WATER WISE VEGGIE GARDENING

With Connie Kuramoto, brought to you by Team WaterSmart
WATER SECURITY & FOOD SECURITY: INTERTWINED

- Large quantities of clean water are required to grow & produce food
- More water is needed to process the food, make the packaging
- Conventional agriculture uses more water than organic farming methods that concentrate on soil health for water retention
On average we drink between 2 and 3 litres of water per day...
...but it takes **1500** litres of water to produce just **1** kilo of grain...
Litres of water needed to produce...
WATER FOOTPRINT

- Water is not only needed for drinking and washing...
- Growing food and producing goods all depend on water!
- Our water footprint is larger than simply the amount we use at home to shower with, wash clothes or flush the toilet...
- Everything we consume has a water footprint!
- Meat, coffee, jeans, paper

Direct vs. Indirect Water Footprint
Where does our food come from?

Main risks associated with major food production areas

- Floods/sea-level rise
- Water scarcity
- Pollution
- Loss of biodiversity
- Deforestation
- Desertification/droughts
- Loss/low soil fertility
- Erosion
- Land scarcity
- Cropland

Source: SOLAW, FAO 2011

And what is the water situation there?
HOW TO REDUCE YOUR WATER FOOTPRINT?

grow your own organic garden

eat local food.

Source: getlocalbc.org
Reducing Food Waste Saves Water

- Roughly 30% of the food produced worldwide – about 1.3 billion tonnes – is lost or wasted every year.

- Caused by poor storage or transportation mishaps...

- Or simply people taking too much and throwing the rest away

- Not just the food is wasted... but the water and energy that went into producing it!

People are less likely to throw away food that they have grown themselves
PESTICIDE FREE

- Water Wise Veggie Gardening is not only about reducing usage.
- It is equally important to protect quality!
- Healthy soil is the best way to mitigate need for pesticides....
- Keeping chemicals out of our waterways.
Grow your own! It is the water smart thing to do....

Our presenter today:
Organic Master Gardener
Connie Kuramoto