Urban agriculture 'Gemüsewerft'
Generating mental health, local food and added values by planting crops within the city limits

Michael Scheer (michaelscheer@t-online.de)
gGesellschaft für integrative Beschäftigung mbH
Diagnosis of participants (ICD 10)

F00-09 = Organic, including symptomatic, mental disorders
F10-19 = Mental and behavioural disorders due to psychoactive substance use
F20-29 = Schizophrenia, schizotypal and delusional disorders
F30-39 = Mood [affective] disorders
F40-49 = Neurotic, stress-related and somatoform disorders
F60-69 = Disorders of adult personality and behaviour
Age distribution of participants

- 24 in 40-49
- 8 in 30-39
- 7 in 50-59
- 3 in >60

Income of participants

- 18 in GS
- 18 in EMR
- 5 in GS+EMR
- 1 in Sonstiges

GS = social welfare
EMR = pension for reduced earning capacity
Framework / regulations

- you have to be a benefit recipient (SGB XII = non-employable)
- 3-30 working hours per week (but not under conditions of the 1st labour market!)
- we receive a remuneration per person and month
- trade-specific staff + social workers
- not socially-secured work but caretaking service
- no qualifications needed
- no pressures on efficiency or productivity
- BUT: punctuality + liability
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2.400 / 2.600 qm
300 qm bunker
10 / 3 years contract
NO RENT!
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Gemüsewerft.de

1930

2016

Ale No. 2

Ein Original Hopfenfächer

Brauerei Braumanufaktur

Markus Frebels

Meinericher Weg 23

28215 Bremen

www.brauerei-braumanufaktur.de

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UARC @ N49°38′ / E11°17′
Urban agriculture research consortium
Bring back agricultural competence into cities
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MITTAGSMENÜ

Es ist europäische Brasserieküche. Gute Produkte, einfach, schnell, gut. Geschmack oder Knackig?

-Hauptsache frisch! Keine kompromisslos im Bereich der Produktswahl, -gute und -herkunft
und etwas kreativ in der Zubereitung!

Mittagskoch vom 11.-14.8.2015, 2-Gang-Menü

- Tagessuppe (groß 5,90)
und
Spinat-Ricotta-Ravioli mit Salzbackbutter & Petersilie 8,90
oder
Gebackene Zucchini aus der Gemüsewerk mit Couscous, Tomate, Schafskäse & Joghurt 8,90
2015 / 2.400 qm

1. Urban harvests can only partially cover urban demands
2. Urban farms cannot cover their costs solely by selling vegetables
How can urban agricultures promote health?

- enable access to greenspace
  (hospitality and 'therapeutic' effects of gardening)

- environmental justice
  (access for minorities and people with low income)

- healthy food
  (ecological planting, regionality, traditional + rare seeds)

- within the welfare system: health by inclusion
  (work / occupation / leisure = daily structure)

- increase biological diversity

- promote 'ecological behaviour' among citizens

- reduce negative effects of densification
  (soil sealing, CO$_2$-reduction, micro-climate)

- added values
  (participation / leisure: cultural + political events / science: future labs / urban planning)
How can we measure health improvements?

**Fig:** Development of the average presence at work (A) in relation to excused (EA) and unexcused (UA) absence (n=53)
How can we measure health improvements?

**Fig**: Averaged working quantity (in h/month) across three years for six women (grey) and three men (black). Red = overall average
How to reach (economic) sustainability?
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- added values  + costs  + own income  + fulfillment pressures

community/ intercultural garden

urban farm

urban farm (aquaponic)

(98%)  600 urban agricultures (urban gardening)  (2%)  ?
Sustainability of the Urban Gardening movement?
- about 600 projects in Germany
- strong popularity BUT very thin ice
- most are voluntary without payments (98%?)
- economically sustainable urban agricultures are VERY low in numbers

Problems

General
- rules: (occupational+) safety, planning permission, certifications (Bio, HACCP)
- (longevity of) contract (=important for funding)
- (size of) ground (=important for productivity)

Investments
- electricity
- (drinking) water
- restroom / sewer junction
- equipment + operational materials
- fence
Problems

Operational costs
- staff
- energy + water
- seed + (biological) fertilizer
- insurances
- certifications
- transport
- rent

Further
- vandalism + theft + intrusion
- no / low / restricted income
- limited agricultural competence
- low agricultural productivity
- structural stability (human ressources, aims, unity)
- missing links with urban planning / politics
How to reach economic sustainability?

Selling products and services
- food but focus on niche products
- primary products for beverages
- create cooperations with buyers (gastronomies, brewers)
- education
- garden construction
- seed sales / pop-up stores
- events (garden dinners, seminars, conferences)

Include the social welfare system
- create deals with social service providers

Communicate the idea + increase popularity + do marketing
- media
- create added values (cultural, artistic, political events)
- install participation + involve clients
- involve politically + become a part of urban planning
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'Seaside Planters – a transitional maneuver on board of Tito's Galeb' (decision in progress..) 

(2016–2020)