

# Garden



## Description:

The garden was a 33m<sup>2</sup> area containing mainly spinach, carrots, beet greens, and onions. It was primarily maintained by an outside organization, Mameh Lani, consisting of several women and a group of community boys, led by Mama Nomtu. The vegetables grown were mostly given to Mameh Lani but some were used in the house. Thorn bush cuttings bordered the garden to keep the small children away. There was a compost pile, roughly 1 m<sup>2</sup>. The majority of the women had little interest in the garden.

## Needs:

- Relocate to allow space for a crèche
- Added more relevant vegetables/herbs
- Raise interest and participation of Safe House residents

Gathered from conversations with Mama Nomtu and the Safe House Residents

## Steps

1. Mark out (5) 3.4m x 1m beds leaving 0.4m space between each
2. Remove layer of grass from all of the beds
3. Fill with soil and compost
4. Mix soil and compost with existing soil
5. Water beds
6. Plant vegetables and herbs
7. Be sure to plant tomatoes in their own bed
8. Be sure to plant cabbage in their own bed
9. Create a depression for water to collect around any seedlings or grown plants
10. Water plants with a wide gentle spray, being sure to keep the dirt in place.

## Completed Garden



## Materials

- (4) Bags of Compost
- (4) Bags of Soil
- (1) Packet Tomato Seeds
- (1) Packet Spinach Seeds
- (1) Packet Cabbage Seeds
- (1) Packet Beet Seeds
- (1) Packet White Onion Seeds
- (1) Packet Red Onion Seeds
- (1) Parsley plant
- (1) Rosemary Plant
- (1) Thyme Plant
- Spade
- Shovel
- Garden Fork

## Recommendations

The distance between the beds was a good length to allow comfortable access to all of the beds. Smaller would not be ideal, but larger is an option. Having grass between allows the gardener to stay less dirty. The length of the beds are flexible but found to be adequate and the width was good. Adding more soil and compost would allow for mounding of the beds which holds more nutrients. Mounded beds can be framed in by wood to allow for a cleaner edge and more total effective garden space. Planting grown plants is often better than seeds or seedlings. Making the garden and planting with the women sparked their interest and allowed them to take ownership.