

Vegetables

- provide essential vitamins and minerals needed for good health
- balance calorie-dense, staple-based diets with nutrients and fiber
- add diversity to diets, agroecosystems, and rural and urban economies

Home gardens

- provide a ready, low- or no-cost supply of **fresh, nutritious vegetables** for the whole family
- create **home-based employment**, especially for women, through preserving, processing, or drying perishable vegetables
- generate **income for the household** through the sale of surplus vegetables
- teach **children and adults** about **nutrition**, climate, environment, plants, insects, water use, waste management

AVRDC – The World Vegetable Center’s Healthy Home Garden Kits

With an AVRDC Healthy Home Garden Kit, a 6 x 6 m garden area can produce more than 250 kg of vegetables year-round, supplying vitamins A & C, protein, and iron for a family of four.

Healthy Diet Gardening Kits put better nutrition and improved health within reach of anyone with a few extra meters of soil to spare.

The kits include:

- seed of 14 to 18 crops, including nutritious indigenous vegetables
- crops selected to suit local tastes and agroecological conditions
- planting and seed saving instructions
- plot plans and cropping patterns for different seasons to produce year-round yields
- recipes

	Block A	Block B	Block C	Block D	Block E
6m	Water gourd July-October	Bitter melon July-December	Bottle gourd July-October	Chili Round the year	Chili July-February
	Onion October-March	Green mung bean January-March	Garlic November-March	Okra Round the year	Water gourd March-June
	Amaranth April-June	Bottle gourd April-June	Green mung bean April-June	Tomato July-October	Water gourd July-October
	Kangkang July-September	Tomato July-September	Amoranthus July-September	Tomato November-March	Water gourd July-September
	Spinach October-February	Letuce January-February	French bean September-January	Water gourd October-January	Water gourd October-January
	Tomato March-June	Bitter melon March-June	Okra February-June	Water gourd February-June	Water gourd February-June
1m					



HEALTHY DIET GARDENING KIT
FOR BETTER NUTRITION AND INCREASED INCOME

Inside this Kit
The Healthy Diet Gardening Kit contains seed of 18 different kinds of vegetables, mostly indigenous to Africa. These seeds will produce good harvests of nutritious vegetables for home gardens, school grounds, and small farms. There is enough seed to grow a 6 m x 6 m plot for a family with 6-8 members all year round. The surplus can be sold to increase household income.

Indigenous vegetables provide protein, vitamins, iron and minerals you need every day for good health.



Why vegetables must be on the table

Growing vegetables in home gardens is the most direct way for many rural and urban poor families to obtain a variety of nutrient-rich food.



Despite gains in staple crop output, food security is not only about the quantity of food consumed, but also about nutritional quality and diversity of food sources.

Missing even three of the 40 nutrients the body requires has dire consequences for health: Diets low in iron weaken the immune system, a lack of zinc impairs brain and motor functions, and without vitamin A, half a million children go blind every year. Malnourishment weakens the mind and body; education levels drop and earning power declines.

Policymakers have overlooked household gardening as a food production and nutritional improvement strategy. It is time to rectify this oversight.

Kits for Disaster Relief

Since 2000, humanitarian agencies have distributed more than 35,000 AVRDC Disaster Relief Seed Kits to the victims of major disasters in Africa, Asia, and the Caribbean.

Natural disasters can destroy entire food production systems. Fast growing vegetables can help rebuild local food supplies and provide nutrition to survivors. The Center has five different disaster relief seed packs for East Asia, Southeast Asia and the Pacific, South Asia, and sub-Saharan Africa to provide protein and micronutrients in the initial months after a disaster.

The Center’s Disaster Relief Seed Kits include:

- seed of locally adapted, nutrient-rich, fast-growing vegetable varieties
- instructions in local languages to help recipients produce, prepare, and preserve vegetables
- enough seed for one household to grow vegetables on 100 m² of land

The Center’s disaster kits helped survivors of the 2004 Indian Ocean tsunami in **Indonesia** and **Sri Lanka**, Typhoon Morakot in **Taiwan** in 2009, the 2010 **Haiti** earthquake, and the 2011 floods in **Thailand** rebuild their lives.

AVRDC home gardens: Expertise in action

AVRDC - The World Vegetable Center has long recognized the value of **home vegetable production** for improving nutrition and providing income. For more than 30 years, the Center's adaptive, integrated research into **home garden design and application** has brought better health and brighter futures to families in developing countries.

With the help of partners, the Center's home garden kits have been promoted throughout **Africa, South Asia, and Southeast Asia**:

- Participants in home gardening projects in **Bangladesh** spent less on buying vegetables at the market, increased their incomes about 10% from selling surplus vegetables, and increased their daily calorie intake.
- From 2001-2005, more than 10,000 households received home garden kits in **Tanzania, southern Sudan, Zambia, Kenya, Mozambique, Uganda, Malawi, and Rwanda**. More than 3000 farmers and community representatives learned home garden production, processing, and preservation methods through demonstrations and workshops.
- More than 1000 rural households in **Jharkhand and Punjab, India** have begun planting home gardens with the Center's kits to diversify family diets.



The Way to **Grow**

AVRDC - The World Vegetable Center



HOME GARDENS

Fresh vegetables within reach of all

In the backyard, in pots, alongside fields and roads: wherever available soil and space can be found, gardens can grow. Home gardens contribute to nutritional and food security for the world's poorest families by ensuring nutrition-packed, health-promoting vegetables are close at hand, free for the tending, and available year-round.

School and community gardens

For children, there's no better way to learn and grow than through a **school vegetable garden**. The harvest enriches school meals, providing nutrition often lacking in the home diet. Students, teachers, parents, and administrators learn daily lessons in biology, economics, and resource management. The Center's promotion of home gardens in the Philippines has led to the OMG! initiative—a nationwide, government-sponsored campaign to encourage greater vegetable consumption through school and community gardens. **Community gardens** in and around cities increase the supply of fresh produce for the urban poor, offer income-generating opportunities, and improve the quality of the urban environment.



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