



MINISTRY OF FOOD & AGRICULTURE



PROMOTING HOME GARDENING.

ACCRA METROPOLITAN ASSEMBLY

PREPARED AND PRESENTED

BY

MR LAWRENCE DICKSON - COBBLAH

INTRODUCTION

- The recent lockdown forced us to dig deep into ourselves, find strengths that we thought we didn't have, find new ways of doing things that we never thought we could do and as the saying goes, in adversity man finds himself.
- Well, in lockdown we found out that we could put to use that small extra space to grow our own food. The benefits surprisingly go beyond that fresh smell or ripe vegetable; there are amazing health and financial rewards too

THE ADVANTAGES OF HOME GARDENING



- **Gardens add to property value.**-a home adorned with fresh and sweet smelling flowers or gardens with vegetables growing has a positive psychological effect on the outlook.
- **Source of fun workout.**-the entire process of carrying bags of mulch, pushing a wheelbarrow, hoes, picking weeds, sowing seeds, shoveling manure, moving pots etc can lead you into shedding a lot of calories. You will come out fitter.
- **Vitamin D Boost.**-in these times of the Pandemic, we need vitamin D more than ever. When we are out there and our body is exposed to the sun, it prompts our body to produce vitamin D.

THE ADVANTAGES OF HOME GARDENING...

- **Control over what we eat;**- you have control over chemicals and products used during the growing process. Recent storm created over GM foods. Growing your own food gives you access to organic vegetables and fruits that are healthier hence making your body less susceptible to diseases. Produce retains more nutrients when consumed shortly after harvesting. You also make some financial savings.
- **Positive environmental impact;**- e.g a compost pile allows you recycle certain kitchen and yard waste products into nutrient- rich additive for the garden. This reduces the waste you produce and provides natural fertilizer for your plants. If you chose to avoid or limit chemical use, you reduce pollution and groundwater contamination from your gardening activities. Garden plants also reduce soil erosion.

APPROACH BEING USED TO PROMOTE HOME GARDENING



- Advocating Home gardening through mass media
- Identifying and listing interested home gardeners.
- Selecting houses for home gardening demonstrations
- Organically raising the needed seedlings.
- Teaching selected houses or home gardeners how to prepare media to receive seedlings
- Educating home gardeners on cultural practices that will lead to bumper harvest(e.g. correct spacing, organic pest control, manuring, staking, etc.)

APPROACH BEING USED TO PROMOTE HOME GARDENING...



- Teaching the farmers to first identify a market destination for their crops(those who will want to produce to sell).
- Teach the farmers to package their produce well to attract buyers.
- Train young graduates with skills on new technologies and Urban Agriculture to transfer these technologies to farmers or would-be farmers.

ASSEMBLY DEPT OF AGRIC NURSERY



ASSORTED SEEDLINGS BEING DISTRIBUTED BY AGRIC EXTENSION AGENTS TO HOME GARDENERS FOR DEMONSTRATION



FORMS OF HOME GARDENING



CONTAINER GARDENING



CONTAINER GARDENING ...



CONTAINER GARDENING ...



CONTAINER GARDENING AND VERTICAL FARMING



CONTAINER GARDENING



VERTICAL FARMING – Lettuce, Eden variety



VERTICAL FARMING – Malawi Onion



CONTAINER GARDENING -Carrots



CONTAINER GARDENING -Lettuce



INVOLVING AGRIC EXTENSION TO PRACTICE WHAT THEY PREACH



INVOLVING AGRIC EXTENSION TO PRACTICE WHAT THEY PREACH...



SOME SUCCESS STORIES

- Two young women home gardeners have successfully moved from subsistence level to a level where they also sell their produce and make money. They do delivery of fresh vegetables to houses.

SOME SUCCESS STORIES-First woman



SOME SUCCESS STORIES – Second Woman



PLANTING FOR FOOD AND JOBS(PFJ)

SUBSIDIZED INPUTS UNDER PFJ PROGRAM



COCONUT SEEDLINGS UNDER PFJ PROGRAM



