

Abstract

The impact of smallholder commercialisation on food consumption patterns in a rural community of South Africa was investigated. The dietary diversity, nutrient intakes and consumption patterns of certified, partially certified and non-members of an organic farmers' organisation were compared. Engagement in certified commercial organic farming promoted comparatively greater dietary diversity and improved nutrient intakes. While smallholder agriculture commercialisation has the potential to improve food consumption patterns and food quality through increased income and labour opportunities, caution should be exercised before claiming that such commercialisation can alleviate food insecurity and solve hunger in rural South Africa.