

Urban Agriculture: As A Transformation Strategy For Social Construction And Improvement Of The Quality Of Life In Vulnerable Communities In The Urban Area.

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Abstract: Currently, global displacements made by the inhabitants of the countryside to cities has increased mainly in developing countries, this phenomenon leads to a growth of communities that make up the urban area in vulnerable conditions, requiring more goods and services, as indicated by Clavijo (2013). For this reason, alternatives are sought to improve the quality of life in the communities, helping to maintain their identity and the customs of families. In this sense, the present work aims to publicize urban agriculture as a viable strategy that favors progress, addressing its concepts, origins and the evolution it has maintained, as well as experiences gained by countries that

Implemented it and the different factors (social, economic and environmental) that Influence their development, highlighting that urban agriculture contributes to the improvement and sustainability of the most vulnerable communities in the urban area.

Key words: Communities, development, social construction, sustainability, urban agriculture, vulnerability.

1. Introduction

In recent years, urban agriculture has been highlighted in the different cities of the world as a strategy to be implemented to contribute to the development of some places that seek viable solutions to problems of food crisis and social problems as consequences of the changes caused quickly through of time, caused by numerous variables that imminently affect cities.

According to Morán (2010), he mentions that «the city must be considered from a systemic perspective, which attends to the cycles of urban metabolism, to the territorial context and to the cultural and identity processes of the societies that inhabit them. Attending to these processes taking into account the relationships and synergies that occur between them, seems the only way to effectively affect an ecological urban regeneration, which should be the next great urban revolution. "For this reason the importance is highlighted to take into account each of the factors that make up the processes of change in societies, in order to understand them and find the most appropriate way

to intervene in crisis situations which interfere with the development of the communities themselves.

In addition, Morán (2010) considers that «the relationship between city and countryside is one of the main factors that define human societies. Since its inception, the city has been closely related to agriculture. "Based on the above, it is worth highlighting the relationship that has always been established between the countryside and the city, which since its inception has been linked by a fundamental practice carried out between the different communities that have existed agriculture.

But what is the current concept of urban agriculture, so far many definitions have been found about its meaning, among some authors who have worked on the subject, it is intended to make known the definitions given by FAO, the AGUILA network, the José Celestino Mutis Botanical Garden, among others; that address and describe many characteristics in common, related to what urban agriculture is. On the other hand, this concept is also linked to other topics such as agroecology, alternative agriculture and sustainable development, all with the same purpose of preserving natural

resources, contributing to food security and increasing the income of families. Likewise Zaar (2011) considers it "the concept of urban agriculture is linked to issues such as sustainable development, food shortage, ecological agriculture, environmental education, quality of life, environmental degradation, among others."

With respect to its origins, urban agriculture took place from the 19th century and the beginning of the 20th century on the basis of a series of historically given events, which is why this activity has been put into practice in several circumstances that have occurred over the years all in developing countries, used as a solution tool to counteract the damage caused and tolerate the changes caused by humanity itself in its environment.

According to Méndez et al. (2005); Gómez (2014), the five main reasons of origin of urban agriculture are: the economic need, the urban absorption of the rural environment, the result of institutional action, the use of available resources and the expression of rural backgrounds. For these reasons the importance of carrying out the practice of urban agriculture in cities is recognized as an element of contribution to the development of the most vulnerable communities.

On the other hand, urban agriculture has some precedents in countries such as Canada, Spain, England, Cuba, the Dominican Republic, Peru, Argentina, Mexico, Venezuela and Colombia, which have obtained satisfactory results within the projects that have been carried out. With populations in high poverty rates, these experiences are an example to continue promoting this practice and continue contributing to social, economic and environmental development, through the adoption of new technologies that many researches have managed to consider.

Based on the foregoing, it is essential to know in urban agriculture the different factors: social, environmental and economic that make up several of the processes given in the populations, since by intervening in these factors in an integral way the conditions of vulnerability found in the urban sector they can change. This is what Portilla and Sañudo (2016) consider, stating that "The application of urban agriculture improves the living conditions of low-income people, being a strategy where the dimensions of territorial development are related: Environmental, Social and Economic, These three elements constitute a direct strategy to motivate environmental awareness. "For this reason, urban agriculture as an alternative solution manages to generate positive impacts that promote the improvement of the quality of life of the people who

make up the different communities established in the urban area.

2. Methodology

The present work used information obtained through some documented sources such as books, articles, theses and web content specialized in the topic of urban agriculture. We collected 18 articles from different countries related to the implementation of this technique that helped the development of urban communities and consulted theses based on research on the progress and impact that urban agriculture has achieved in recent years globally. With all the information obtained, it is intended to clearly demonstrate and show each of the aspects considered in this study about urban agriculture.

3. Development and discussion

3.1. The countryside and the city

The relationship between the countryside and the city has been closely linked since antiquity, but due to the evolutionary processes that have led different human societies, this relationship has been deteriorating.

However, "Humans, increasingly and in greater proportion become urbanites, cannot help but relate to their original environment, nature. Sooner or later a return to the natural environment is necessary "as Villace et al. (2014), in a certain way, independently where man considers directing and establishing his life either in the countryside or in the city, the contact with the natural according to Wilson (1984) is something vital and at some point the need of man to restore its connectivity with plants and animals.

On the other hand, many consider the city as the main axis where the greatest opportunities for achieving progress and obtaining a better quality of life are concentrated. Due to problems such as violence, natural disasters, economic losses, among other reasons, in recent years there has been an increase in displacements mainly in the developing countries of people living in the countryside to the cities. According to Terradas et al. (2011), affirms that "while in the richest countries the population of the cities represents 80% for a long time, in many developing countries (as in Latin America) fifty years have sufficed for the urban population to rise from 20 or 30% to that same 80%."

For this reason, understanding the process of urbanization is necessary to try to take it reasonably.

In this sense, "ecology allows us to study cities as a particular type of ecosystem and analyze their metabolism (matter and energy flows), a relevant information to try to understand, and maybe correct, the consequences of urban expansion" as indicated by Terradas et al. (2011). Therefore, it is possible that when considering the city as an ecosystem it is possible to understand its functioning and observe what kind of similarities it has with the field, in this way to be able to propose strategies that reinforce the alliance between the countryside and the city as a fundamental part to contribute to the future of nations.

4. History of urban agriculture

Urban agriculture has had several moments of peak in the history of humanity, to understand in which situations it has been appropriate to apply this technique and what functions it has performed it is necessary to review some historical events that occurred in different periods of time, noting that this practice continues taking place and being of great interest to developing cities.

Beginning with the industrial revolution, in the early twentieth century there was a phenomenon in the cities as a result of the migrations that rural workers made to work in the positions of the new factories. This phenomenon refers to the origin of the "orchards for the poor", according to Morán (2010), the urban gardens basically fulfilled functions of subsistence, health and social stability, designed to alleviate the conditions of overcrowding, insalubrity and lack of resources in the neighborhoods workers. From the above, the process of applying urban agriculture begins in the different cities that until then were consolidated and needed in some way to meet the food demand that increased along with the new changes accentuated by the expected global development.

Also, in 1864 the first association of orchards, known as schrebergarten, was created in Germany, was created in Leipzig to claim gardens within the city, understood as spaces for play and education, following the ideas of Dr. D.G.M. Schreber, a doctor and university professor, called attention to the social consequences that industrial urban growth was causing and the need for city children to have places to breathe fresh air and exercise. The association manages to acquire land for the establishment of the garden which was maintained by the children, but over time they noticed that the work was quite heavy for them and they decide that the families are responsible for cultivating these gardens. This initiative is rapidly disseminated by

other cities based on the formation of associations, as mentioned by Morán (2010), emphasizing in the above, the need of the populations to seek and generate spaces for the strengthening of the social sphere.

Later, in the United States in the aftermath of the economic depression of 1893, the mayor of Detroit offered land to the unemployed so that they could cultivate and thus obtain food. These lands were called potato plots. The strategy was repeated in other cities of the country and again this measure was applied during the Great Depression (1929-1935), a period in which they were called relief gardens or emergency gardens, as they point out (Morán 2010); Villace et al. (2014). Considering that urban agriculture has also been resorted to in situations of economic crisis, it should be noted how it turns out to be a timely and advantageous solution to any adverse moment.

On the other hand, during the First World War they began to practice urban agriculture in Germany, Great Britain and the United States, where the federal government promoted three programs: the orchard campaign for freedom (Liberty gardens), the school garden militias (US school garden army) and the women's militias (Woman's Land Army of America), which contributed to the final impulse of the women's rights movement that after the war would obtain the right to vote, they relate it (Hayden-Smith 2008) ; Villace et al. (2014). In this way, it is possible to highlight that urban agriculture was of great importance for this time, as a support technique for educational training and also as a source of evidence for women to obtain their equal rights that they demanded along with the recognition of hard work that they met.

In the same way, for the Second World War several activities were developed that promoted urban agriculture, for example, campaigns were carried out in Great Britain as the so-called "Cavad for victory" and in the United States with the "Gardens of victory", which aimed to raise awareness and educate citizens, through the preparation of bulletins, posters, radio programs and documentaries, as mentioned by Morán and Hernández (2011). Therefore, urban agriculture had another intervention, expressing with the elaborated campaigns the importance of continuing to advance and carrying out this initiative, despite the war conditions in which they were at that time.

Later, in the 1970s, gardens and urban gardens were established as a tool for community support, in relation to environmental quality, social cohesion and education. Again appeared in a situation of energy crisis, economic recession,

deindustrialization and suburbanization, led by community organizations and environmentalists, urban community gardens were built primarily in low-income neighborhoods, as reported Morán (2009). Hence, this close relationship between urban agriculture and ecology is recognized, which share many of the principles regarding the conservation of natural resources and the protection of community identity, and these are the bases that justify making one of the most beneficial practices as it has been emphasized over the years.

Instead, one of the citizen initiatives of greater impact was the one known as Green Guerrilla, an association founded in New York in the seventies, formed by people with environmental, ecological, social, and often artistic sensibilities. One of its objectives was to draw attention in evicted and abandoned places to promote through them an urban regeneration that had as main axis the sustainability, the respect towards the environment and the reinforcement of the community social bonds. For this, among other actions, literally bombed solar and roofs in depressed neighborhoods with clay balls in which introduced seeds, according to Richter (2013).

Also, in Europe similar initiatives were created, in Great Britain the movement of urban Farms and Community Gardens arose (City farms and Community gardens) that developed projects not only of orchards but also of breeding farm animals and horses in urban environments, incorporating a strong burden of environmental education through activities aimed at children, such as workshops or theater, Morán (2010). In Germany, between the 60s there was a large area near the Hamburg airport, with lots of small orchards, as Villace et al. (2014). In this sense, it is worth highlighting how communities tend to continue using and putting into practice traditional agricultural and livestock knowledge in order not to lose connectivity with the natural environment and with the cultural traditions that identify them.

Similarly, another of the important events in the history of urban agriculture took place in the city of Havana, Cuba in the wake of the fall of the Soviet bloc. This led to a food crisis, which was solved with the implementation of an urban agriculture system, through various tools, including the popular gardens, worked by groups of horticulturists by neighborhoods, which are given spaces in the city. According to González and Murphy (2000); Morán (2009), indicate that "The popular gardens not only put an end to the monotony of the available food, but even recovered traditional crops and introduced new species", on the other hand, the type of

agriculture that was developed has been organic and the progress achieved was succeeded through research programs and experiences of hydroponics or intensive gardens. In this way, the city went through a process of transformation by adopting urban agriculture as a source of improvement due to the need that arose from supplying food to all its inhabitants and having obtained it, which is why Havana is still one of the most exemplary cities to refer to urban agriculture as a viable strategy. Likewise, it is emphasized that within the search for formulas to increase the supply of food and reduce the environmental effects caused by the productive paradigm of the "green revolution", in 1996 created the National Group of Organoponics and Intensive Gardens, a movement of urban agriculture supported in the production of food on an organic basis, as mentioned by Rodríguez (2005); Hernández (2006).

These are some of the events historically given that show how urban agriculture emerged in the different cities of the world and from what situations this initiative was put into practice that helped to overcome many of the difficulties presented as a consequence of industrialization, of the crisis energy and economic, among other facts, carrying out numerous functions in the different periods of time, mainly in low-income communities. For this reason, even today, this technique is used, which is gaining strength every day given the population growth that is concentrated mainly in developing cities, according to the UN (2018), "Half of the world population (55%) now lives in urban centers; and by 2050 it is projected that about two thirds (68%) of all people reside in urban areas." On the other hand, Moran (2010), mentions that in the western cities urban agriculture fulfills functions mainly of leisure and, in some cases, of creation of employment or even of social insertion. In this way, urban agriculture is considered as well as supplying the food populations, it also fulfills other functions that contribute to preserve the cultural identity of the communities, their traditions and social organization.

5. Definition of urban agriculture

Before referring to the concept of urban agriculture, it is important to highlight the main reasons that cause its incidence. According to Méndez et al. (2005); Gómez (2014), point out that its origin is due to:

Economic need: the most vulnerable communities see in urban agriculture a solution alternative to improve their economic situation, allowing them to

grow their own food and / or increase the income of the families when marketing these cultivated products.

□The urban absorption of the rural environment: Due to the accelerated and unplanned growth of the city, more and more areas that are considered rural are invaded. However, in some places agricultural activities are continued and in this way the community traditions are preserved.

□The result of the institutional action (External and Internal): When public and private entities are committed to the issue of food security, they provide training to communities, promoting practices and projects such as urban agriculture, tools that allow improving action of said entities and some social policies.

□By taking advantage of available resources: Sometimes there is the availability of cultivating in the city with the identification of empty spaces, without utility or in resting states. So it is used to establish transient plant species.

□By expression of rural background: the peasants who move to the city carry with them a rich cultural and technological heritage. Their knowledge and skills are very useful to continue carrying out agricultural activities, in this way recover and adapt their lives to the new urban environment, satisfying the economic and food needs that emerge from the same change of life found.

Taking into account the above, it is considered that urban agriculture will continue to be projected in any situation that is required, since the causes that lead to its continuity are related to the sustainable urban development that is expected to be achieved in the coming years.

On the other hand, the concept of urban agriculture has been emerging since 1980 and since then has been the subject of discussion in many events, conferences and meetings of Latin American countries that pose it as a development strategy to produce food and contribute to food sovereignty and security. But there are many definitions that are known today about what is urban agriculture, then mentioned some exposed by organizations and authors who have worked on the subject.

For FAO (1999), Urban Agriculture is defined as "small areas (for example, plots, orchards, margins, terraces, containers) located within a city and intended for crop production and the breeding of small livestock or cows Dairies for consumption or for sale in neighborhood markets ". A version that took into account absolutely the agricultural and livestock production destined to the self-consumption and the increase of the economic

income of the families, because these were the initial functions that were considered.

Later the Network of Urban Agriculture of Latin American Research "AGUILA" (2002), is specified as "the obtaining of food products through crops, fodder, forestry and aquaculture, within urban areas and in marginal areas, to improve the nutrition of groups of population, generating jobs and income for individuals or groups of individuals, helping environmental sanitation through the recycling of water and waste solids." This description mentions one of the main objectives of urban agriculture, that of contributing to improve the nutrition of the inhabitants, also points out that it generates employment and helps the improvement of the environment, for which reason it begins to be visualized about the different functions that this type of agriculture fulfills.

On the other hand, Urbes (2005); Hernández (2006), considers urban agriculture as a diversity of agricultural and livestock practices that are carried out around human settlements by their own inhabitants, mostly on urban and peri-urban ecosystems, following the principles of permaculture and under the challenge of sustainability in its economic, social and environmental dimensions, whose products are intended to meet the food demands and other needs of the population, which counts as a movement with the support and organized leadership of local governments and other actors . This definition indicates the components that are related to sustainability, referring to the social, economic and environmental factors, which are of great importance for the identification and evaluation of the impact that urban agriculture should have in each dimension, in this way sustainable development within communities.

In contrast Urban (2006); Hernández (2006) refers to urban agriculture as "agricultural practices" in and around cities, whose essential motivation is the generation of personal consumption and income; which compete for resources (land, water, energy, labor) that could also be used for other activities to meet the needs of the urban population; for example, to production sectors such as horticulture, livestock, cereal and milk production, aquaculture and forestry. In this sense, urban agriculture should be understood in a general way, which requires resources included as part of the system that are necessary for other important tasks of execution in the city.

Similarly, Moreno (2007), complements this definition as "the cultivation, processing, distribution and consumption of agricultural

products within the area of the city, using for productive purposes underutilized resources such as wasteland, treated wastewater, organic waste and unemployed labor. It includes not only the production of edible vegetables such as fruits and vegetables, but also a wide range of species destined for natural medicine, natural fibers for basketry and floriculture, among others. Also, different experiences of agriculture in the cities incorporate, together with the cultivation of plants, activities for the raising of small animals and aquaculture ". According to the above, urban agriculture reuses resources that have been discarded by other means and allows them to have new transformation functions within the process of agricultural production carried out in urban areas.

Likewise, the Botanical Garden Jose Celestino Mutis (2010), expresses that it can be considered as "the agricultural practice that is carried out in urban spaces within the city or in the surroundings (urban and peri-urban agriculture), in soft areas (like *antegardens*), lots) or in hard areas (terraces, patios), using local potential as the work force, the available area, rainwater, solid waste, articulating technical knowledge and traditional knowledge, in order to promote environmental sustainability and generate clean food products for self-consumption and commercialization, strengthening the social fabric. ". This concept is precise when taking into account traditional knowledge and knowledge of research in such a way that they can be linked to contribute in different ways to environmental conservation and social integration.

Another definition is presented in the draft of Law 128 of 2010 in the House of Representatives, defined by Pareja (2010), as "the cultivation of food, aromatic, medicinal and ornamental plants within urban areas and / or urban expansion of the municipalities and districts, developing through techniques of clean production, the Good Agricultural Practices (GAP), the organic production or the ecological production, that complements the rural agriculture in the provision of healthy and innocuous foods and products for the urban production ". From this point of view, it is possible to understand the basic principles on which urban agriculture is based, mentioning clean and organic production, among others, which undoubtedly are its complements for its development and for any type of agricultural production that decided to establish.

These are some of the definitions that have been studied so far about what is urban agriculture but there is not yet a definitive meaning, because as it could be evidenced is a fairly broad concept that

shows multiple approaches, therefore, its functions have been very diverse through the years. Likewise Richter (2013), mentions that urban agriculture is a phenomenon in development and adaptive evolution is demonstrated by the derivation of its history the way by which it has been acquiring different meanings, especially since 1970. On the other hand, it is considered that this type of agriculture is linked to other concepts such as sustainable development, ecological agriculture, and environmental degradation, among many others. One of the related concepts is alternative agriculture, according to Ramírez (2002), states that "Alternative agriculture is governed as a way of life that respects the environment, protecting natural resources and the human being in all its context, freeing it almost totally dependencies of the external environment and turning it into an element of social transformation ". According to the above, urban agriculture should also be understood with the same principle, considering it as a way of life that from any field can contribute to development, assuming as a basis the respect for natural and human resources, so as to improve the quality of life of those who place it in practice to achieve a social transformation in the diverse communities of the urban sector.

6. Background of urban agriculture

Currently there are many cities that have implemented urban agriculture because they have made different programs and research that promote it, within the experiences achieved is intended to emphasize successful projects that have obtained results of the direct impact on problem solving Community

In Cuba, according to Gómez (2014), when the fall of the Eastern Communist Bloc occurred in 1989, a serious problem of food security was generated and urban agriculture arrived as a solution strategy to the crisis, thus positioning the country as a world leader in production of sustainable and ecological foods. The success with this policy has been such that, as indicated by Humboldt (2012), Cuba is the only country in Latin America that reached the minimum average consumption of fruits and vegetables recommended by the WHO (400 grams per capita), meaning a large importance because it has been established as a way of subsistence for its inhabitants. In this way, it supplies more than 20% of the population's food in Havana, improves the quality of life of families and their economic income, as well as the positive impact it has on the

environment, thus becoming one of the most successful of the world.

Another event took place in Argentina, when urban agriculture emerged in response to the economic crisis of 1990. The national government, with the support of the FAO, establishes the Bonaerenses (Demonym used for people from Buenos Aires, Argentina) orchards project with the main objective of stimulating the cultivation of vegetables in the communities of scarce resources, thus helping people to overcome the economic crisis. Complementing the above, Moreno (2007), notes that in the Rosary about 40,000 people living in poverty, ensure their food through self-consumption and thanks to the gardens, in addition, they earn additional income which triples the value of the subsidy granted by the National state. On the other hand, Gómez (2014) also mentions that the government had land available for low-income families to develop agricultural projects in them, these lands that were previously with high rates of erosion have been recovering through the proper use of the land soil and permanent applications of composting. In this way, urban agriculture was replicated in other places and many inhabitants took advantage of all the spaces they had to produce agriculture.

In contrast, in the Dominican Republic the displacements of peasants to the urban centers of Santo Domingo and the National District begin in the 70s, which naturally and spontaneously generates family gardens in the yards and plots of land. Households. In the same way, the Government begins the project called "Division of Community Gardens", which supplies the inputs and the necessary training so that it has the expected results, nowadays this project is self-sustainable. On the other hand, Humboldt (2012) mentions that there are approximately 400 family home gardens and 17 community gardens, most of the harvests are for family self-consumption and commercialization, according to Gómez (2014).

Also in Mexico, the initiative to implement Community Gardens to promote social cohesion, recovery and environmental improvement of the City of Metepec. This proposal arose from the demand of the community to receive assistance and support in environmental matters, which managed to transform ecologically empty spaces, contaminated and without any apparent use in places where neighbors, schools and universities participated and had the opportunity to convert them. In recreational and productive community gardens using urban agriculture techniques and various educational activities, according to Portilla and Sañudo (2016).

Similarly, in Canada, a methodological proposal was made that allowed the Diagnosis of Interventions in Urban Agriculture in Latin America. In general, it offered to the NGOs and institutions working in the promotion of urban agriculture a useful tool for the preparation of analyzes based on results obtained from interventions in the social, economic, nutritional, and environmental areas, particularly in the areas of regarding the subsistence of the most vulnerable urban populations. This work was supported by the Resources for Development Association and the International Development Research Center in Ottawa. In addition, according to Portilla y Sañudo (2016), the project was based on the production of food for self-consumption and sale, demonstrating that urban agriculture aimed only at self-consumption has advantages, in terms of freshness of food and value nutritional, while reducing marketing costs (transport and intermediation). On the other hand, Nault (2012), president of the organization "Les Amis de la terre de l'Estrie" complements by mentioning that urban agriculture also favors contact with the community and stimulates dialogue between neighbors, developing and reinforcing the community ties.

In Europe, the development of urban agriculture has also been promoted and reached, countries such as England and Spain were highlighted by successful experiences. As indicated by Flores (2016), "The fact that among the experiences of urban agriculture in European countries, demystifies the stereotype that urban agriculture is unique or exclusive of marginal areas and even the third world." It is an alternative food security for the population, regardless of their status or standard of living. Urban agriculture is not discriminatory, it is an inclusive and participatory act that values the work of man in his contact with the land, planting and harvests. "In this way, it is emphasized that urban agriculture is a practice for all, a way of life with which we must become aware of the importance of development.

For its part, London has shown a long tradition of urban gardens, has also managed to include large in some cities. Similarly, the metropolitan government (Greater London Authority, GLA) has developed various programs around food security, biodiversity and the urban model that includes policies for the protection of rural land, promotion of organic agriculture or strengthening of local distribution networks (central markets, supermarkets, direct sales markets, cooperatives and consumer groups). Also, in some urban planning documents (Plan de Londres, 2008) and in the London food strategy, the

need to preserve and improve the types of urban crops is mentioned: rental gardens, gardens and community farms, school gardens. On the other hand, in this country there are many associations that promote urban agriculture, some of them stand out for the creation of new areas of cultivation, for example, the campaign London 2012-Capital Growth, which aimed at the creation of new gardens urban areas supporting technical and material support, and intermediation work with landowners. Other programs are for employment management, in the consumption of local products and initiatives for employment management, among them is the Making Local Food Work program, carried out by different associations and cooperatives, this program favors food cultivation projects and supports the creation of social enterprises and cooperatives for cultivation and consumption, agro ecological markets and other initiatives to sell local products, according to Morán (2010).

Likewise, Spain has great progress and a potential dynamic in the issue of urban agriculture according to Fernández and Morán (2012). For the year 2010 the Network of Community Urban Gardens of Madrid (REHDMAD) was created, which was responsible for responding to the needs of urban gardens, to share knowledge and experiences among its members about crops, plans and projects in development since then, it has managed to achieve citizen participation in public spaces where this association is mostly present. According to Flores (2016), the orchards are the meeting point of a participatory economy that makes productive not only the individual or family spaces of the sower, but also the public places suitable for crops.

On the other hand, in Latin America, as has been indicated, experiences in urban agriculture have been numerous, because of the need to face the problems associated with food insecurity in developing countries. FAO, Institute for the Social Economic (IPES, for its acronym in Spanish) among other organizations have contributed to the realization of policies, projects and research to obtain new technologies that achieve the development of urban agriculture. Next, we highlight other countries that have promoted and implemented this strategy.

In Peru, as mentioned by Prain et al. (2011), some forms of intervention in research and development were established to strengthen urban agricultural productions. Urban Harvest proposed that "Farmer Field Schools" should be established to stimulate innovation and learn urban organic production. This included improvements in productivity oriented to the issue of environmental health, the method

resulted in farmers able to produce healthy and high quality vegetables, with higher interests to produce and sell organic foods. The creation of "Schools for urban farmers" was also taken into account, which aimed to strengthen producer organizations and establish new marketing opportunities. As a result, producers established small-scale agribusinesses and identified a wide variety of markets that they involve direct and indirect sales of high quality organic products.

On the other hand, in Venezuela urban agriculture has been promoted in order to rescue traditional knowledge and create a new agricultural culture in the cities, since most people have lost the values that are infused in the countryside and instead tend to have an oil culture. For this reason, in recent years, the state has considered promoting urban agriculture throughout the country, as it is going through a situation of scarcity and food crisis. Through traditional media and social networks, a campaign is maintained to raise awareness and generate attitude changes that induce the population to practice urban agriculture, according to Flores (2016).

In Colombia, urban agriculture has been developing in cities such as Bogotá, Medellín, Popayán, among others; to be promoted as a government project. In 2004, the Bogota City Hall initiated the program "Bogota without hunger", in the case of a public policy plan of the government of Mayor Luis Eduardo Garzón through which, through the Botanical Garden of Bogotá (JBB), he had as aim to promote urban agriculture practices. Also in Medellín, the MANA program (Food and Nutritional Improvement Program) was carried out, which allowed the establishment of family gardens in the city. Currently, it has more than 7500 orchards in 90 municipalities and has become the flagship project to guarantee sovereignty and food security in the region. Likewise, in Popayán, in 2010 an agreement was made between the municipality and FAO with the objective of "contributing to the food and nutritional security of the most vulnerable families through the implementation of productive family gardens, for the production of healthy, nutritious and low-cost food as a tool to improve the availability of food and family nutrition" according to Humboldt, (2012); Gómez (2014). This initiative is currently being developed together with the help of other institutions that have developed and executed projects in several communities of the city where the results have been satisfactory.

As it can be seen, urban agriculture has spread through the times in many countries, it is not a recent activity, but many of its techniques are, since

it has been oriented towards the resolution of problems and for this reason has been great interest for science and research the development and improvement of this practice with the use of cleaner technologies, which has made it possible to maintain a fundamental impact in the social, economic and environmental context worldwide. In addition, some countries that still do not accept it are trying to establish policies that regulate and encourage urban agriculture as a way to counteract the marginality of urban areas.

So far this initiative has managed to capture the attention of numerous entities, institutions and organizations, which have been committed to guidance and collaboration so that many people can put it into practice and become aware of the responsibility that we all have today in preserving and protecting resources of the earth for the support of future generations.

6.1. Development dimensions

With the accelerated rhythm with which cities grow every day, there are also alterations in urban functioning. According to Terradas et al. (2011) mentions that problems of health, lack of resources or social disintegration multiply in a way that administrations cannot control. In addition, they also increase the vulnerability of populations, with the appearance of epidemics, climate changes, natural disasters, violence, among others.

"The situation will not improve until governments take on greater responsibility for the well-being of their poorest residents," says McGranahan and Satterthwaite (2011), however, very often the governments themselves are an integral part of the problem. The lack of policies, of dialogues between the government and the population, of programs, among others, mean that some communities are marginalized and occupy spaces illegally.

For this reason it is essential to intervene in each of the dimensions that make up the processes of the populations in an integral way to obtain in this way an impact that achieves a change in the urban sector. According to Richter (2013), urban agriculture is the example of a phenomenon in development and constant evolution that branches to different dimensions that it generates as it progresses. Therefore, it is considered that the forms acquired through their practice have been extended and adapted in their different dimensions, such as the management models, the agents involved, and the profiles of their practitioners or the spaces where the activity takes place. In this sense, the application of urban agriculture contributes to improving the

dimensions of territorial development: Environmental, Social and Economic.

6.2. Social

The social factor can be related to several topics of interest in the population processes of the urban area, among which stand out cultural identity, ancestral knowledge, community ties, demography, health, among others. In the context of urban agriculture, this practice contributes to the conservation of traditions, knowledge and customs of families, as indicated by Peñuela, (2009); Ramírez (2014), urban agriculture rebuilds and strengthens the social fabric through the formation of links between farmers and consumers, favors intergenerational dialogue and the recovery of knowledge exchange, thus maintaining a link between the rural and the rural. Urban. likewise, Pérez, (2005); Navarro, (2005); Hernández et al. (2014), consider that in many regions of the urban area the way of life continues to be a peasant, since the traditional identity and community references, typical of rural societies, are conserved and these are the ones that assign coherence to social practices.

In other words, in order to seek a transformation in the urban population, it is necessary to initially assess living conditions in order to know what aspects to consider and focus on what could generate sustainable development within low-income communities, trying to maintain a system with greater integrity and stability. In this way, urban agriculture is considered an evolving field dedicated to improving abandoned urban areas, fostering new community relations, educating residents about sustainability and guaranteeing food security, as described by Dall'Agata (2017).

6.3. Economic

Among the multiple benefits that urban agriculture manages to promote, the economic factor is one of the most important for the communities to decide whether or not to continue with the execution of this activity. The inhabitants look for a strategy that will generate higher yields, economic income, and better quality products and reduce the dependence on inputs. According to Zárata (2015); Chaguendo et al. (2017), research conducted in Latin America, by the Food and Agriculture Organization of the United Nations (FAO), report that urban gardens can be up to 15 times more productive than rural farms, obtain more income as they spend less in transportation, packaging and storage. Likewise, for Portilla and

Sañudo (2016) the fact of producing certain types of food and avoiding buying them in the market, generate a saving and a benefit in the family economy; it also helps to establish new sources of work or higher incomes, thereby reducing the appearance of some social problems. Therefore, it is demonstrated that the implementation of this activity is economically viable and improves the quality of life of the inhabitants of the most vulnerable communities.

6.4.Environmental

With the expansion of the urban area there is a disorganization that has generated environmental, metabolic and social problems. According to Terradas et al. (2011), these problems arise due to the degradation of the environment due to the scarcity of green areas and to the frequentation of the natural areas adjacent to the city (forest fires, pollution of the coast), as well as the alteration of the metabolism of the The city is due to acoustic, atmospheric pollution, poor waste management and scarce resources, as well as social problems due to urban stress, marginalization and agglomerations, among others, which multiply at an uncontrolled pace. For this reason, urbanization processes are implicated in being the main cause of the negative impact generated to the environment.

In contrast, Ramos (2014); Chaguendo et al. (2017) mention that "urbanization processes, together with population growth, decrease the supply of food, because residents in the cities are consumers and not producers; all this together with the environmental problems (soil degradation, water pollution and climate change) limit the productivity of the agrarian systems and therefore the security and food sovereignty of the communities ". In this sense, it is really necessary to carry out an environmental management within the development plans for the sustainability of natural resources. Similarly, Maya (2001), reports that it is important to build a society on an environmental basis or, in other words, it is necessary to carry out an adequate environmental management for the construction of a different society, through the recognition of the environmental responsibilities that each person is assigned according to the distribution of the cultural heritage. As Dall'Agata (2017) says, there is only one land and it is the responsibility of the population to maintain and improve it for future generations, we must rediscover the intrinsic value of nature, always trying to understand it, investigate it and transform it.

In addition, Dall'Agata (2017), mentions that it is necessary to re-adopt the peaceful traditions of the

people who respected the environmental cycles, even when the business and industrial world is concentrated today in urban areas, they cannot force the people to move, therefore, the most sustainable solution is urban agriculture.

6.5.Health

Health is an item that is part of the social dimension, however, it should be highlighted because its impact on communities and especially on the most vulnerable is transcendent when it is intervened. Similarly McGranahan and Satterthwaite (2011), consider that "The health and economic level of the most unfavorable classes benefit when governments and international organizations cooperate to plan, implement and manage changes", also mentioning that, to promote To change in the city, they should consider their sickest population as partners with resources and skills.

Therefore, it is worth highlighting the situation that arose in the 19th century, when most of those who moved to London, New York, Chicago or Berlin gave their health in exchange for a better salary. The overcrowding, the insalubridad of water, poor sanitary facilities, adverse working conditions and industrial pollution deteriorated the health of people and reduced their life expectancy, with greater luck those who remained in the field, as described by McGranahan and Satterthwaite (2011). In this sense, urban agriculture gave residents many benefits from different areas that managed to improve the living conditions and nutrition of those who needed it.

Similarly, today there are more and more citizens who realize the reality of industrially produced foods, which satisfy our appetite without feeding us or providing us with the necessary nutrients to maintain a good state of health, as it considers Nault (2012). In addition, UNICEF and FAO (1992); Villegas (2003), indicate that there are three main causes of poor nutrition in humans: food insecurity, poor health services and environmental sanitation, and lack of care of household members. For this reason, many projects and research seek a solution strategy that provides the most vulnerable urban communities with the necessary nutrition and improves the health of its members, thus urban agriculture is the most viable option to obtain it, as well as Gómez reports (2014), this activity is assumed as a promoter to achieve good conditions of recreation, occupational and mental health, integration and promotion of teamwork.

7. Social construction and improvement of the quality of life in the communities

As a fundamental part of this work it is important to consider the variables on which urban agriculture intervenes for the transformation of populations and to achieve sustainable development within them, therefore, it is worth pointing out the different factors that cause the progress or decay of the Social construction and improvement of the quality of life, next, the elements mentioned by some authors are mentioned:

7.1.Social construction

Social construction is one of the variants that most influence urban agriculture, some of the strengths that can be found with its development are based on citizen participation, construction of knowledge, as considered by Hernández (2006), likewise Morán (2010), mentions social reintegration and the social economy as part of it, on the other hand Ramírez (2014), points out the strengthening of community ties and intergenerational dialogue, and likewise Gómez (2014), highlights the organizational processes and the strengthening of family social networks. In addition, the opportunities presented are related to various elements of social transformation, according to Ramírez (2002), some of these elements are considered by Dall'Agata (2017), such as the formation of new community relationships, support for education the inhabitants and the preservation of cultural identity, while for Portilla and Sañudo (2016), new sources of work can be created, likewise Gómez (2014), mentions the promotion of teamwork and for Morán (2010), It offers the opportunity to create social enterprises.

Contrariwise, it can show some weaknesses that will interrupt its development, for example, Clavijo (2013), points out the competition for resources as one of the weaknesses that do not allow social reconstruction and its organization, instead Gómez (2014), indicates that it is individualism that generates lower levels of confidence and hinders its evolution, and of course food insecurity which generates social problems in different societies. Altogether, situations considered threats that interfere in the process are also presented, according to Chaguendo et al. (2017), it is violence or armed conflict that obstructs social construction and, as a consequence of the above, Morán (2010) mentions displacement and unemployment as the cause of its decline.

7.2.Improving the quality of life

To refer to the improvement of the quality of life, we must bear in mind that many factors determine this condition, for this reason urban agriculture also makes its contribution from this perspective and is often committed to demonstrate strengths, contributing from its elements more representative, such as the increase in species diversity, the optimal management of productive systems and the increase in production, as indicated by Hernández (2006), likewise Humboldt (2012), mentions the increase in the economic income of the Families as part of this, while McGranahan and Satterthwaite (2011), point out that one of their strengths lies in improving the health and nutrition of the inhabitants. On the other hand, the opportunities that can arise when improving the quality of life of the communities is based on expanding the knowledge and exchanging the experiences obtained, as described by Hernández (2006), likewise Dall'Agata (2017), complements saying about the opportunity to educate the inhabitants about sustainability and together Portilla and Sañudo (2016), talk about environmental awareness, in addition to Ramírez (2002), you get to obtain the release of external media and in the same way Morán (2010), states that there is an opportunity to promote social inclusion as part of this process.

On the other hand, it can also manifest some weaknesses, according to UNICEF and FAO (1992); Villegas (2003), food insecurity, poor health services and environmental sanitation are reasons why an improvement in the quality of life is not achieved, while Morán (2010) indicates that it is leisure time and also Gómez (2014), complements by pointing out that these are the few occupations found, especially in the case of women. Similarly, situations that threaten the probability of not reaching this objective are based on the continuous population growth and natural disasters presented in recent years, as indicated by Terradas et al. (2011), likewise McGranahan and Satterthwaite (2011), talks about the industrial pollution that occurs in different cities, on the other hand, Chaguendo et al. (2017), refers to economic losses as one of the causes of deterioration in the quality of life of people, in addition Clavijo (2013), emphasizes the competition for resources, which cause problems at the social, environmental and economic, also deteriorating the quality of life and complementing Morán (2010), relates the lack of job offers and the immense migrations that occur daily contributing also to this problem.

In this way, it is intended to highlight the elements that can influence social construction and the

improvement of the quality of life, especially in the most vulnerable communities, by carrying out urban agriculture as a sustainable activity within the different societies for the development of them and achieve social transformation.

8. Conclusions

According to the study carried out, it is concluded that urban agriculture as a solution strategy can provide great benefits that allow solving problems related to the social, environmental and economic factor, which arise from the changes generated by humanity itself through the times. With regard to what was stated, it was evident that since the beginning this activity has had a development and an evolution in the different societies of the world and since then it has offered several advantages that contribute to the progress of the communities, some of the advantages that it presents are: stimulate dialogue and integration among the inhabitants, produce healthier foods to help improve nutrition in children and adults, properly use the land and available spaces of the city, promote environmental awareness and the inclusion of all kinds of people regardless of religion, gender or social status, among others.

In addition, it is concluded that the relationship between urban agriculture, development and sustainability is narrow, since its practice carried out in an adequate manner plus the planning of an integrated and organized system, make this activity more acceptable and to maintain a high competitiveness for resources such as land, water, energy and labor, with other tasks of execution in the city, urban agriculture stands out for obtaining better results than other activities, because it allows the conservation of the resources while satisfying the present needs of the urban ecosystem, thus achieving contribute to food security, protection of the environment and sustainability as a fundamental part of the commitment to development.

In contrast, the importance of accompanying the different governmental and non-governmental organizations to continue carrying out the process of promoting urban agriculture is highlighted. Likewise, bear in mind that it is necessary to propose new policies as part of the recognition and intervention required by urban agriculture within the different cities, as well as the continuous development of research for its strengthening in new technologies.

Finally, it is possible to publicize urban agriculture as an alternative of greater importance to achieve the transformation in different societies, considering

a timely strategy that guides the social construction and a lifestyle which favors the development conditions for those who decide to implement it. , providing a better quality of life and greater opportunities, mainly to low-income communities that are consolidated in the urban area.

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