

FROM CRISIS TO RESILIENCE
innovative smart solutions –
Vegetable Kitchen Gardening for Household
Income and Nutrition.

In pictures



GARD

Grassroots Alliance for Rural Development

changing lives, creating opportunities

Introduction

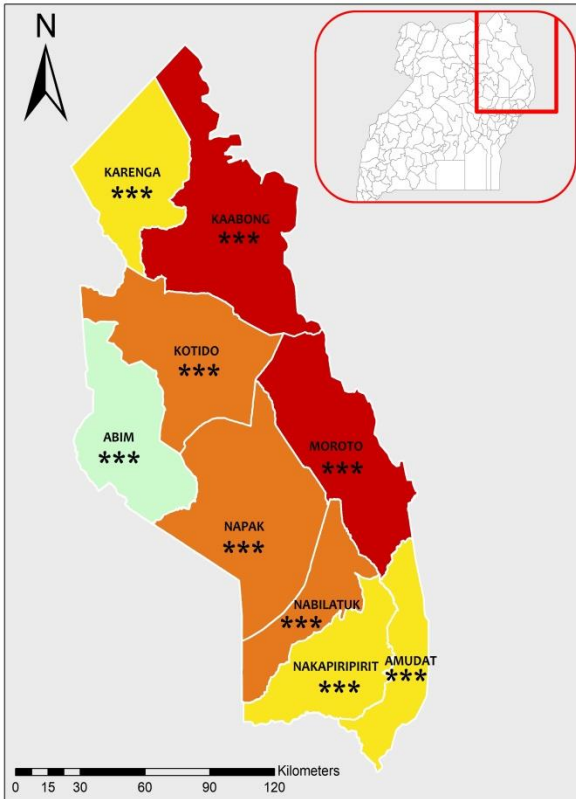


- ❑ As part of resilience building, GARD introduced vegetables kitchen gardening was in 2021 as a pilot strategy to enhance household income and nutrition insecurity.
- ❑ Lopee, and Ngoleriet sub counties were piloted with 4 APFFS supported with Sukuma, Leafy Onions, and Cow Pease vegetables seeds.
- ❑ Other vegetable seeds distributed include tomatoes, cabbages, egg plants, Okra and green pepper.

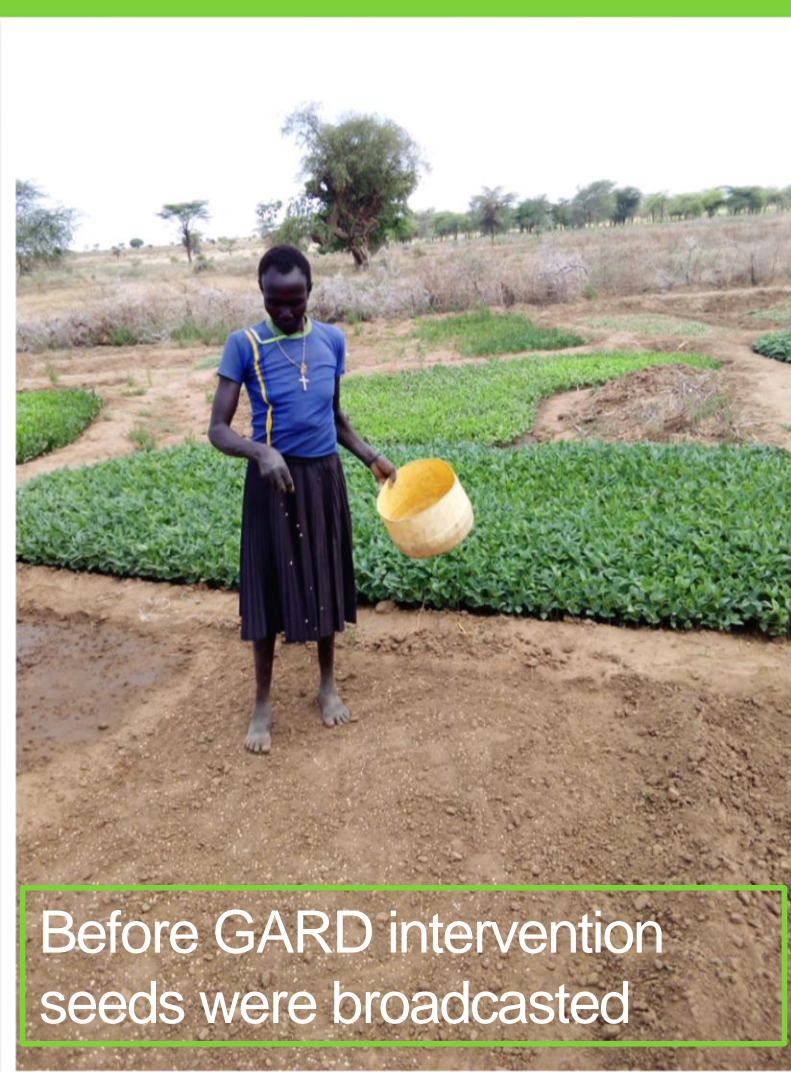
Introduction



- ❑ APFFS groups were introduced to bucket/basin planting and irrigation method using borehole water during the dry season.
- ❑ Other methods introduced was use of rows, mulches, and manure application.
- ❑ The approach was quickly adopted at individual and household levels with cowpeas and sukuma vegetables tried as the most resilient to drought and too much water.



- ❑ In Napak district, most individuals have adopted cow pease (boo) growing for nutrition and income because of its resistance to drought.
- ❑ While in Amudat districts, most individual farmers have preferred sukuma because of the influence of Kenya and taste.
- ❑ 15 APFFS from Ngoleriet (Naitakwae and Naguleangolol); and Lopee (Lokudumo and Nakwamoru) have been growing cow pease vegetables for sale during the dry season with the help of borehold water for irrigation since 2022.
- ❑ In Amudat 5 APFFS in Nabokotom, Amudat sub county have also been growing sukuma wiki vegetables for sale during the dry season with the help of water from river Kanyangareng for irrigation since 2022.



Before GARD intervention
seeds were broadcasted





Promotion of Good Agronomic Practices at community level





Resilience Champion of Amudat, Nabokotom. Ms. Chemana



**Onion growing in Naroo-ngor,
Naitakwae Parish, Ngoleriet sub county, by
Ms. Loukae**

- ❑ Purchased onion seeds at UGX. 5,000.
- ❑ Planted 30/6/2022 and harvested 10/9/2022.
- ❑ During growth stage, we ate leaves and sold some.
- ❑ Harvested 2 Basins of quality onions.
- ❑ Sold each pieces of onion at UGX. 100 and 200@ depending on size.
- ❑ Earned UGX:115,000/- which has helped me pay debts, buy more seeds, pay medical bills and buy food.
- ❑ She plan to focus on onions growing to buy goats and to open big garden.



Ever since we were trained on how to water vegetables using water from the borehole, we have planted cow peas over 10 times on the same piece of land. The sale of the vegetables have helped us buy salt, medicine, books for kids, even save in VSLA. Our problem is we share the borehole with the school children, community and livestock. When the borehole broke we contributed money and repaired, if we had a good water source we could plant other crops..... Alice Nacap of Naitakwae Village, Ngoleriet S/C.

