

## Sustainable development goals at local level, horticulture, and rural women: an experience in Restrepo - Colombia

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**ABSTRACT.** This article examines the role of rural women in La Floresta, Restrepo. These women, displaced by armed conflict, settled in this area with their families. The document aims to identify their role as social actors in food security and its connection to the SDGs of the 2030 Agenda in Floresta, Restrepo - Colombia. The methodology focused on a study case and was supported by quantitative and qualitative analysis through four phases (diagnosis, planning, execution, and evaluation). The main results prove that rural women in this area play a key role, handling tasks such as childcare, education, household management, and food production and preparation. They are wives, farm workers, mothers, and community leaders, actively taking part in decision-making and the planning of activities in rural projects. The results of the process show that rural women play a significant role in the department of Meta, promoting and transforming the territory and encouraging more women to participate in the development of their region.

**Keywords:** rural women, productive system, social responsibility, 2030 agenda, empowerment, colombia.

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## Objetivos de desenvolvimento sustentável em nível local, horticultura e mulheres rurais: uma experiência em Restrepo, Colômbia

**RESUMO.** Este artigo examina o papel das mulheres rurais em La Floresta, Restrepo. Essas mulheres, deslocadas pelo conflito armado, se estabeleceram nesta área com suas famílias. O documento visa identificar seu papel como atores sociais na segurança alimentar e sua conexão com os ODS da Agenda 2030 em Floresta, Restrepo - Colômbia. A metodologia centrou-se num estudo de caso e apoiou-se numa análise quantitativa e qualitativa ao longo de quatro fases (diagnóstico, planejamento, execução e avaliação). Os principais resultados comprovam que as mulheres rurais dessa área desempenham um papel fundamental, cuidando de tarefas como cuidados infantis, educação, administração doméstica e produção e preparação de alimentos. Elas são esposas, trabalhadoras rurais, mães e líderes comunitárias, participando ativamente da tomada de decisões e do planejamento de atividades em projetos rurais. Os resultados do processo mostram que as mulheres rurais desempenham um papel significativo no departamento de Meta, promovendo e transformando o território e incentivando mais mulheres a participar do desenvolvimento de sua região.

**Palavras-chave:** mulheres rurais, sistema produtivo, responsabilidade social, agenda 2030, empoderamento, colômbia.

## Los objetivos de desarrollo sostenible a nivel local, la horticultura y la mujer rural: una experiencia en Restrepo - Colombia

**RESUMEN.** el presente artículo devela aspectos relacionados con las mujeres rurales ubicadas en la vereda la Floresta del municipio de Restrepo, quienes provienen de diversas partes del país y por razones, asociadas al conflicto armado y al desplazamiento forzado, se asentaron con sus familias en este contexto, el objetivo del documento es entender el rol de la mujer como actor social y su papel con la horticultura para describir la relación que tiene con los ODS de la Agenda 2030 en la vereda Floresta del municipio de Restrepo - Colombia. La metodología se centró en un estudio de caso apoyado en análisis cuantitativo y cualitativo mediante cuatro fases (diagnóstico, planeación, ejecución y evaluación). Los principales resultados demuestran que la mujer rural en esta localidad desempeña un papel importante, siendo responsable de tareas como el cuidado y educación de los hijos, el hogar, la producción y preparación de alimentos. Son esposas, trabajadoras del campo, madres y líderes comunitarias, participando activamente en la toma de decisiones y la planificación de actividades en proyectos veredales. Los resultados del proceso indican que la mujer rural tiene una labor significativa en el departamento del Meta, promoviendo y transformando el territorio e incentivando a que más mujeres participen en el desarrollo de su región.

**Palabras claves:** mujer rural, sistema productivo, responsabilidad social, agenda 2030, empoderamiento, colombia.

## Introduction

Colombian society, marked by the incidence of violence caused by armed groups, with greater incidence in the countryside and the development of the territories, generated a harsh impact on rural families in whom the development of production practices is concentrated. of food, which is represented in agricultural crops and different livestock productions being the point of great losses that affect the safety of families (Machado, 2009). Besides the reality of the municipality of Restrepo compared to previous years, allowed to reveal that the rural population has become a floating population which affects a high growth in migration processes to other regions in search of a better quality of life, by not finding better opportunities, a phenomenon that is evidenced in economic instability, insecurity, lack of incentives for agricultural production and the absence of technological means in the rural sector. A statistical representation shows that 50.2% of the population are men, and 49.8% are women (Mojica, 2020; Riveros, 2022; Sampaio, Riveros, & Junior, 2021).

In this scenario, the contribution of rural women in our society and in the country's economy, different scenarios are analyzed in which economic support, gender equality and inclusion are not reflected whose events make them invisible to rural women, in this sense, the participation of women in the countryside has always been less than men. The lack of opportunities in education makes it difficult for them to access the labor market, which leads to discrimination, inadequate payments for work and the increase in informality (Bedoya & Velázquez, 2014 and Triana, Brisola & Lima, 2020). In addition, rural women in the country have experienced the indifference of society and public policies that have not been correctly evaluated in favor of reducing gender inequality, women's autonomy, their freedom, and their quality of life (Bedoya & Velázquez, 2014).

Rural women, in addition to their hard work in rural areas, play a key role as mothers who lead the families (Bedoya & Velázquez, 2014). Being the best bet for the appropriation and contextualization of what is proposed in the 2030 agenda, the sustainable development goals (SDGs) make their role take on an important value in their implementation to contribute to the basic needs of the human being and the search for a healthier and more viable environment for their development. The results of the research process show that rural women, in this context, play a fundamental role in the economy of the municipality whose vocation is agricultural, specifically in the village of La Floresta inhabited by rural women,

dedicated to field work, in search of a better quality of life for themselves and their family for which the execution of projects favors the rural sector allowing their empowerment within the community, productivity and the economy of the area.

Finally, the advanced process tried to answer the question: In what way is horticulture a tool that allows rural women of the village to appropriate the forest in the municipality of Restrepo the Sustainable Development Goals SDGs? The objective of the research process was to identify the role of women as a social actor to describe the relationship they have with the SDGs of the 2030 Agenda in the Floresta village of the Restrepo municipality - Colombia, the methodology used focused on the implementation of a demonstration garden, as a strategy to analyze how they promote food security and strengthen their life projects.

### **Theoretical framework**

**Sustainable development goals - SDG agenda 2030:** In the first instance, Sustainable Development - SD, was defined as "development that meets the needs of the present without compromising the ability of future generations to meet their own needs" (Brundtland, et al., 1987, p. 8) and arose from the problems that are getting worse in the world translated into climate changes, diseases and water deficit; the SD presents a model called Sustainability Tripod with the purpose of achieving goals, commitments and restructuring to obtain social, economic and environmental improvements (Barbieri et al., 2010). For this reason, countries are creating goals to mitigate socio-environmental and economic impacts that arose with industrialization and development, consequently creating the 2030 agenda, which is an action plan to solve the aforementioned problems, maintaining universal peace, there are 17 Objectives of Sustainable Development (see figure 1) and 169 goals (Liborio, 2021).

Figure 1 - Sustainable Development Goals - 2030 Agenda



Note: from PNUD, 2022.

According to Mojica (2020) he affirms that the 17 objectives are universal, this means that all countries must take them into account and put them into consideration in the context of each country because not all countries have the same capabilities and level of development as another country, the SDGs are implemented, but they also respect the rules of each country.

**Social fabric:** Conceiving the social fabric as the framework of relationships established by the subject not from his particular actions but from his articulation with the “institutions in the search for the scope of common interests; sustaining that the relations of power and domination are the product of the ideas of the subject articulated in the context of the discourse, as an active part of the social fabric”, (Foucault, 1968 as cited in Rodriguez - Rodriguez 2013, p. 32). Moreover, Foucault (1968, as cited in Rodriguez, 2013) highlights the importance of power in society as the instrument from which the subject manages to organize and train within society despite the limitations and restrictions that may come to face, concludes that power in society is subject to the origin of many things, not only attributes it to the economy.

**Food security** originated in the 1970s and has evolved to include various economic and sociocultural aspects. FAO (2022) defines food security from the 1996 World Food Summit in Rome as having permanent access to safe, nutritious food in sufficient quantities to meet dietary needs and preferences for an active, healthy life.

**Social responsibility:** it develops when an organization becomes aware of itself, its environment and its role, presupposes overcoming an egocentric approach (Vallaey, 2008). It is an ethical and interesting will at the same time to do things "right" so that all internal and external beneficiaries of the organization's services are "well". Ethics does not appear as a brake on the selfish interest of the organization, but rather as a push for its benefit (Vallaey, 2008). On the other hand, social responsibility has different visions from the academic one where "it is not synonymous with philanthropy but rather represents its evolution over time. While philanthropy deals with the solidarity actions of the company through participation in isolated campaigns conducted for social institutions" (Leandro & Rebelo, 2011, p. 18).

## Methodology

Restrepo is located in an area of Piedmont alluvial plain land, "El Caño Caribe" (Caribe water stream): Located in the eastern part of the municipality, its main tributary is the "Caño la Raya" (La Raya water stream), it runs through part of the villages of San Jorge, La Floresta and Vega Grande, it is part of the department of Meta in Colombia (Alcaldía de Restrepo, 2022) (see figure 2).

Figure 2 - Geographical location of the La Floresta school.



Note: From Google maps, 2025.

In this sequence, the investigation is a study case that "constitutes an accumulation of derivations of numerous results, which became precise in terms of the investigated case and thus served as precedents for future equal or similar cases" (Jimenez, 2012, p. 142) shedding light on new research that focuses on the investigated reality, in this follow-up quantitative and qualitative analysis were used throughout the research process, where it was possible to reflect on the role of rural women and their relationship with the SDGs. The population of the village of La Floresta is made up of 162 people, information provided by the identification system of potential beneficiaries of social programs (SISBEN), including seventy-three women and eighty-nine men. Besides, to calculate this information a census of forty-seven households was conducted from the Village of La Floresta.

Therefore, this study used the intentional sample due to the access to information of the population living in the village of La Floresta, in this way, Gil (2008) states that this type of sampling is one in which the elements are selected according to characteristics previously defined by the researcher in order to have better results and cohesion. The control criteria to select the women were: they had to be rural women, mothers, and who had their children studying at the La Floresta school. In this way, the techniques and instruments applied in this research were: a characterization sheet, in-depth interviews, workshops, focus groups and a field diary, in the same way the informed consent of the participants was required to develop the project.

### Methodological phases

**Diagnosis phase:** The process through which a first approach was made possible through the inter-institutional cooperation agreement established between the Universidad of the Llanos and the Rural Education Center of Restrepo, within which is the La Floresta headquarters, an educational institution that provides services to the students living in the village allowing the identification of aspects related to food security and the role they play within their community.

**Planning phase (agronomic and pedagogical experimental design):** in order to have a better knowledge about the population under study, it was necessary to apply a characterization sheet in order to investigate aspects related to the personal and socio-cultural data of rural women, as well as Likewise, semi-structured interviews were carried out to find



the particular way of transfer the participants as rural women, then from the demonstration of the method as a strategy to appropriate knowledge. An organic garden was established which was the learning scenario where the knowledge was shared (knowledge of the participants in front of their perspective and performance in terms of food safety). A participatory selection of species was conducted, and four workshops were held to discuss cultural and productive aspects, such as origin, history, characteristics, pests, and diseases. In addition, they developed 4 workshops related to the sustainable development objectives SDG raised in the 2030 agenda, the empowerment of women where the biographies of women who have made history at a global, national and local level were analyzed, the performance of the participants in the community, the family and community commitment they have and the medium and long-term projections they have regarding their role as a social actor.

**Execution Phase:** the development of the project was the rural school called La Floresta, through the implementation of demonstration gardens, as well as the execution of workshops on theoretical foundation and empowerment of women. For the preparation of the garden, it was necessary to study the practices and competences directed to rural women within the school space of their children. Therefore, this stage was marked by the process of sensitization of the research, where the mothers who lead the families were the agents of this reflective process. The area destined for the implementation of the orchard is in a space that in the past served for other agricultural projects, where the cleaning and revitalization of the place was important beginning with the physical analysis and characteristics of the soil of the area of implantation. Theoretical support was also sought in books, articles, specialized magazines, videos, websites, and they were complementing it with the support of the technical director of the project.

For the revitalization and implementation process, some mothers were selected to prepare the entire site and teach them the process, and they can apply it at home. Some students and parents of the school were also involved in preparing the area. After the preparation of the lot, the space was used to the maximum and a suspended garden, using baskets that are discarded by the students and those who live on the sidewalk and below the suspended garden. They will build beds for the sowing of the missing vegetables, vegetables, and medicinal plants. For this reason, the materials planted were:

- Corn (*Zea Mays*)
- Snap bean (*Phaseolus vulgaris*)
- Cherry tomato (*Solanum lycopersicum* var. *cerasiforme*)
- White onion (*Allium cepa*)
- Coriander (*Coriandrum sativum*)
- Lettuce (*Lactuca sativa*)
- Sunflower (*Helianthus annuus*)
- Carrot (*Daucus carota*)
- Stew Cucumber (*Cyclanthera pedata*)
- Pumpkin (*Cucurbita maxima*)

The horticulture process generates interaction spaces that are important for the social, environmental and historical context of the school and perhaps of the village, because it is an activity that allowed the SDGs to be worked in a broader context, without so many fragments incorporating their role within interdisciplinary. It is an ideal space to disseminate ideas and knowledge in reference to production mitigating agronomic, environmental, and economic problems. Finally, in the agronomic phase, the observational technique was used to leave a support material for the women that helps them to incorporate these techniques in their homes to disseminate the information in the village and municipality.

Evaluation phase: for the follow-up and evaluation of the activities carried out, permanent evidence of the activities was taken, and conversations were held based on problematic questions about the topics developed where the appropriation of knowledge could be evidenced.

## Analysis of the results

First, the identification of the rural women who participated as a social actor in the food security processes was made, which allowed describing the relationship that they have with the SDGs of the 2030 Agenda in the Floresta village. Table 1 shows the place of birth of the participants.

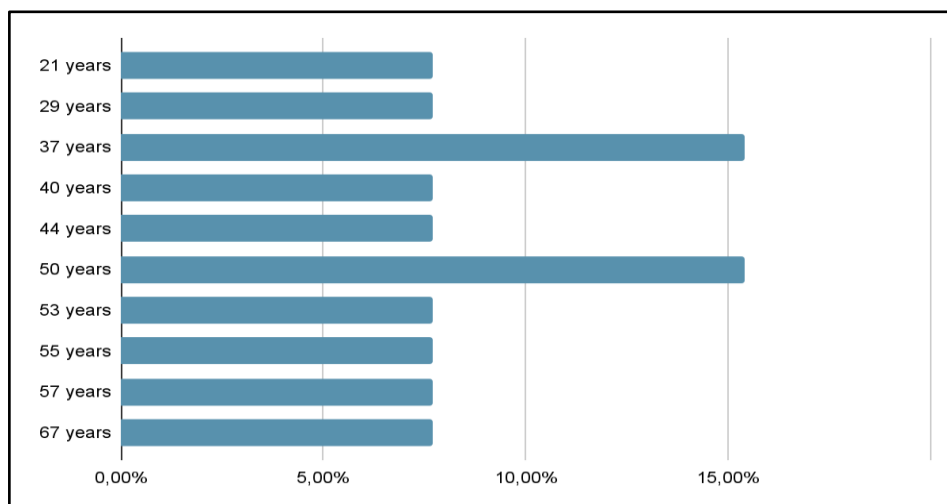
Table 1 - Birthplace of rural women in the Floresta village

Place of birth	Percentage
San Juanito/Meta	7,69%
Retorno/Guaviare	7,69 %
Guayabetal/Cundinamarca	7,69 %
Medina/Cundinamarca	7,69 %
Bogotá/Cundinamarca	7,69 %
<b>Villavicencio/Meta</b>	<b>15,38 %</b>
Calvario/Meta	7,69 %
<b>Restrepo/Meta</b>	<b>15,38 %</b>
Paipa/Boyacá	7,69 %
Barrancominas/Guaviare	7,69 %
Nunchia/Casanare	7,69 %
<b>Total</b>	<b>100 %</b>

Note: From authors

The information collected in the previous table reflects the places of birth of the participating women, which correspond to 15.38% being from Villavicencio/Meta and Restrepo/Meta, while 7.69% are from Nunchía/Casanare, Barrancominas /Guaviare, Paipa/Boyacá, Calvario/Meta, Bogotá/Cundinamarca, Medina/Cundinamarca, Guayabetal/Cundinamarca, Retorno/Guaviare, San Juanito/Meta, thus noting migratory flows from the capital of the department of Meta, this may be indications of the lack of opportunities within the metropolitan areas. Regarding the ages, there is a range that goes from 21 to 67 years, whose percentages can be seen in figure 3.

Figure 3 - Educational level of the participating women in the Floresta village

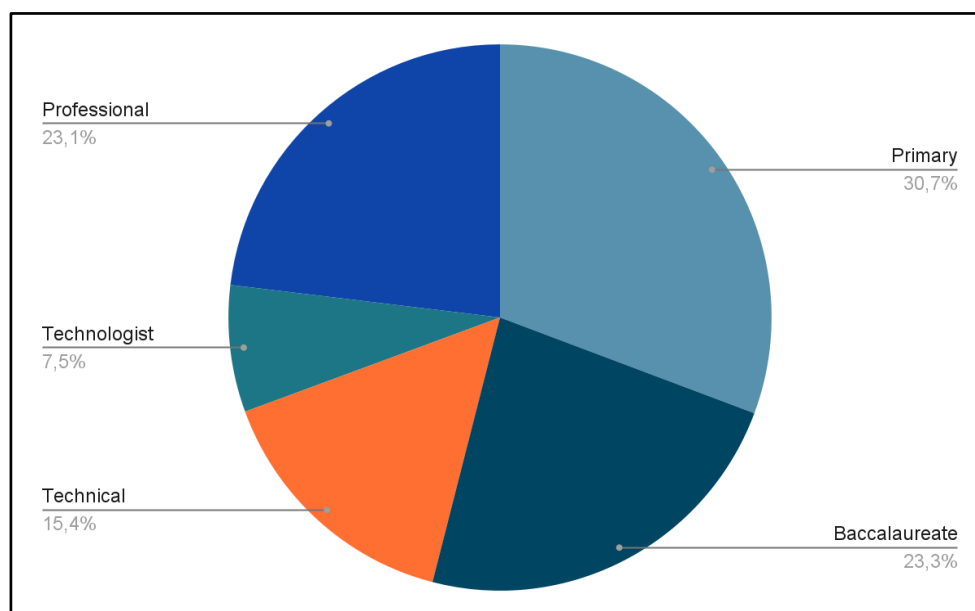


Note: From authors.

Figure 3 considers that 7.7% of the participating women are between 21, 29, 39, 40, 50, 53, 55, 57 and 67 years old. While 15.4% of the women interviewed are between the age of 37 and 44 years. These data show us that both young women and adult women were willing to participate and share their experiences through research.

In reference to the educational level of the interviewees, it can be seen in Figure 4.

Figure 4 - Educational level of the participating women in the Floresta village.

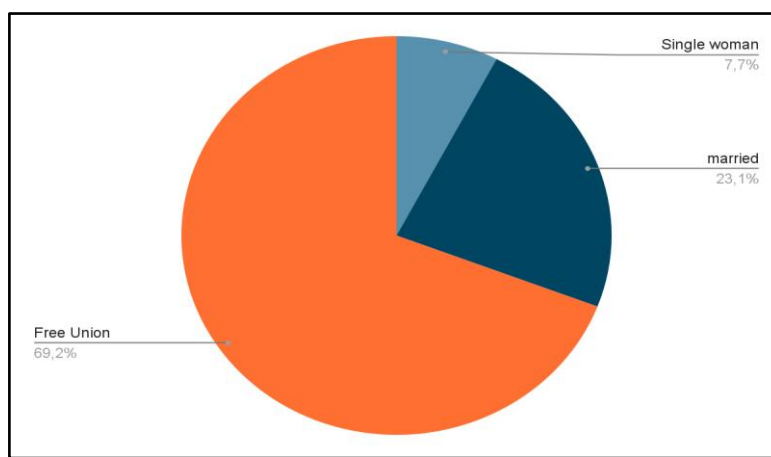


Note: From authors.

Considering figure 4, it can be affirmed that most women interviewed, 30.7% have primary education, followed by 23.3% who reached high school as well as professional education, likewise 15.4%. They carried out a technician and finally 7.5% are technologists, noting thus, failures in the educational system of the country where the promotion of this right in the municipality continues to be insufficient to serve the rural population, these data converge with other investigations such as those of Riveros (2022).

When it comes to the marital status of the participating women, they are described in Figure 5.

Figure 5 - Marital status of the women interviewed in the village of Floresta



Note: From authors;

Considering figure 4, it can be affirmed that 69.2% of the women surveyed are in free union, while 23.1% of them are married, followed by 7.7% who are single. It is also worth noting that 100% of the women interviewed have children in the age range of 5-40 years and an average of 3 children per respondent. On the other hand, Table 2 shows the occupation of the women interviewed.

Table 2 - Occupation of women in the village of Floresta

Occupation	Percentage
Housewife	53,844 %
Pensioner	7,692 %
Chairman	7,692 %
Teacher	7,692 %

Employee	7,692 %
Shed	7,692 %
Farm work	7,692 %
Total	100 %

Note: From authors.

Table 2 shows that 53.844% of women are housewives. Additionally, 7.692% work in various roles such as farming, warehouse duties, employment, teaching, board presidency, and as pensioners. Moreover, 53.8% of women live in their own homes, followed by 30.8% who are farm managers, and 7.7% who live in rented accommodations or other situations. The women interviewed have lived in the village for an average of 13 years, with a range from 1 to 40 years.

In reference to the armed conflict, it is analyzed that 77% of women affirm that they are not experiencing the armed conflict as in other times and 23% already suffer the consequences of this important phenomenon that marked Colombian society.

Meanwhile, for the implementation of the demonstrative orchard it was necessary to have the adaptation of the land, beginning with a previous visit to the school in the forest where the orchard was finally established. The terrain and space were observed, and the number of furrows was planned. They were going to be implemented and what positive and negative effects they could have on the development of the garden. At the beginning, the corresponding adaptation was made, which was to clean the land and remove the weeds as shown in figure 6.

Figure 6 - Adaptation and cleaning of the land at the La Floresta school



Note: From authors.

After applying lime to regulate soil acidity, four furrows were formed days later. Next, they began the installation of a protective covering to safeguard the newly planted crops, as illustrated in figure 7, in row No. 1 only corn was planted; in row No. 2 cherry tomato, lettuce and paprika were planted; in row No. 3 beans and cucumbers were planted.

Figure 7 - Installation of protective covering at the La Floresta school.



Note: From authors.

In furrow No. 4, Pumpkin (*Cucurbita maxima*), chives, and chili peppers were planted. Sunflowers were also planted as decoration at the end of each furrow. Fercon and Saenz Fety brand seeds were used. Fertilizer was applied using ash and pork sourced from local farms. Follow-up on the orchards of the women who took the initiative to carry them out continued, providing them with the necessary inputs and support to develop it.

Parallel to this work that was being in the field, different talks were given to the women participating in the project, such as: What is food security? and its importance (Figure 8), workshop on the SDGs, video presentations about the role of women throughout history.



Figure 8 - Meeting at the Cosmopolitan farm and socialization of the food security issue with the women participating in the project.



Note: From authors.

The development of this workshop was on the Cosmopolitan farm, in the village of La Floresta. At the beginning of the workshop, a greeting was made to the women who attended, explaining the topic to be discussed. Considering that one of the objectives was for them to know a little more about food safety. In the development of this meeting, the women expressed that the Restrepo mayor's office has given some training in the implementation of orchards "There is a veterinarian and an agronomist, the presidents of the board are who do the meetings because the community does not attend for the most part" expressed the president of the board Maritza Romero.

The question was: What do you think is the role of rural women within the food production system? and the answers that cause the most impact in the investigation are the following:

*“Es importante porque nosotras nos encargamos casi siempre de la elaboración de alimentos, que los alimentos sean orgánicos y limpios así podremos mejorar la calidad de vida de nuestra familia. Esta labor es importante en una finca, pero nos damos cuenta que a*



*nosotras como mujeres rurales no nos pagan igual que en la labor de nuestros esposos, no nos tienen en cuenta a la hora del pago, pero nosotras si hacemos las labores de la casa, de tenerla limpia y hacer la comida*” (“It is important because we almost always take care of food preparation, that the food is organic and clean so we can improve the quality of life for our family. This work is important on a farm, but we realize that we as rural women are not paid the same as our husbands' work, they don't take us into account when paying but we do housework like keeping, cleaning, and cooking the food”).

*“Nosotras como mujeres rurales tenemos un papel importante, muchas veces los dueños de finca no nos dan la posibilidad de tener nuestras producciones, huertas, animalitos.”* (“We as rural women have an important role, many times the farm owners do not give us the possibility of having our productions, orchards and animals”)

*“No todas las veces se puede ir al pueblo por los alimentos o se tiene la parte económica. Nos gustaría tener nuestras propias huertas o criar nuestros propios animales porque así sabemos que estamos produciendo alimentos sanos, sin químicos y que nos hará bien a todos”* (“Not every time we can go to town for food because we do not have the money. We would like to have our own gardens or raise our own animals because that way we know that we are producing healthy food, without chemicals and it will be good for all.”);

That is what food security aims for, so we always have healthy food.

*“Somos mujeres luchadoras que nos ha tocado duro en la vida y aun así tratamos de ver lo positivo de todo. Muchas veces nosotras las mujeres rurales somos más berracas que los mismos hombres, tenemos más responsabilidades y sacar todo adelante, nos dedicamos a la cocina a nuestro hogar y a nuestros hijos”* (“We are women who have faced many difficulties in our lives and even we try to see the positive in everything. Many times, we rural women are fiercer than the men themselves, we have more responsibilities and get everything going, we dedicate ourselves to the kitchen to our home and our children.”).

*“La falta de reconocimiento y la falta de capacitaciones en las veredas rurales y a la mujer rural es una debilidad muy grande, porque nos gustaría reforzar y tener más conocimientos sobre algunos temas del campo y que podamos replicarlos en nuestras casas”* (“The lack of

recognition and the lack of training in rural villages and rural women is a very big weakness, because we would like to reinforce and have more knowledge about some rural issues and that we can replicate them in our homes").

These were some of the interventions of the participants in this food safety workshop that were offered. The workshop made at the La Floresta school with rural women has a significant importance because we offered the topics of the SDGs and their importance, benefits, the great responsibility that one has with the world to enforce the objectives set. In the five objectives related to the thesis which are: end of poverty, health and well-being, quality education, formal work and economic growth and reduction of inequalities, each of them was explained to publicize their importance and what they are about. At the end of the meeting, the floor was given to the women who participated and none of them knew about the SDGs or had been related to them, due to this the interest in this topic began, which seemed to them of significant importance. The SDGs that most caught their attention were formal work and economic growth. Finally, a global idea of the issue was made and the people who wanted to intervene were given the floor (see figure 9).

Figure 9 - Socialization of the video of the role of women throughout history.



Note: From authors.

This video sharing activity had the objective of showing people, especially the women of the village, all the achievements and discoveries that some women have made throughout history. As a motivation we asked them to identify with some of them, and they will share their opinion about the discovery or the role they played in history. They finally opened to the idea of how important the role of women has been in many aspects such as political, economic, scientific, artistic and in the fight against inequalities.

On the other hand, the research allowed us to show that rural women located in the village of La Floresta in the municipality of Restrepo Meta play an extremely important role, they fulfill tasks such as the care and education of children, home care, they are in charge of doing the food for the whole family, they are wives, mothers, they are active actors in decision-making and participate in the planning of activities and village projects. Also, these women represent a fundamental pillar in the village, by being initiative-taking and fulfilling functions relevant as: the president of the community action board, secretary of the board, teachers, housewives, and farm managers. They recognize and feel empowered by their hard and daily work represented in rural homes, but this is contrary to the statements of Bedoya & Velasquez (2014) when they argue these rural women experience indifference and invisibility due to the little participation, they have in multiple sectors such as education and economic sector. In consequence, few of them are truly independent.

However, the home gardens in this project played a fundamental role because creating knowledge spaces is an option of economic solvency, for that reason with these gardens you can produce your own food and somewhat mitigate the problem of going out to town to buy in the market with unfair prices and without a guarantee that they are safe products produced organically. In a definition established at the World Food Summit (CMA) of Rome in 1996, “food security occurs when all people have permanent physical, social and economic access to safe, nutritious food and in sufficient quantity to satisfy their nutritional requirements and food preferences, and thus be able to lead an active and healthy life” (FAO, 2022). Beyond this, when talking about orchards and market niches, the statement of De Souza et al, (2022 p 449) is brought up when they state that “these issues involve economic strategies such as quality markets and short and alternative chains, local production, which allow the development and social reproduction of family farming”.

Another fundamental role is to develop sustainability within the 2030 agenda, such as the preservation of the environment, social inclusion of women beyond teaching how to

produce free healthy foods that are agrochemicals, leaving the orchard humanized, solving socio-environmental problems in the municipality's environment. In contrast, when identifying the objectives of the UN 2030 agenda, when talking about number 5 on gender equality and the empowerment of women and girls, that goal 5.5 if it is met at the local level because it will aimed at ensuring the full and effective participation of women in decision-making in political, economic and public life, this has been effective in the village of La Floresta and can be corroborated in the meetings of the community action board, where a large percentage of the participants and actors are women (see Figure 10).

Figure 10 - Extraordinary meeting of the community action board of the village of La Floresta.



Note: From authors.

With this investigation it was possible to corroborate what (ONU, 2012) affirms is seen daily in the homes and families of the village of La Floresta. The work of rural women has been devalued for a long time because it has always been thought that women should only dedicate herself to household chores, raising her children and home tasks leaving behind the essential work that women can do in productive work which indicates that goal 5.4 of objective 5 of the SDGs is not being fully met because it shows that work of rural women

must be recognized and valued through the provision of public services, infrastructure, social security and social protection policies.

On the other hand, some benefits of horticulture for the understanding of the sustainable development objectives are:

- Food security in small and medium farms.
- Improve agricultural productivity resulting in economic income.
- Mitigate environmental damage.
- Social inclusion of people.
- Preserve the biological and genetic diversity of the species in the region.
- Local traditional knowledge

Furthermore, what the (FAO, 2022) indicates about food security is guaranteed if the four fundamentals are met. These fundamentals are: Availability, stability, access and consumption, considering the variation in food prices, the lack of access to transportation by the inhabitants of the village and the seasonal nature of the agricultural campaigns in the La Floresta village. Therefore, it cannot be affirmed that the village has an optimal level of food security but it should be noted that families of the village have already begun to implement their home gardens which is one more step to guarantee clean and good quality food for each family that implements it. However, it was not possible to identify indicator 5.2 that talks about the proportion of women and girls who have suffered sexual violence.

Regarding the SDGs, it was possible to reach the conclusion in the workshop that was made there is a great lack of information regarding the subject due to the fact that there are no campaigns or talks for the people of the village of La Floresta, the people Participants of said workshop affirmed that this had been the first workshop offered on the subject, with this it can be said that within the policies of the government plan of (Mojica, 2020) it is necessary to implement promotional campaigns with these themes that are of great importance.

The Colombian Constitution grants equal rights, benefits, and opportunities to women and men, focusing on respect for human dignity and quality of life (Colombia, 1991; 2010). However, Ramos, Rodriguez, and Triana (2023) note that, three decades later, significant gender inequality persists in Colombia, requiring governmental attention.

According to the National Administrative Department of Statistics (DANE) (2020), 41.4% of the 22.3 million employed people in the country are women, while 59% of inactive women primarily engage in housework, compared to 8.1% of men. This research identified a notable group of women who are heads of households and experience social and economic

disparities relative to men. Addressing this issue may require redistributive public policies to mitigate gender-based violence and economic inequalities.

## Conclusions

It is interesting to consider that this work has a social responsibility bias as it is directly aligned with five sustainable development goals considered in the 2030 Agenda, namely: 1 - Eradication of poverty; 3 - Health and well-being; 4 - Quality education; 08 – Formal work and economic growth; and 10 - Reduction of inequality. The results obtained throughout this project were positive, the initial accompaniment of rural women allowed them to know the importance of the research and to fully comply with the proposed objectives. Thanks to the developed workshops, an active participation of rural women was obtained. These workshops had the objective of raising awareness and emphasizing the important work that women have in households for the development and appropriation of the Sustainable Development Goals - SDGs.

There is a significant lack of information about the SDGs in La Floresta, as no campaigns or talks have been held there. Participants noted that this was their first workshop on the topic. The municipal government plan should prioritize promotional campaigns to achieve these objectives locally.

Furthermore, one of the workshops developed was that of food security. This had a positive impact for the community of rural women who were part of this project in the village of La Floresta, because people knew about the importance, types, causes and benefits of food security. This workshop had mutual participation, it was enriching both for them and for the authors. The SDG workshop, the 5 objectives proposed to the rural women who participated in the project were made known, they emphasized the importance of the sustainable development goals for what and how they can help over the years. These goals that were discussed must be met and applied by society.

Due to the little time available for women who participated in the project, it was necessary to make constant visits to the farms where they live, this allowed them to have direct contact and help with the formation of their home gardens. It also allowed them to get to know the reality and importance they have in promoting the SDGs. In this research, the importance of the scope of the objectives of the 2030 agenda at the local level was identified,

since due to this they can be reached at regional and even global levels, making it necessary to draw the attention of local governments that help with the contribution of these goals by mitigating the climate changes that humanity is experiencing. Horticulture supports the SDGs and food security, helping address social, economic, and political barriers. It empowers rural women as social leaders, transforming their realities and contributing to the local achievement of the 2030 agenda.

Finally, it was possible to conduct the case study with rural women in the village of La Floresta, emphasizing food security through home gardens and the SDGs. Reaching the objective of awakening interest in the women of the village on these issues and recognizing the role of rural women as social actors.

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