### **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 nocost 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.

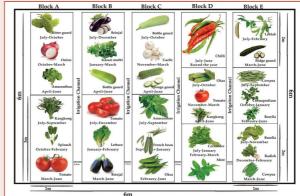
Healthy Diet Gardening Kits put better nutrition and improved health within reach of anyone with a few extra meters of soil to spare.

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



# 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 m<sup>2</sup> 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.



### **HEALTHY DIET GARDENING KIT**







## 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, Mozambigue, 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.

### 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, governmentsponsored 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 incomegenerating opportunities, and improve the quality of the urban environment.

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# The Way to Grow **AVRDC - The World Vegetable Center**









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.