

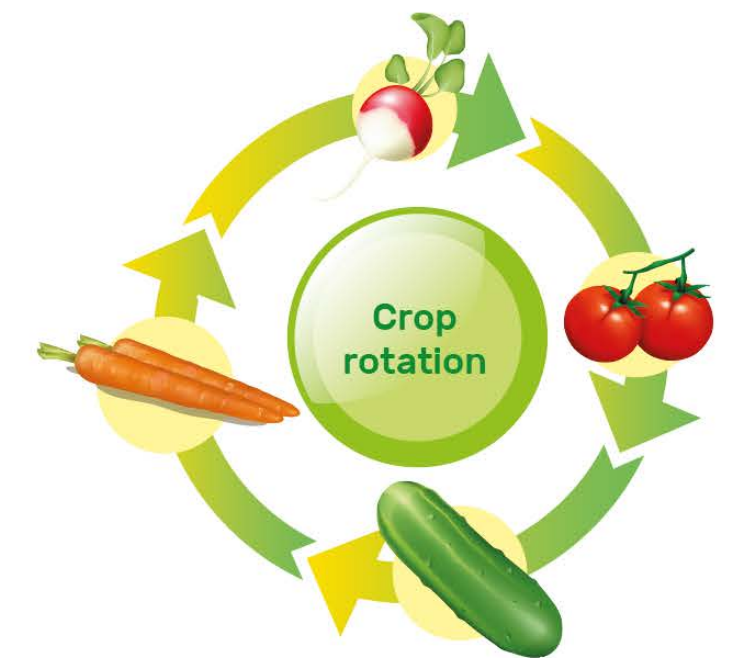
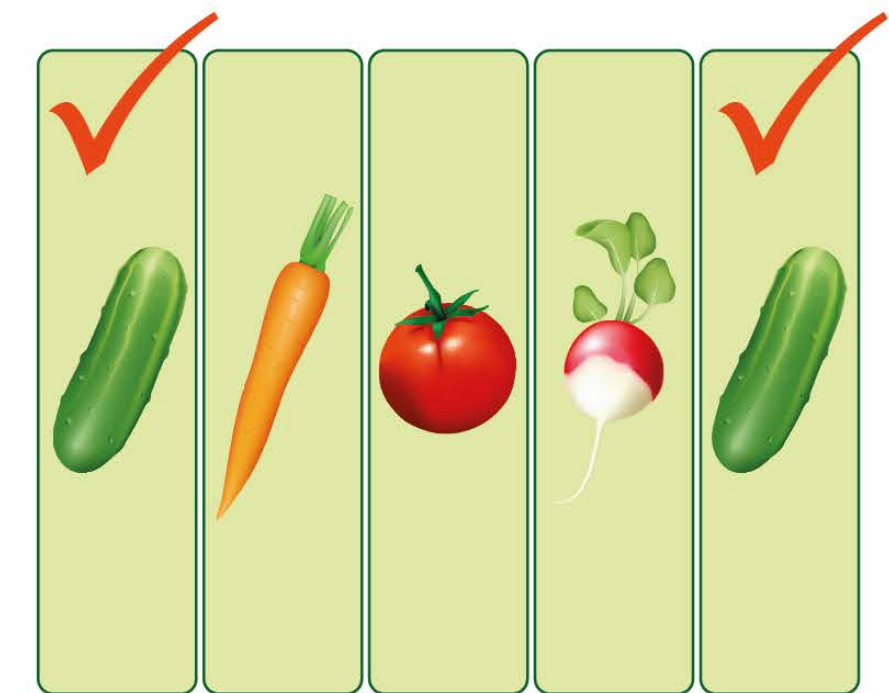


Purposes of a family vegetable garden

1. To improve the family's everyday diet without having to spend a lot of money.
2. To provide the family with healthy, nutritious, chemical-free food.
3. To get children in the habit of eating vegetables and having a more diverse and balanced diet.
4. To make the best use of the family yard. To generate surplus crops that can be sold locally.

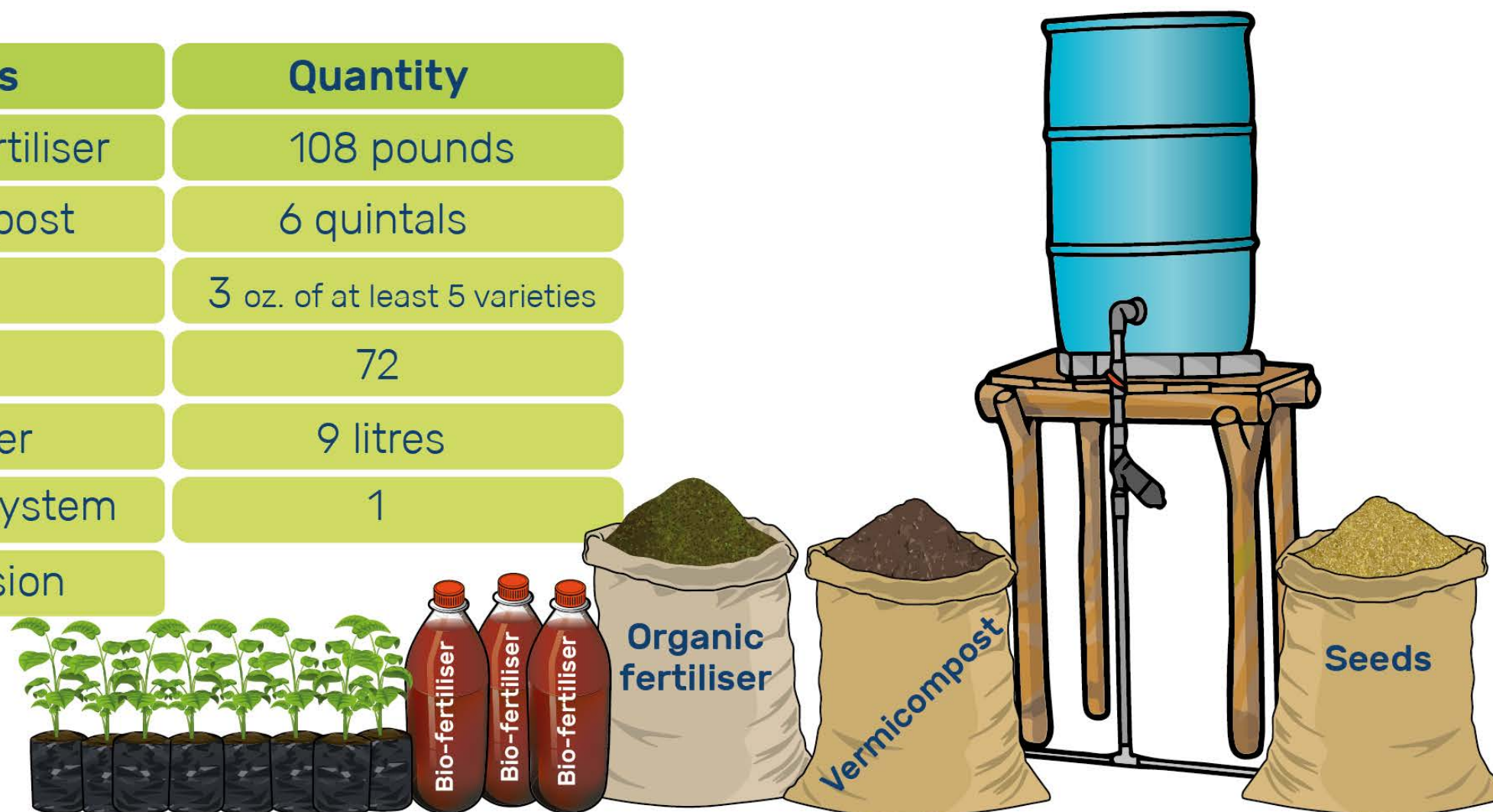
Recommendations

- Don't plant creeping plants like marrow, squash, yams or cucumbers in the middle of the bed. Instead, plant these at the end, so that they don't invade other crops.
- Be sure to rotate the crops from the sections of each bed so that you don't plant the same crop in the same place for two consecutive cycles. Additionally, after crops that remove lots of nutrients from the soil like maize or vegetables, you should plant a nitrogen-fixing crop like beans or legumes.

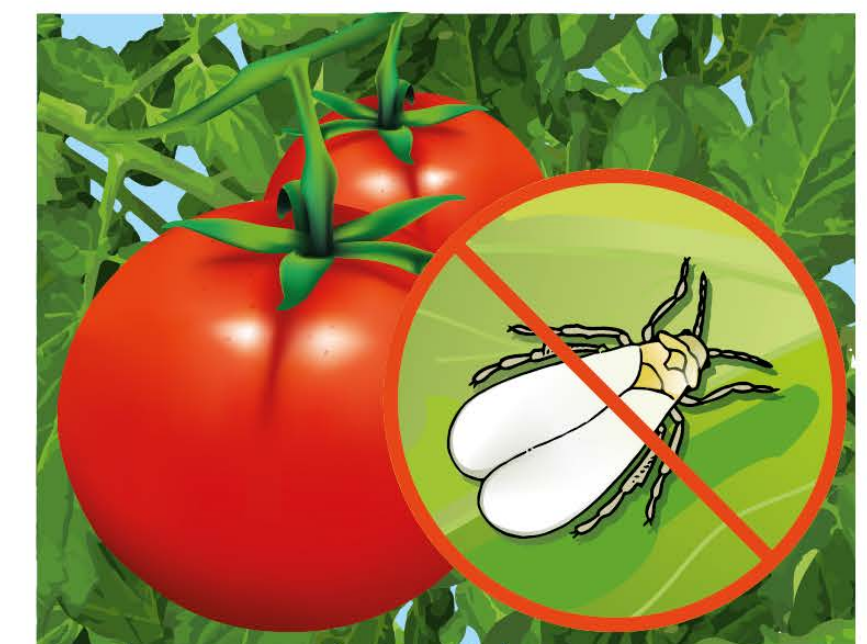


Materials

Inputs	Quantity
Organic fertiliser	108 pounds
Vermicompost	6 quintals
Seeds	3 oz. of at least 5 varieties
Seedlings	72
Bio-fertiliser	9 litres
Irrigation system	1
Garlic infusion	



- It's better to be safe than sorry. That's why it's advisable to use varieties that are pest resistant, like Shanty tomatoes, which are resistant to whiteflies.



Step by step: Starting a family vegetable garden

1. Choosing the location

- Choose an area that's 7 by 7 metres (49 m²), near the house and close to a water source.
- Fence it in so that animals can't get in, especially chickens. You can make a fence with chicken wire, but you can also use any material you have on hand: tree trunks and branches, banana tree trunks, dragon-fruit cactus, or Bromelia Pinguin.



3. Planting

- Divide each bed into eight sections that are 75 centimetres wide. Plant a different crop in each section.
- Planting type and sowing distance (spacing) according to crop:

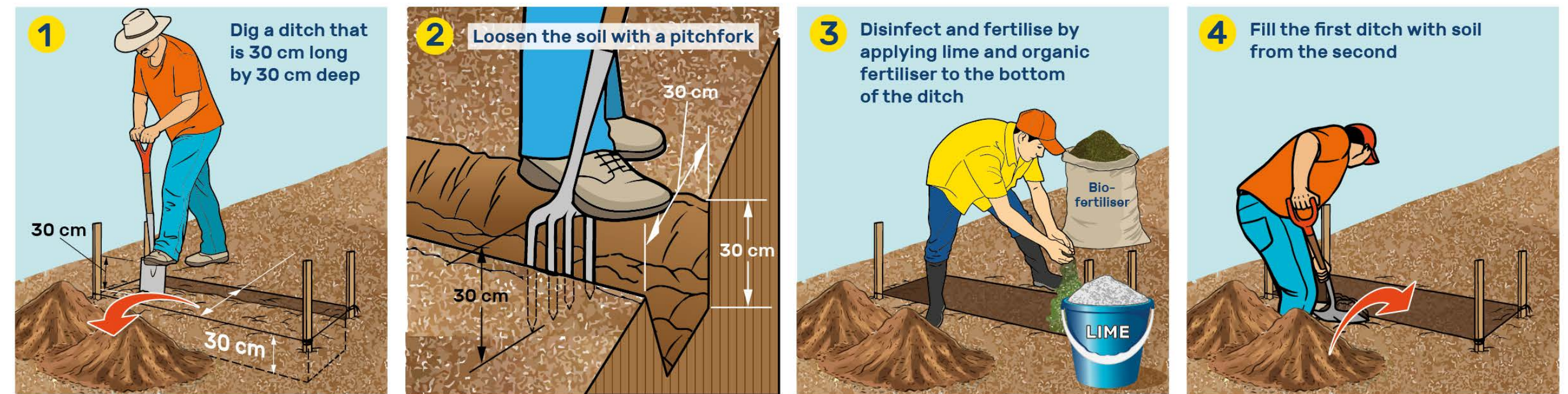
Crop	Seed quantity	Planting type	Spacing
Carrot	5 grams	Direct seeding	Fine trickle
Radish	5 grams	Direct seeding	Fine trickle
Beet	8 grams	Direct seeding	Fine trickle
Onion	5 grams	Direct seeding	Fine trickle
Cucumber	5 grams	Direct seeding	20 centimetres between plants
Tomato	12 plants	Transplant	20 centimetres between plants
Pepper	12 plants	Transplant	20 centimetres between plants

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2. Preparing the soil

- Plant in raised beds that are 1.5 metres wide by 6 metres long. Include a 50-centimetre path between beds. Generally it is good to start with three raised beds.
- The beds should be laid out east to west.

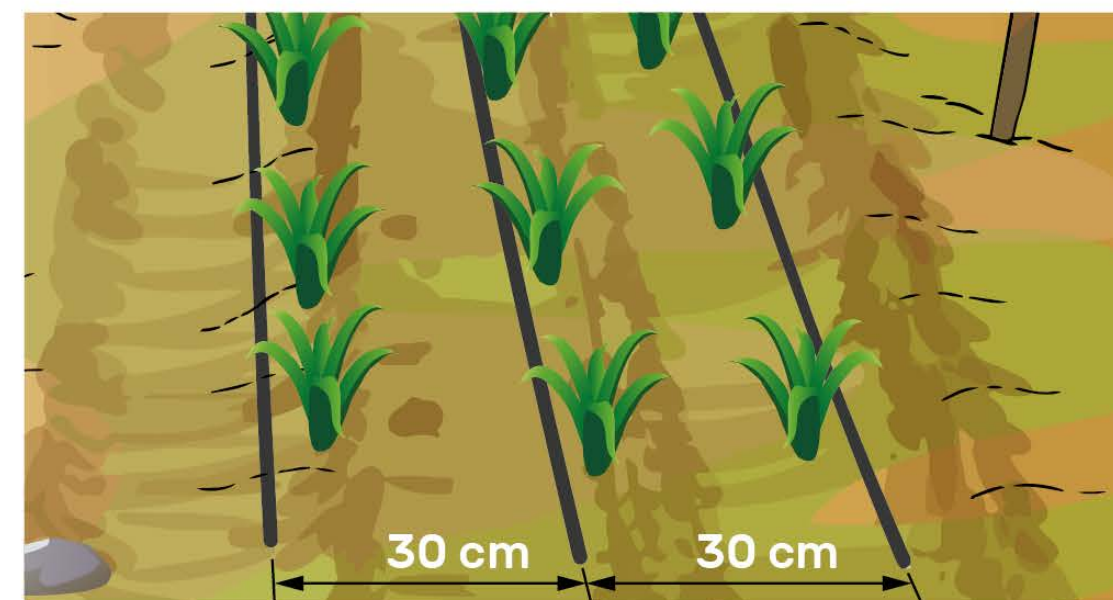
Prepare the ground by double digging



- Afterwards, continue in the same way with the next ditch, filling the first ditch with the soil you take out of the second, and so on until reaching the end of the bed. Then level the surface of the bed with a rake. Water well and wait 3 days before planting.

4. Drip irrigation

- For three beds you need one 200-litre barrel, one ½-inch PVC pipe and nine 6-metre-long strips of perforated tape (three per bed placed 30 centimetres apart from each other along the bed). More resistant polyethylene hoses that are 16 mm in diameter can also be used.



5. Management

- When crops are ridged, you can apply 40 pounds of organic fertiliser per bed. You can also apply foliar fertiliser to the crops that need it with a backpack sprayer.
- To control fungus and insects, you can use Bordeaux Mix and insecticides made with neem extract, ground chilli, or garlic with alcohol diluted in water. Yellow sticky traps for whiteflies and repellent plants like coriander, Mexican marigold and basil can also be used.

