

Sustainability in the City and Beyond

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mind. mouth. heart. A workshop

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Today, more than half of the world's population lives in urban areas (UN). Most people's relationship to the food they consume resides in grocery store displays of mass-produced items that made the cut, to be wrapped and sealed in attractive packaging, or "enhanced" and processed with additives into branded foodstuff. I argue that unless we develop a more profound relationship with the planet we live on, unless we start caring personally, the level of engagement that we feel about acting with eco-awareness remains superficial and non-committed. Unless we develop a caring relationship with nature, the soil that supports life and the way our food grows, no deep caring is possible, and therefore, no urgency invested in meaningful actions towards sustainability.

While doing a little gardening, we will reflect on these issues and explore ways to connect the dots towards meaningful interactions.



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