000	\$260,000	\$123,000	\$82,000	\$141,000	\$57,000	\$45,000
Unemployment	5.1%	3.8%	3.7%	9.8%	14%	6.2%	19%	22%

?

O'Hara, S. The Five Pillars of Economic Development

Food Connects 2050

a nature based food economy
for Washington DC

HOW?

Our dream for the 8 wards of Washington DC are projections of a future in which the whole food system is connected and connective. We believe the power of food is the strongest driver to bring about changes.

The Urban Food Hubs has demonstrate the systemic approach needed to build capacity as improvements in economic capacity and quality of life are inextricably linked the environmental -physical and social cultural context condition of local communities

Ward 1

Food connects the wards

Automated fresh food mobility center

Ward 2

Food connects economy and the world

Serving local food

Ward 3

Food connect people and the world

Removing barriers, celebrating food culture

Ward 4

Food connects people and nature

Cool and green neighbourhoods

Ward 5

Food connects economy and nature

City forest garden parks

Ward 6

Food connects natural resources and the world

Providing ecosystem services

Ward 7

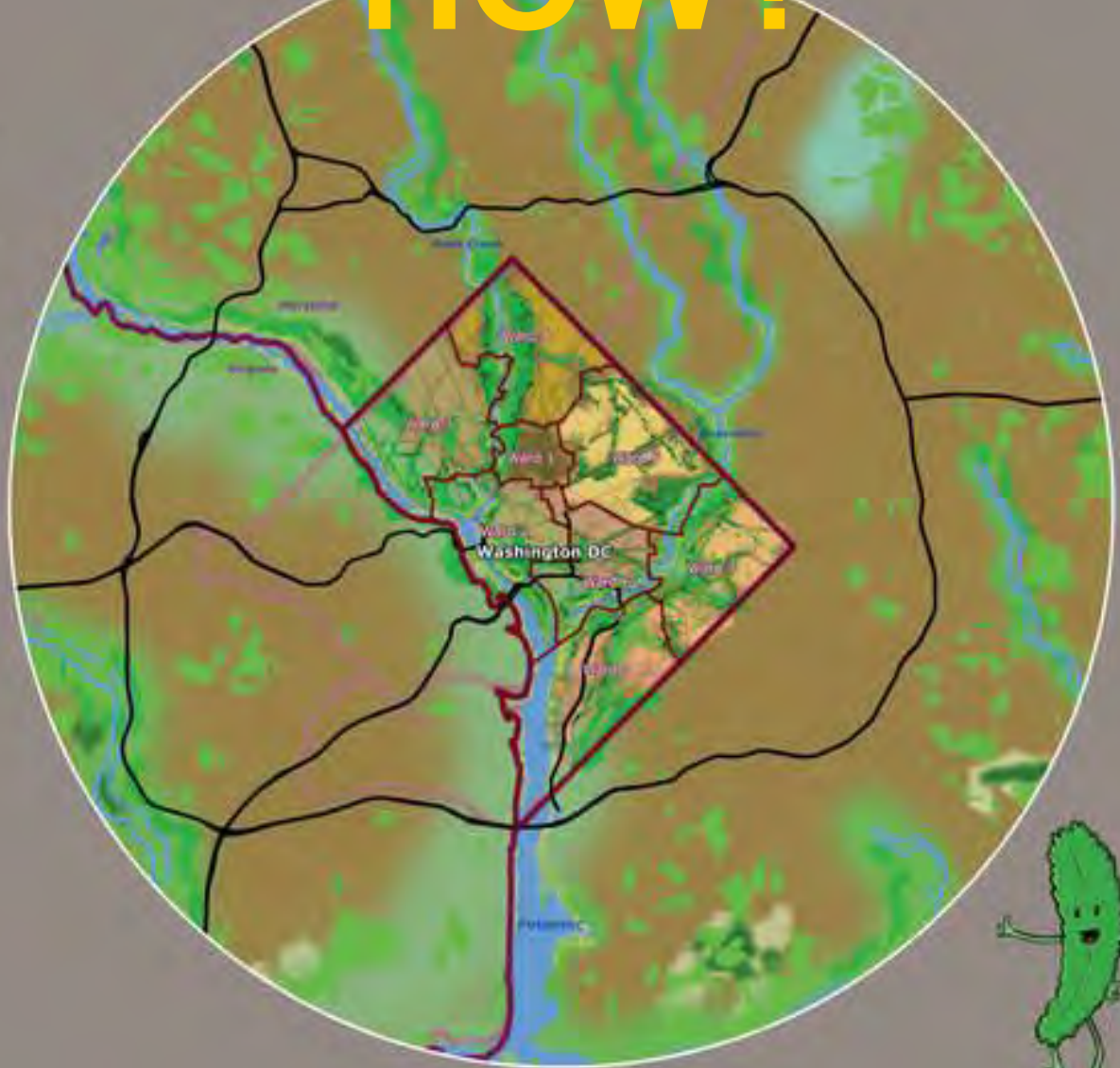
Food connects technology and economy

Ecosystems technolog8

Ward 8

Food connects people and people

Community access to plant based diets

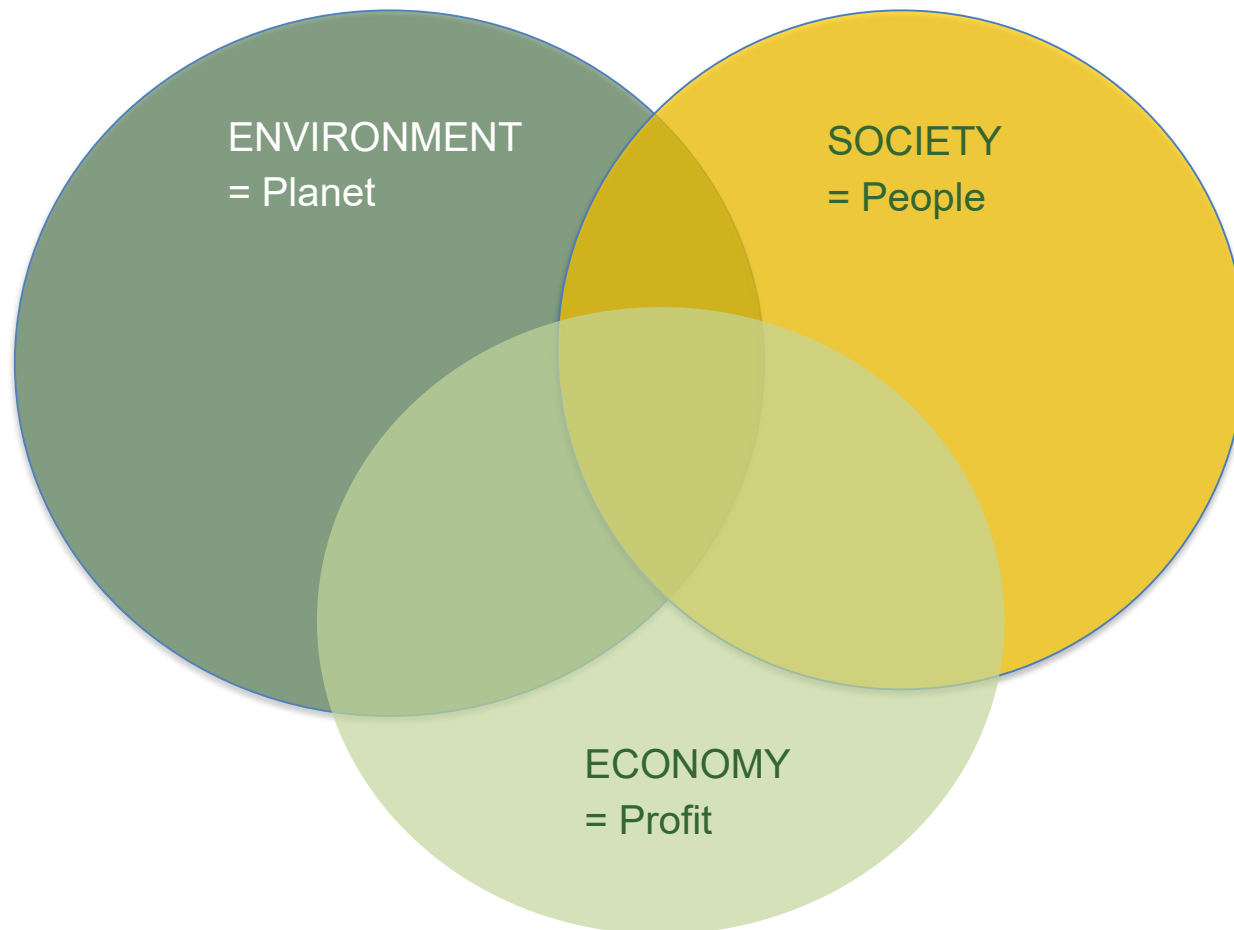




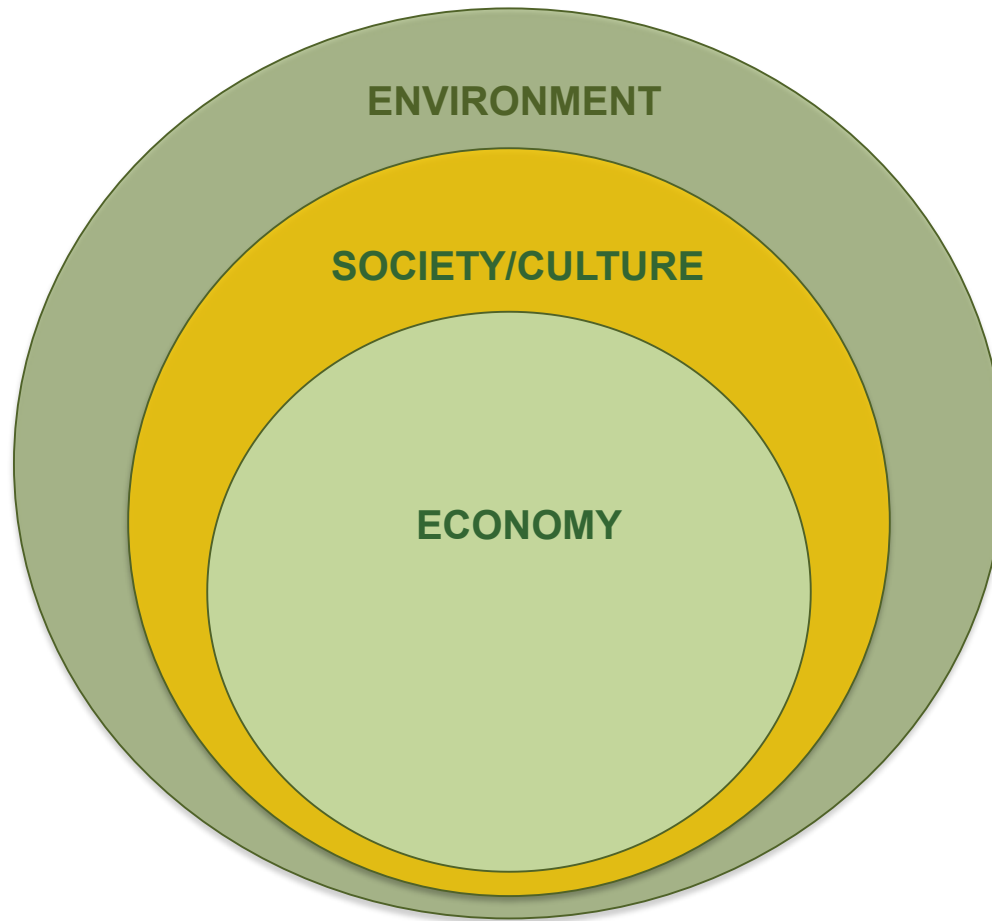
Environmental & Social Sinks

- Oceans (absorb CO_2 , process emissions...)
- Soils (absorb C, process emissions, filter water...)
- Plants (absorb CO_2 , release O, create micro-climates...)
- Our bodies
- Our families and communities

Sustainability as profits, people, and planet is insufficient



We need to recognize the systems hierarchies



Restorative Food Systems

- restore sink capacities
- improve public health
- alleviate disparities
- produce food where consumers live
- offer low investment alternatives
- lower the energy footprint
- reduce water use and food waste
- reconnect people and nature



UNIVERSITY OF THE DISTRICT OF COLUMBIA

COLLEGE OF AGRICULTURE, URBAN SUSTAINABILITY
AND ENVIRONMENTAL SCIENCES

Dr. Sabine O'Hara

Distinguished Professor & PhD Program Director
College of Agriculture, Urban Sustainability and Environmental Sciences (CAUSES)
University of the District of Columbia
Email: sabine.ohara@udc.edu