



Kitchen Gardens

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What is a kitchen garden?

Generally located near the residence, or frequently visited area

Diversity of perennial, semi-perennials, trees, shrubs, medicinal plants, herbs, spices, flowers

Means of producing nutritious food as well as non food items such as medicine and spices etc.

Kitchen Gardens v. Field agriculture

Impacts physical, social, economic and environmental spheres of life



Physical impact of Kitchen Gardens

Fall back food during seasonal lean periods(pre-harvest lean season, harvest failure etc.)



Daily, direct access to a diversity of nutritionally rich foods to food insecure.

Social impact of Kitchen Gardens

Women's empowerment

Studies show women 2x more likely to make decisions about garden products, and 2x more likely to have control over the income received from the kitchen garden (FAO).

Increasing availability, accessibility, and utilization of food products (food security)



Economic impact of Kitchen Gardens

Income generating from sales of garden products



Environmental impact of Kitchen Gardens

- Benefits of recycling water and waste nutrients, controlling shade, dust and erosion and maintaining or increasing local biodiversity



Cooperation

“Working with nature not against it”

Multi-stacking Intercropping

Maximizing different growing layers



Cooperation with Guilds



Use and Value Diversity



Increased food security by investing in growing diversity of plants



Diversity of plants-> Diversity in diet

Use and Value Diversity

Nutrition

- Roots/Tubers-energy
- Legumes- protein, fat, iron, vitamins
- Leafy greens/yellow/orange fruit-Vitamin A,E, and C
- Meat/chicken/fish- proteins, oils, iron, zinc



Obtain a Yield



Enhance household food security and nutrition

Extended harvesting period

Kitchen garden is principle source for family nutrition

Cycling of Resources

- Cleanses and absorbs grey water
- Transforms waste organic materials



Cycling of Nutrients



“Closing the Loop”

Produce no waste

Mimicking Nature

Mulch- imitation of forest floors, reduces evaporation, prevents erosion, builds soils

Starting with small solutions



Small solutions

“Small, daily changes that are consistent, persistent and positive without being intrusive” (EDN 124)



Applicable in all situations

- Relies on low-cost, low-risk technology that many food insecure can enter.



Stories of Success





Model Village—Chitedze

Before



After



The Difference that three years can make!

(Nordin Residence, Chitedze)

Before:

After:

