



Edible Gardens



Thank you for being part of the Edible Gardens Project!

All the data you collected is helping us to better understand *how and why* people grow food in urban areas. Thank you!

As a final 'thank you', here is your report. It has been completely customised for your garden, and includes as much information as we could pack into it!

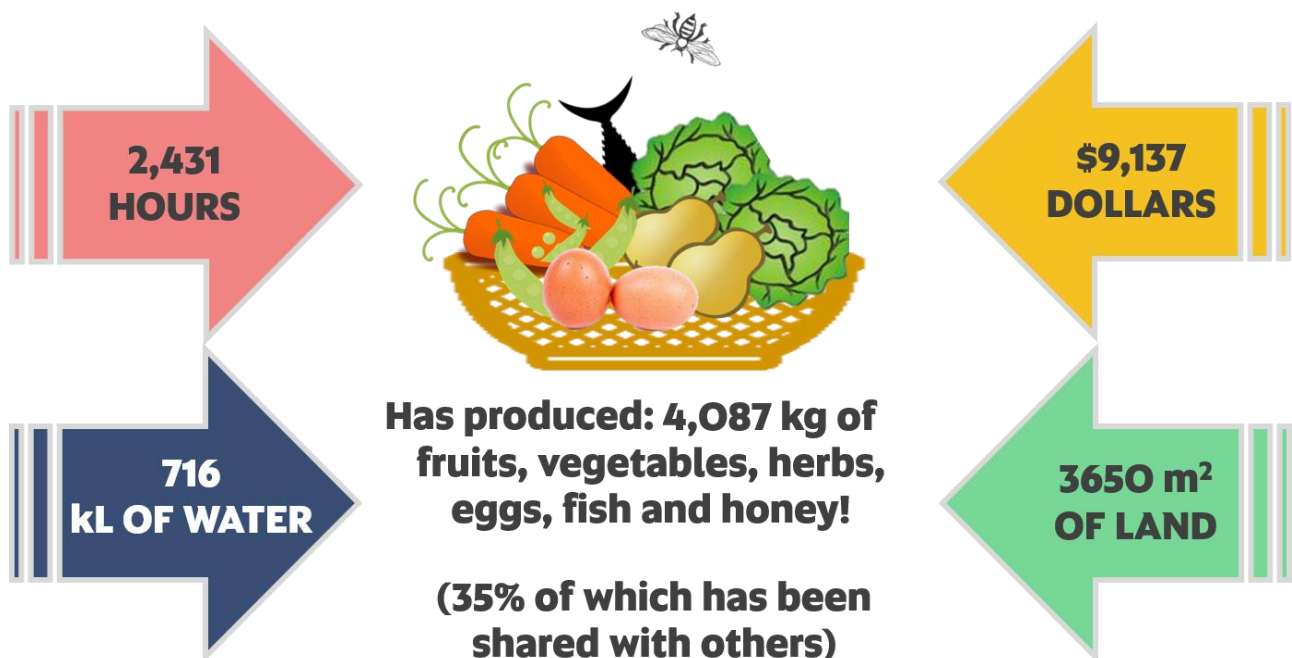
We hope that this experience has given you some food for thought about growing food in urban areas.

**All the best,
Georgia, Philip & James: The Edible Gardens Team**

Visit the Discovery Circle: www.discoverycircle.org.au
Or email Georgia at Georgia.Pollard@mymail.unisa.edu.au

Summary statistics from the *Edible Gardens* Project

Since November 2016 we've had 465 survey responses and 71 amazing gardens (like yours), register to collect data. The figure below shows some raw data totals.

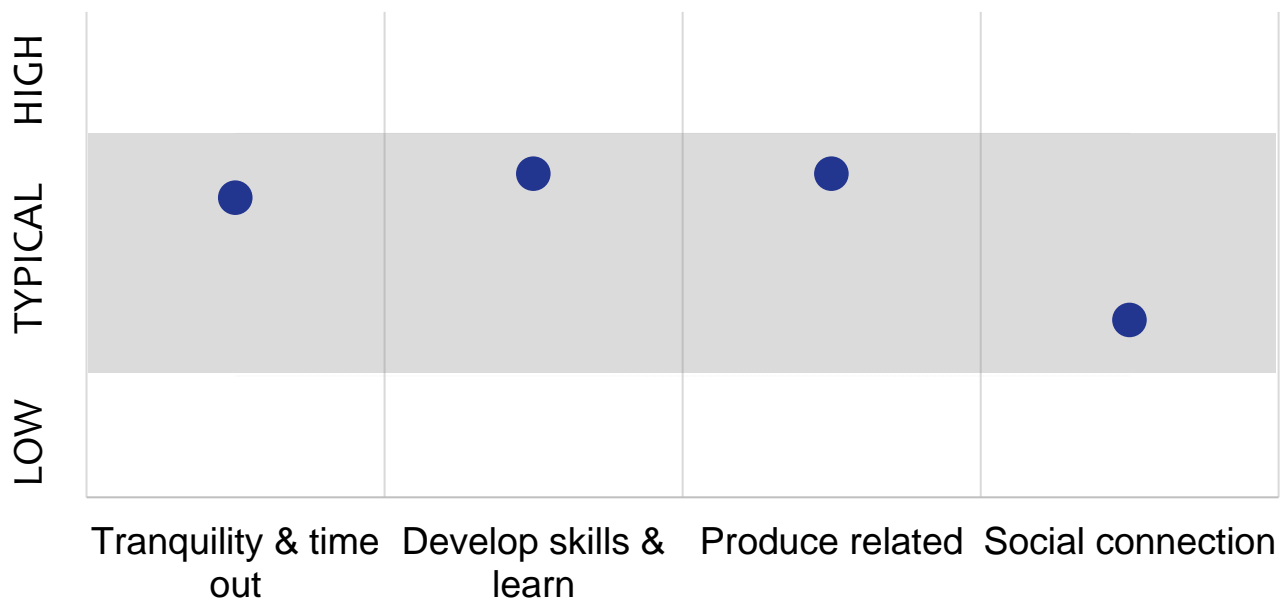


The online survey

Remember the online survey you did at the beginning of the project? We have some results for you. We asked you to rate how much you agree or disagree with some different statements about the value of growing food.

The next page shows the results for what you value about growing food, and how your gardening values compare with our other survey respondents.

What you value about growing food:



What this means

The survey statements were grouped into 4 individual factors using Factor Analysis. Below are some examples for each of the 4 factors.

Factor 1: Tranquillity & time out

- People with high scores tended to strongly agree with the value of slowing down in the garden to experience tranquillity, time out and reflection.

Factor 2: Develop skills & learn

- People with high scores strongly valued developing skills, learning and feeling independent by growing some of their own food.

Factor 3: Produce related

- This factor related to valuing healthy, fresh and tasty food and the pure enjoyment of food gardening.

Factor 4: Social connection

- This factor was showed the greatest difference between our home and community gardeners - community gardeners tended to place a higher value on social connection through gardening.
- People with high scores strongly valued their gardening activities as a way to meet new people, and to be around considerate people and other food producers.



Garden ID: 16 Total area (m²): 10 Length of data collection: (in days) 880

Garden Area No: Size: Production method: Typical crop: Water source:

1 5 Wicking bed Vegetables & Herbs mixed Mains water

2 5 Wicking bed Vegetables & Herbs mixed Mains water

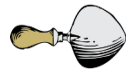
A summary of your total garden inputs:

Total
Inputs



13,487

L of Mains water at the Tier 2 price of \$3.370/kL = **\$45.45**

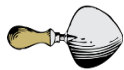
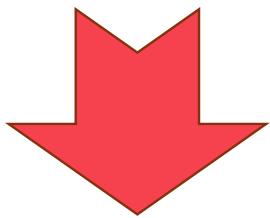


0

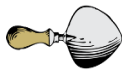
L of Rainwater

0

"Other" water



You recorded **\$858.00** in expenses (this may include your one-off costs, but not your water costs).



And spent **90.7** hours tending your food garden.

Over your 880 days of data collection you produced:

Total
Production



91.2 kg of food!



Worth **\$1,296.47** (based on data gathered at 2 SA supermarkets). Or if you compare it to the cost of certified organic supermarket produce: **\$2,852.23** (an increase of 220% in value).



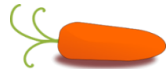
Your produce contains **64531** kilojoules (kJ) of energy (Average daily adult intake = 8,700kJ).



In addition to **884** grams (g) of protein (Average daily protein = 45-60g for women and 65-80g for men).

Per
m²

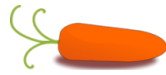
Your garden
produced:



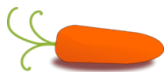
9.1 kg of food



Worth **\$129.65** (based on data gathered at 2 SA supermarkets). Or if you compare it to the cost of certified organic supermarket produce: **\$285.22** (an increase of 220% in value).

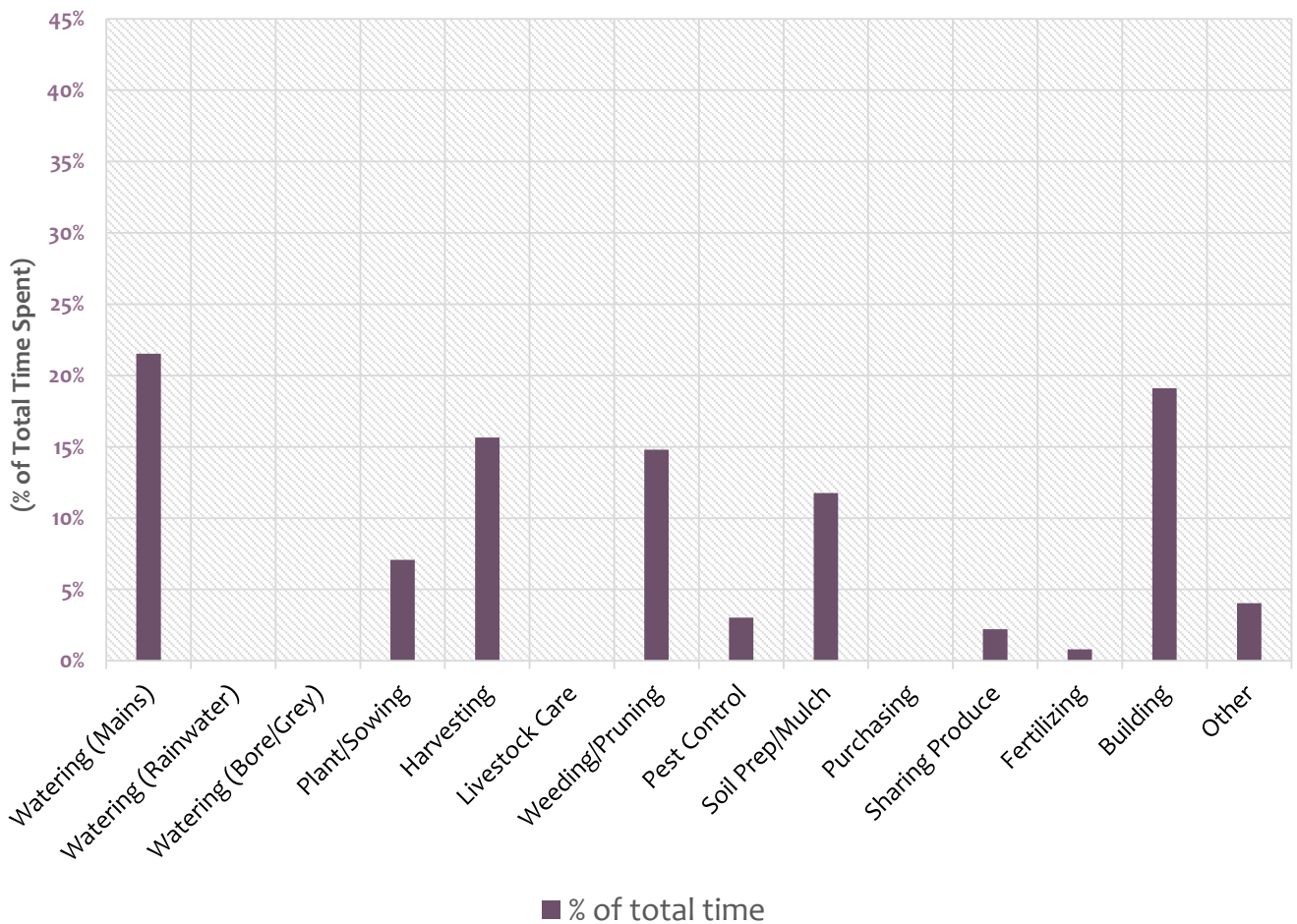


Your produce contains **6453** kJ of energy



In addition to **88** grams of protein

Your Time Spent per Activity

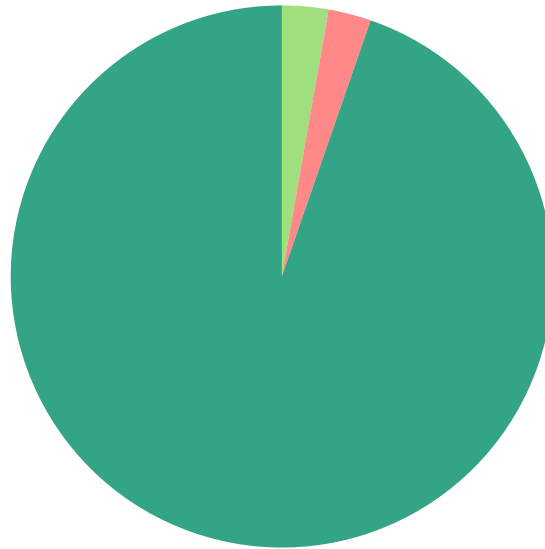


Most of your time was spent on Watering (Mains), Building and Harvesting.

Did you share any Food?

Of the **91.2 kg** you harvested, you shared **9.8 kg** with others.
That's **11%** of your total harvest

Proportion
of food
types
shared:



Herbs Fruits Vegetables Animal products

You gave the most food away to **family**

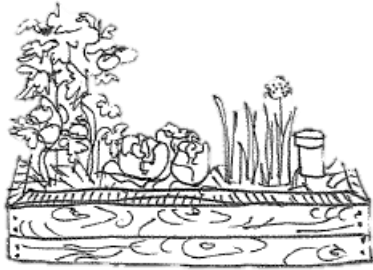
Notes

- In South Australia, **residential mains water** is priced in 3 tiers (Visit www.sawater.com.au to learn more). We used the middle Tier 2 price for water to calculate any cost of mains water used on your food garden. Of course depending on your household water usage, the actual cost may be slightly different.
- The **retail certified organic prices** were estimated using the overall average price difference (220%) from 2 SA supermarkets in May 2018. In Australia, supermarkets remain the major outlets for organic shopping (Google "Australian Organic Market Report 2017" to learn more about organics in Australia).
- For **unusual crops**, when no supermarket retail prices could be found, substitutions with similar crops were made. For example, unusual tropical fruits were priced as "bananas" and unusual salad greens were priced as "greens" (a combined average price of other greens).
- All the **nutritional information** (energy and protein) came from the NUTTAB Online Database (Google "NUTTAB Database" to look up additional nutritional information about all kinds of foods).

Your Area # 1 Wicking bed/s Results

In total this wicking bed area produced:

Total Production



39.41 kg of food



Worth **\$510** (based on data gathered at 2 SA supermarkets). Or if you compare it to the cost of certified organic supermarket produce (an increase of 220% in value): **\$1,122**

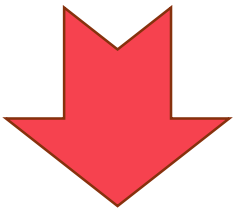


Your produce contains **28519** kilojoules (kJ) of energy (Average daily adult intake = 8,700kJ).



In addition to **423** grams (g) of protein (Average daily protein = 45-60g for women and 65-80g for men).

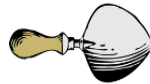
Total Inputs



Your wicking bed area required:



6082 litres of water



\$226 in expenses (this may include your one-off costs, but not water costs).



48 hours to tend

Per m²



7.88 kg of food



Worth **\$102.01** (based on data gathered at 2 SA supermarkets). Or if you compare it to the cost of certified organic supermarket produce (an increase of 220% in value): **\$224**



Your area produced:

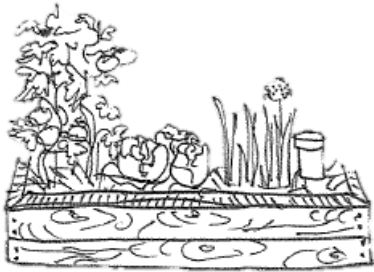
Containing **5704** kJ of energy



And with **85** grams of protein

Your Area # 2 Wicking bed/s Results

Total Production



In total this wicking bed area produced:



51.76 kg of food



Worth **\$786** (based on data gathered at 2 SA supermarkets). Or if you compare it to the cost of certified organic supermarket produce (an increase of 220% in value) **\$1,730**

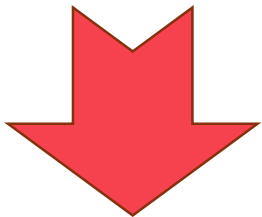


Your produce contains **36012** kilojules (kJ) of energy (Average daily adult intake = 8,700kJ).

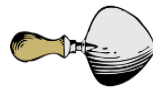


In addition to **462** grams (g) of protein (Average daily protein = 45-60g for women and 65-80g for men).

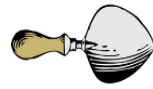
Total Inputs



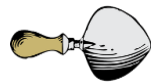
Your wicking bed area required:



7404.9 litres of water



\$348 in expenses (this may include your one-off costs, but not water costs).



43 hours to tend

Per
m²



10.35 kg of food



Worth **\$157** (based on data gathered at 2 SA supermarkets). Or if you compare it to the cost of certified organic supermarket produce (an increase of 220% in value): **\$346**

Your area produced:



Containing **7202** kJ of energy

And with **92** grams of protein



Edible Gardens is a Discovery Circle project supported by:



Natural Resources
Adelaide and Mt Lofty Ranges



**Government
of South Australia**
Department for Environment
and Water



This research was also supported by an Australian Government Research Training Program (RTP) Scholarship



**University of
South Australia**

Visit the Discovery Circle: www.discoverycircle.org.au