



# Interim Study: Urban Agriculture

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# My Story

## My Family

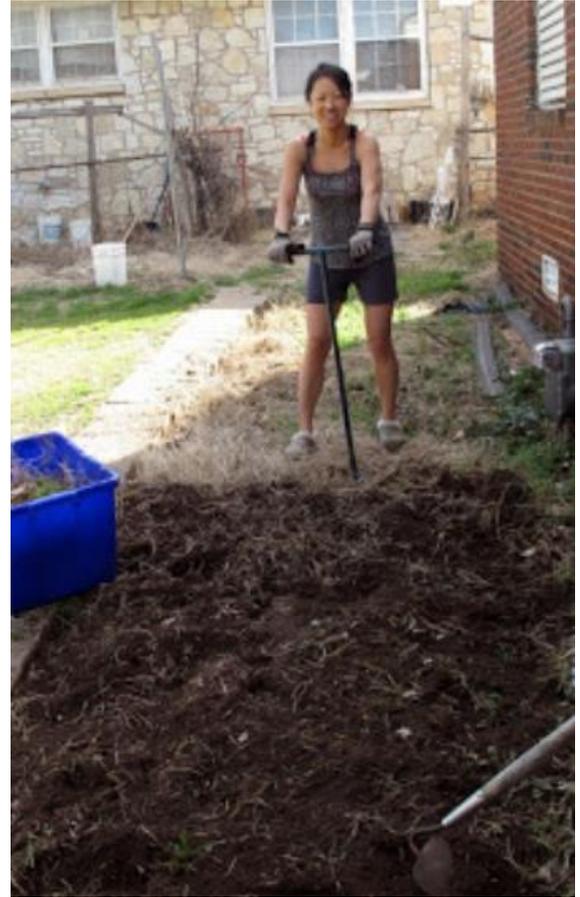
- Grew up in Vietnamese household
- Raised with emphasis on fruits and vegetables and home-cooked meals
- Family always had a garden

## My Self

- Pursued a career in IT
- Came home to care for my family
- Saw the transformative power of fruits and vegetables
- Became a farmer to learn more (Essex)

# Home Gardening:

## Springtime Bed Prep with mom and sister



# Impact of Fresh Produce



- Full time caregiver for home-bound elderly mom
  - Managed her diabetes type II, high blood pressure, and high cholesterol through diet of all home-made meals using fresh produce.
  - Eliminated use of prescription drugs under care and supervision of primary care physician and weekly at-home nurse check ups and physical therapy.
  - Improved alertness and energy.
  - Purpose, meaning and empowerment through self-care.

# Impact of Fresh Produce (cont'd)

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- Full time caregiver for sister with stage IV breast cancer
  - 6 mos vegan diet with all fresh produce and dried herbs. Eliminated all processed foods, no alcohol, no added sugars, no added salt, Lifestyle changes included elimination of chemical soaps, shampoos, household cleaners, detergents, etc.
  - Diet and lifestyle changes followed up with 8 mos strong chemotherapy and 1 year mild chemotherapy.
  - 2016 – present: No detectable cancer. No medications.
  - Purpose, meaning and empowerment through self-care.

Figure 2: Oklahoma Counties Showing Food Deserts

# Food Deserts | Population Percentage

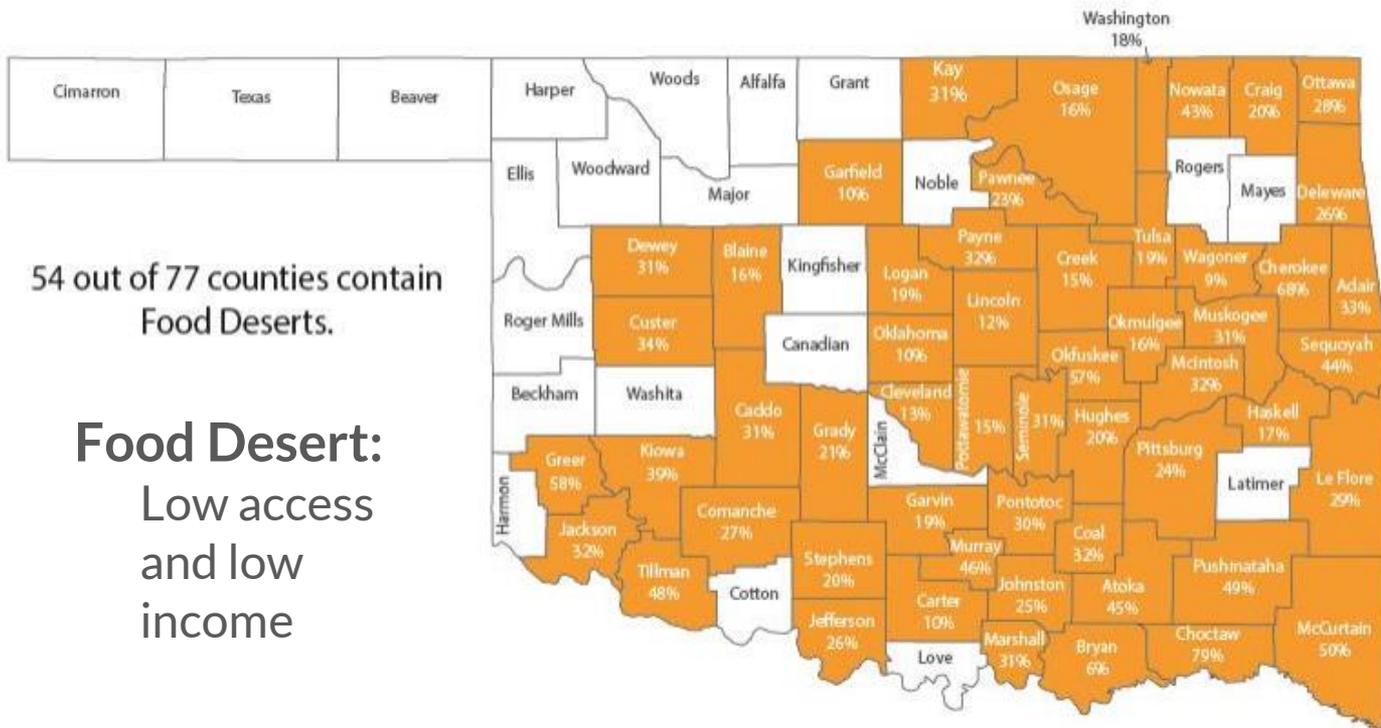
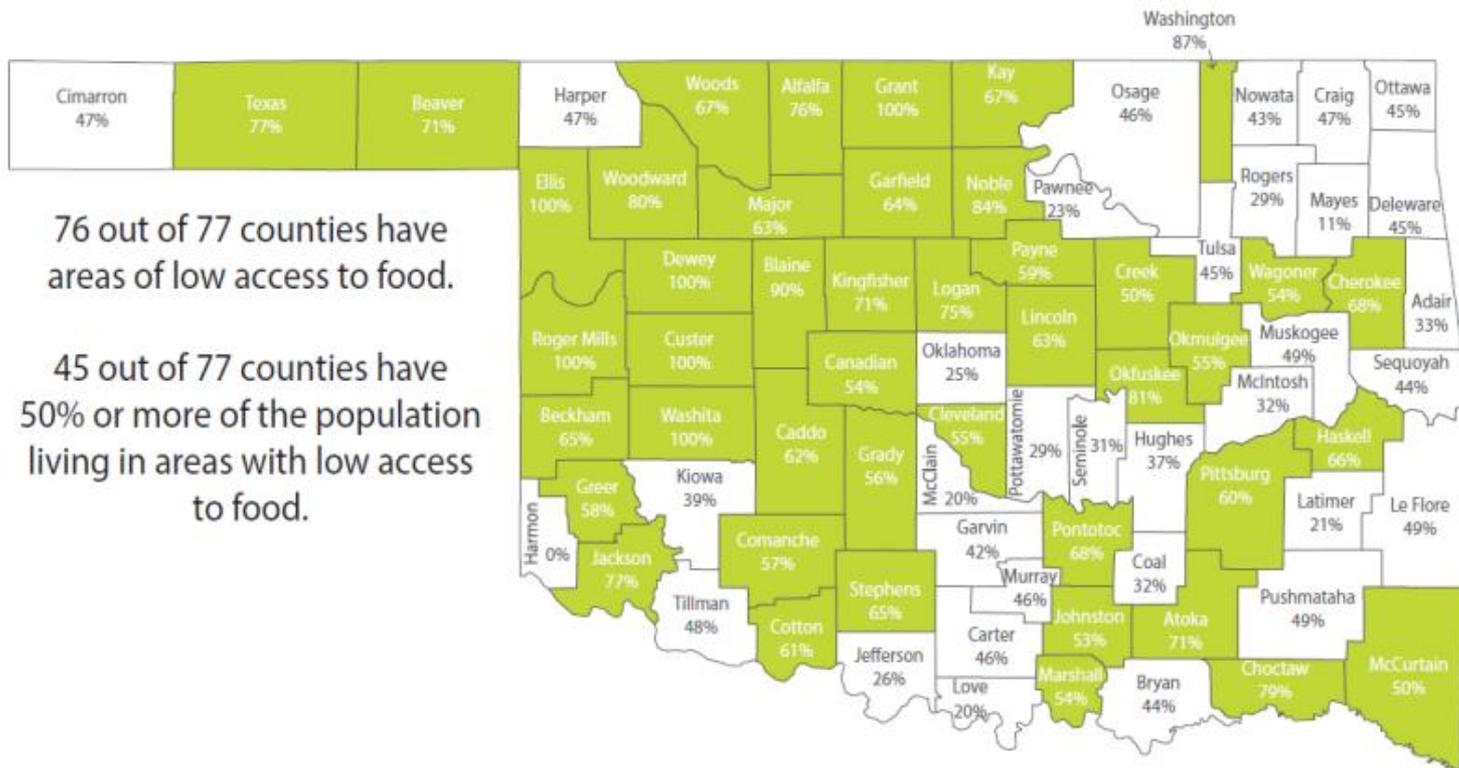


Figure 3: Oklahoma Counties Showing Low Access Only

## Low Access | 50% or Greater of Population



76 out of 77 counties have areas of low access to food.

45 out of 77 counties have 50% or more of the population living in areas with low access to food.

# Why Urban Agriculture

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- According to 2016 Census Bureau, 80% of population live in urban areas.
- Oklahoma City and Tulsa have lots of vacant land
- Makes sense to grow food where we live
- Small-scale farmers tend to sell close to where they grow

# Commonwealth Urban Farms

## 2019 Summer Veg



# Commonwealth Urban Farms

2019 Spring Veg



# 2019 Commonwealth Vegetable Production



- Acres under production: approx. 0.10 acres or 4425 sq. ft.
- Average 70 - 100 lbs produce per week
- CSA with 25 members for 32 week season
- 3 restaurant accounts
- Booth at Paseo Farmers' Market during summer months

# References

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