

Wild Gardens for Improved Nutrition and Income

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Goal: answer (5) questions

- 1) What is a Wild Garden?
- 2) What are wild food plants?
- 3) How can they be used to improve nutrition, income...?
- 4) Where to establish Wild Gardens?
- 5) How to establish Wild Gardens

What is a Wild Garden?

Wild Gardens are collections of wild food plants

Homestead
(home garden
plot)



What is a Wild Garden?

Wild Gardens are collections of wild food plants

Forest plot



What is a Wild Garden?

Wild Gardens are collections of wild food plants



Shared
community space

What are wild food plants?

- Species w/ under-exploited potential for contributing to food security, health, income generation, and environmental services
- Also called neglected and underutilized species (NUS)

Other examples?

Moringa oleifera (Marum)



Wild food plant examples

- 'Wild Gardens' perennial vegetable species
 - Vegetable fern (*Diplazium esculentum*), White thorn rattan (*Calamus siamensis*), Snowflake tree (*Trevesia palmata*), Red shoot fig (*Ficus virens*), Fish tail palm (*Caryota mitis*), Galangal (*Alpinia galanga*)



Cha Om – *Acacia pennata*



Leaf Pepper – *Piper sarmentosum*



Malabar Spinach – *Basella alba*



Chaya – *Cnidoscolus chayamansa*



Kang Kong – *Ipomoea aquatica*



Katuk – *Sauropus angrogynus*

Wild Gardens are collections of wild food plants

- Rural farmers, especially women, usually harvest some wild food plants at some time during the year
- Wild Gardens are *designed* and *managed*, *collections* of wild food plants



How can Wild Gardens improve household nutrition and increase income?

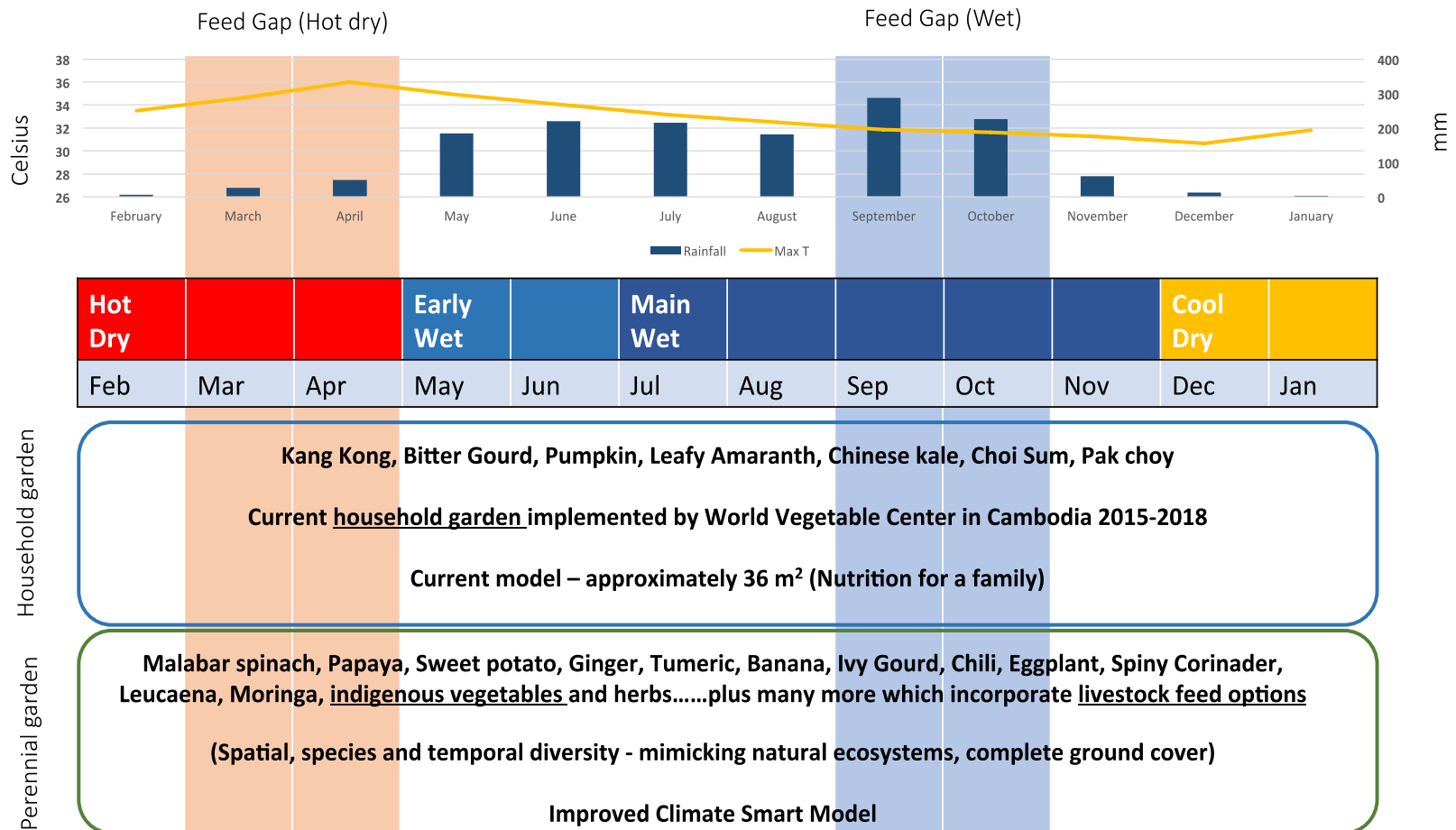
- Wild Gardens are part of a **Livelihood Strategy**
- **Wild food plants** are key to small farm diversification
- Small Farm **DIVERSIFICATION**



How can we diversify small farms using Wild Gardens?

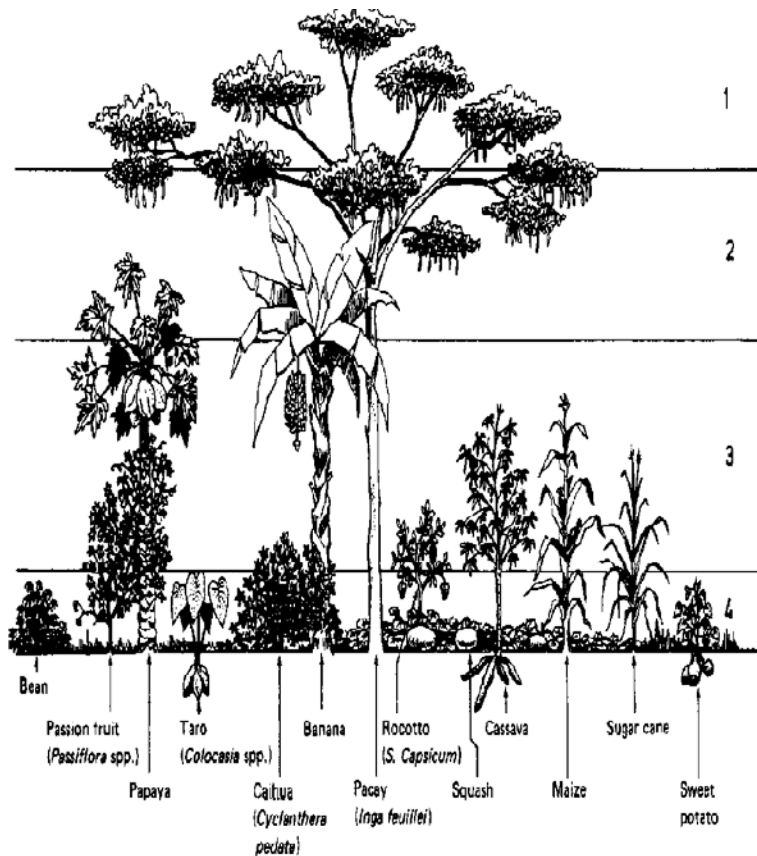
- Focus on **TIME** (temporal diversification)
- Focus on **SPACE** (spatial diversification)
- Focus on **FUNCTION** (functional diversification)

Target rainy-season and dry-season food gaps (temporal diversification)



*Rainy-season vegetable production with perennial wild food plants (poster & handout)

Wild Gardens can use all the space on the farm (spatial diversification)



1. Mango, Cashew, Neem, Palms
2. Papaya, Moringa, Bamboo, Fishtail palm
3. Chaya, Katuk, Sa'Om
4. Galangal, Vegetable fern, Leaf pepper, Ginger, Tumeric

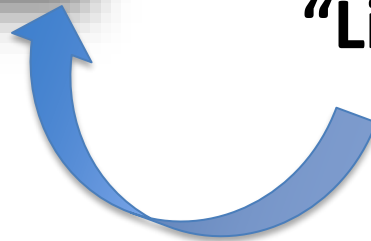
Wild Garden species can be multi-functional (functional diversification)



- Gliricidia
- Moringa (Marum)
- Chaya

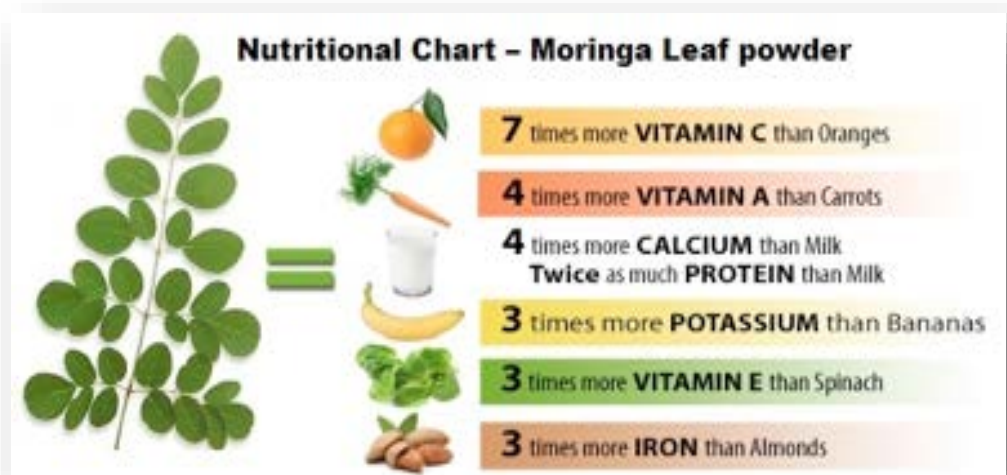
Possible uses: human food, livestock food, medicine, local markets, living fence

Gliricidia
“Living Fence”



Unlocking the potential of wild food plants

- Nutrition – Moringa & others; Kasetart analysis
- Market income Siem Reap market survey
- Home medicine
- Livestock feed
- Animal containment – “Living fence”



Acacia pennata (SaOm) example

- Cash crop; important in local produce markets
- Excellent living fence to protect gardens from livestock
- Very high in beta-Carotene (Vitamin A)



Where to establish Wild Gardens?

- Homestead
- Common space in the village, fencerows, weedy patches
- Distant locations, near rice paddy, forests



Where to establish Wild Gardens?

- Find *Underutilized Space* to establish your Wild Garden



Designing Wild Gardens based on specific goals

- Household nutrition
- Market income
- Home medicinal use
- Livestock feed
- Livestock containment
- Mixed use



How to establish Wild Gardens?

- Wild Garden goals
- Develop wild food plant list based on function
- Learn about the plant characteristics and cultural requirements
- Locate plot and source for species and beginning planting



Wild Garden diversity continuum

- Every Wild Garden is different: location, size, species used, species mix, , etc.
- There is no define 'recipe' for a Wild Garden
- Every Wild Garden is on a 'diversity continuum' from low to high species diversity
- Start small and work to increase species diversity of your Wild Garden plot

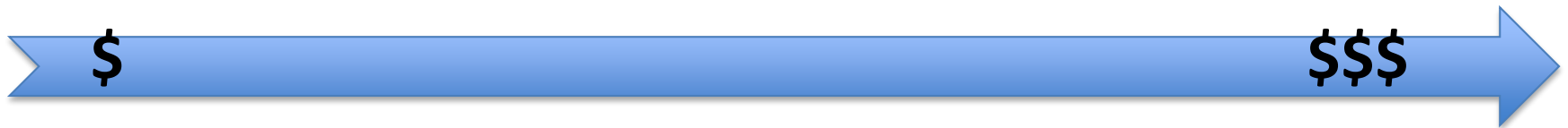
Wild Garden diversity continuum



Low species diversity



High species diversity



- The goal is to improve farmer livelihoods via increased farm biodiversity and enterprise engagement

Plant a Wild Garden Thank you!

