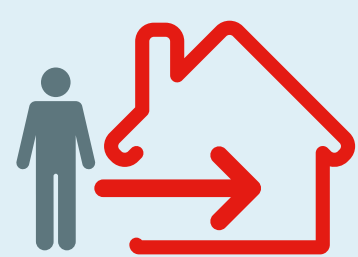


Gardens



Encouraging individuals, households or groups to grow fruit and vegetables in small plots or containers close to people's houses.



Gardens help people to grow food close to the house, so can suit children, the elderly or others with mobility issues or confined to the house.



Allows people to grow food during the lean season or to produce food quickly after a crisis.



Produces more food to eat and saves money by not having to purchase the vegetables.



Provides more healthy nutritious diets, especially for children, the chronically ill or people with HIV.

Get started

Gardens are usually as close to the house as possible. This allows people to work and check the garden. They can also use leftover water from the house and food waste to improve the soil.

People do not need to own land in order to grow a garden. Gardens can grow in any area of ground, backyard or roof space, however small – such as under the eaves of houses, growing up walls, trees or fences, or planted into sacks, old containers, buckets or simple hand-built structures.

✓ **Squeeze in your gardens anywhere and everywhere! Start small and increase the garden size slowly.**

To get started, dig over the soil lightly and add ash or manure. Plant lots of different seeds or seedlings that give the most nutritious foods such as vegetables, roots, tubers, fruits, beans and nuts. Water regularly.

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