

Includid Garden Interviews.mp4

Rotary District 9350 Food Gardens Webinar

Home Food Gardens

AGENDA

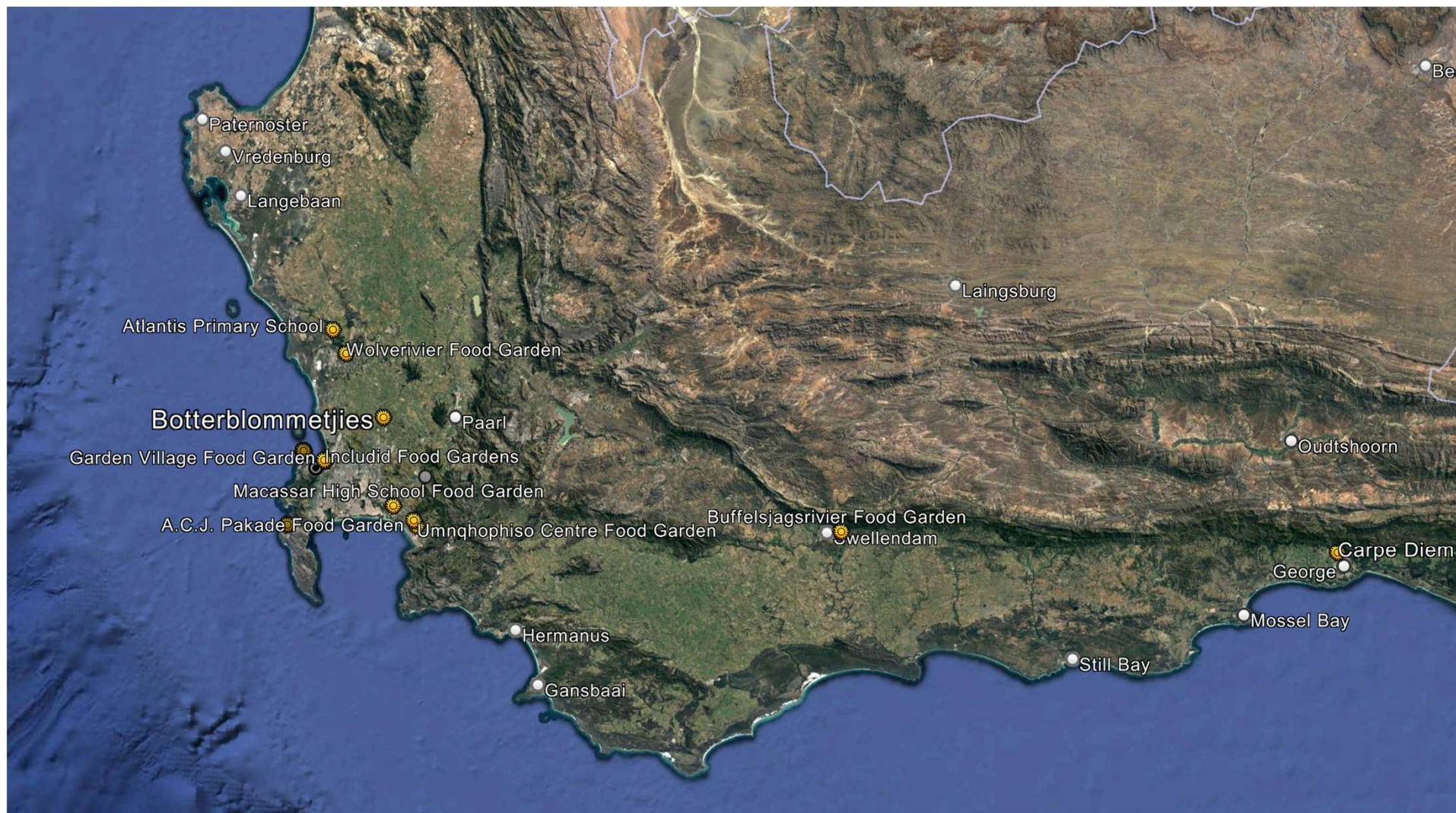
- 8:50 Includid Garden Interviews
- 9: 00 Welcome - Doug Bachelor
- 9:02 Videos/photos from Community/School Projects
- 9:10 Rotary – Anton Lubbe
- 9:15 Questions
- 9:20 Vegetable Gardening in Containers – Wolfgang Schenck (RC Windhoek)
- 9:45 Questions
- 9:50 Gardening Tips - Michelle Nel (RC Helderberg Sunrise)
- 9:55 Questions
- 9:59 Closure - Geraldine Nicol
- 10:00 Local – Where to now











Rotary

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end.

What we do

Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 46,000+ clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies
- Protect the environment



Morning
 Noon
 Evening
 Other

Rotary  District 9350



Food Security

- During Covid D9350 with the help of the overseas clubs raised in excess of R10m to provide food coupons and food parcels which was distributed via local NGO's soup kitchens etc.
- Unfortunately it is not sustainable and in 2021 D9350 embarked on Food Gardening initiative whereby we assisted communities with communal, school and institutional gardens
- In 2023 we decided to take the initiative further and assist communities with home gardens in the form of:
 - Awareness
 - Training
 - Non financial support with local Whatsapp groups etc

Questions

Home Gardens

Wolfgang Schenck

RC Windhoek

There's Place in the smallest Space

Growing vegetables in containers

- has no size restrictions
- a balcony is good too
- can be done indoors

Has additional advantages

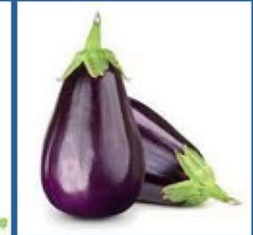
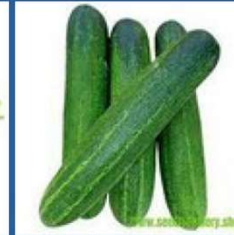
- needs little soil & water
- uses containers from
 - upcycling
 - the dumpsite



What grows in containers

Broccoli
Cucumber
Green Bean
Leaf Lettuce
Pepper
Spinach
Tomato

Carrot
Eggplant
Green Onion
Parsley
Radish
Squash
Turnip



**and all
HERBS**

Soil for Containers

Do not use soil from the garden! Its too heavy.

Plants in containers need

→ best possible nutrients,

→ aeration & drainage

If garden soil is all you got

→ got compost (humus)?

→→ mix that in

Humus is a fantastic material

→ plenty of nutrients

→ loosens the media (soil).



How to Water Containers

- Containers dry out quickly
- water up to 2x a day
- water deeply - plants need water at their roots
- water till it runs out at the bottom of pot

MAKE YOUR OWN can

- from a plastic bottle

OR

- alter spout of can

DEFINETLY

- skip the hose pipe!



Liquid fertilizer is best

Make your own Fertilizer Tea

- throw chopped weeds into a bucket until half full
- add water [if your water is chlorinated let stand in the sun for 2 days before adding]
- cover bucket & let stand for up to 2 weeks
- filter liquid out (solids go on compost)
- water plant at root or spray on leaves with spray bottle



Start small

Start small with

→ plastic cups from dairy product containers

→ any type of tin cans

MOST IMPORTANT

→ make a small hole in the bottom of every container to avoid water log



Go bigger with small

Use a transport palette
→ place your plastic cups or tin cans inside the palette
→ place them as close together as the grown plant will require space

IMPORTANT

→ secure the palette against a wall or fence to avoid falling over



Go medium

While cans & tins have space anywhere, these need a bit more:

→ any type of 5ltr or more plastic cans

→ any type of PET bottles

IMPORTANT

→ place them where they cannot fall over



Go high with medium

It needs a bit of space but not as much as a typical garden:

→ build a rack or frame of any material available

→→ wooden planks

→→ wooden poles

→→ strong bamboo or cane

Attach the PET bottles in rows above each other



If you tend to forget watering ...

Use 2ltr PET bottles

→ cut them in half so that the cap reaches the bottom of bottle when flipped upside down

→ make a hole in the cap

→ fill soil and plant

→ fill with water until bottle neck is in the water

IDEAL FOR

→ herbs & leafy salads

AND ... INDOORS



... for the small garden

You have a small garden & maybe bad soil?

How about bags of all types and sizes

→ hessian bags

[farmers have loads of them]

→ strong paper bags

[i.e. baking flower bags]

→ plastic (shopping) bags

[or any other plastic bag not recycled]

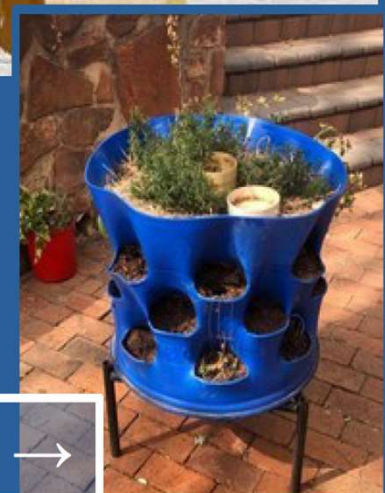
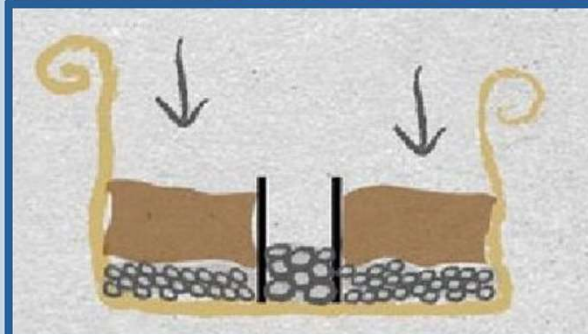
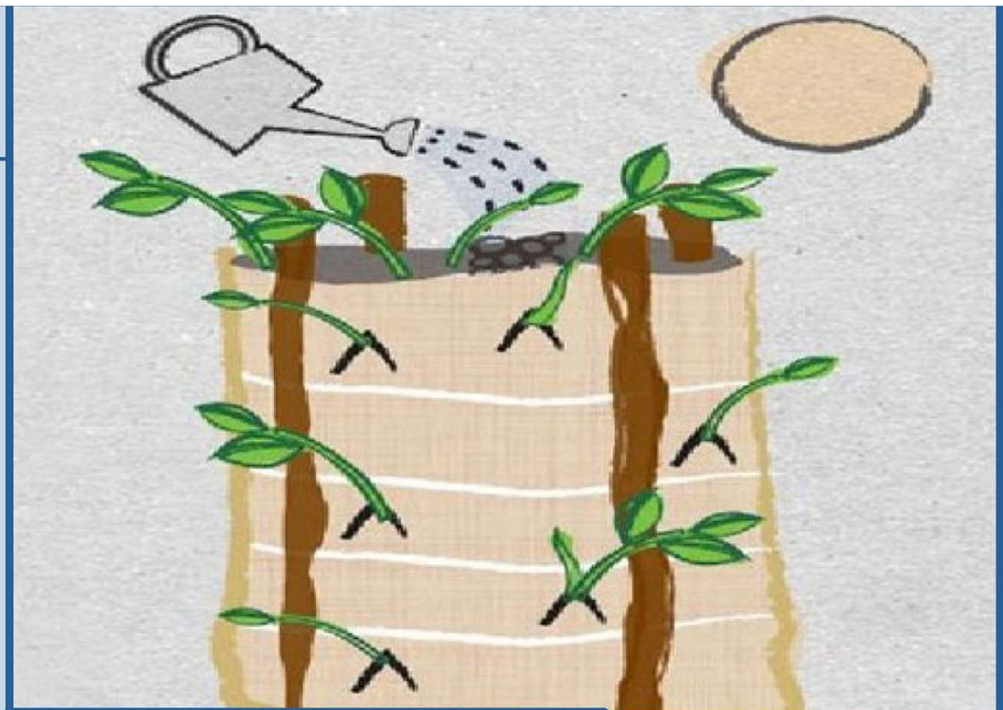
All of these work well!



How to make...

... a bag garden from large bags ... you need

- a piece of drainage pipe
 - some coarse gravel or stones
 - soil suitable for containers
- put the drainage pipe in the middle
→ fill a layer of gravel
→ fill soil
→ pull out pipe
ALWAYS water in the middle



modern hitec version →

More for bad soil

You have the garden but the soil is 'useless'?

How about getting any kind of container from the dumpsite?

→ toilet pots, wash basins

→ old tyres [line these with black bags to avoid water loss, make small hole in it]

→ bath tubs, washing machines, or any other

→ bottles mentioned above

All of these work well!



DISTRICT 9350



**IMAGINE
ROTARY**

More on tyres

Growing potatoes:

→ plant your seed potatoes in first tyre

→ as the green comes out, add another tyre and soil

→ to harvest simply lift off one tyre after the other

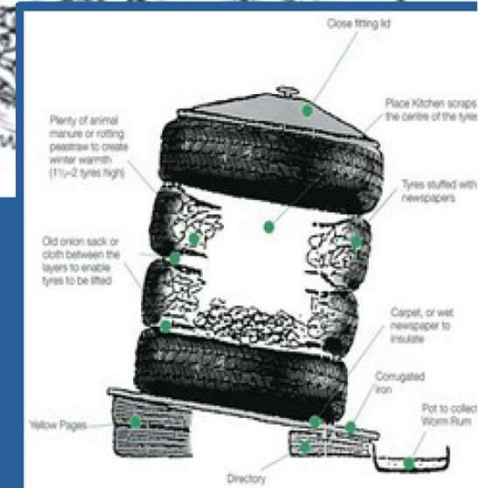
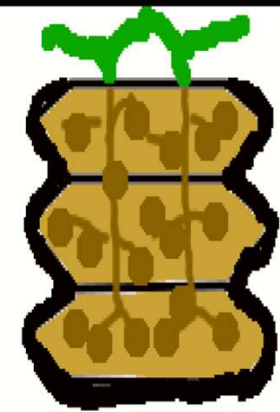
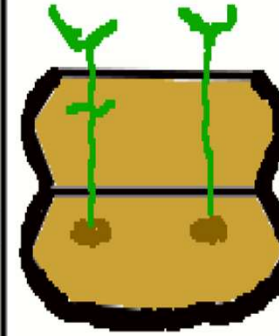
OR

make your green tyre fence

OR

set up your own worm farm

(c) vegetablecorner.com

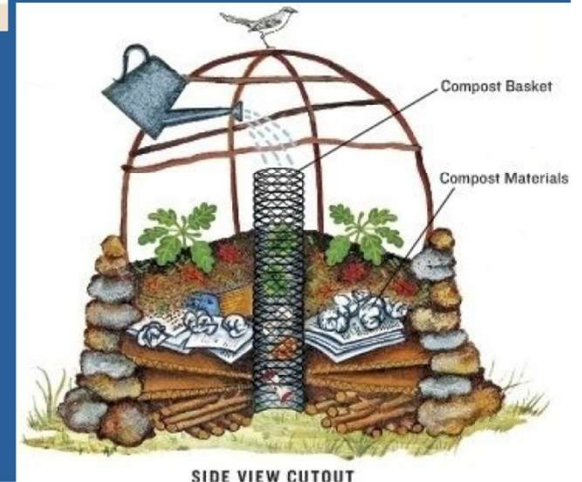
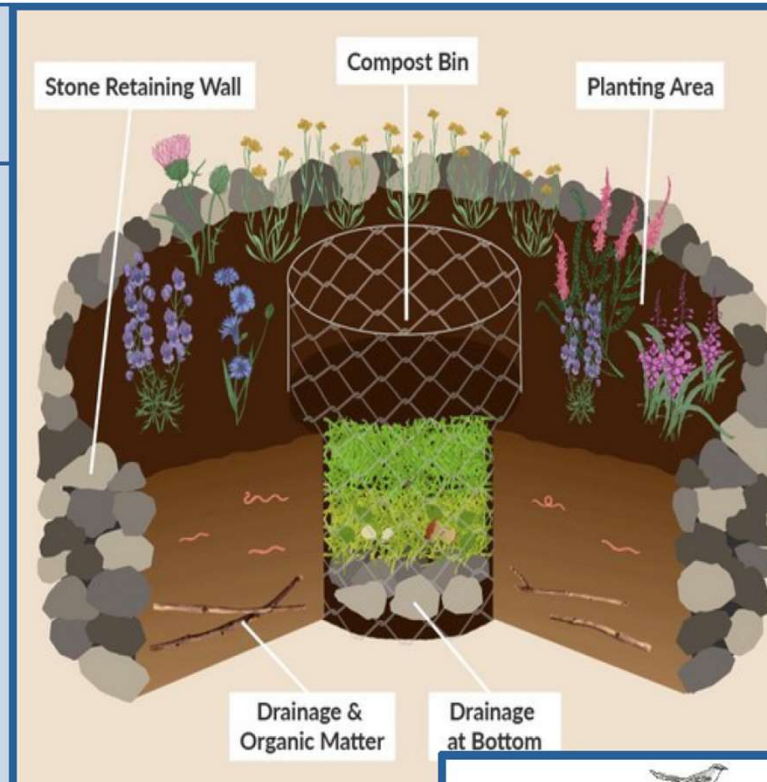


African Keyhole Garden

Ideal for hot climates, retain moisture & supply nutrients

Building material:

- stones, bricks, clay or palette wood (like ours)
- the compost bin can be chicken wire or wood poles (droppers) or a combination of both
- for sandy soils a plastic lining is advisable
- layer soil build-up



More on Keyhole Garden

How does it work?

→ in moderate climates only water the compost bin, plants get moisture and fertiliser

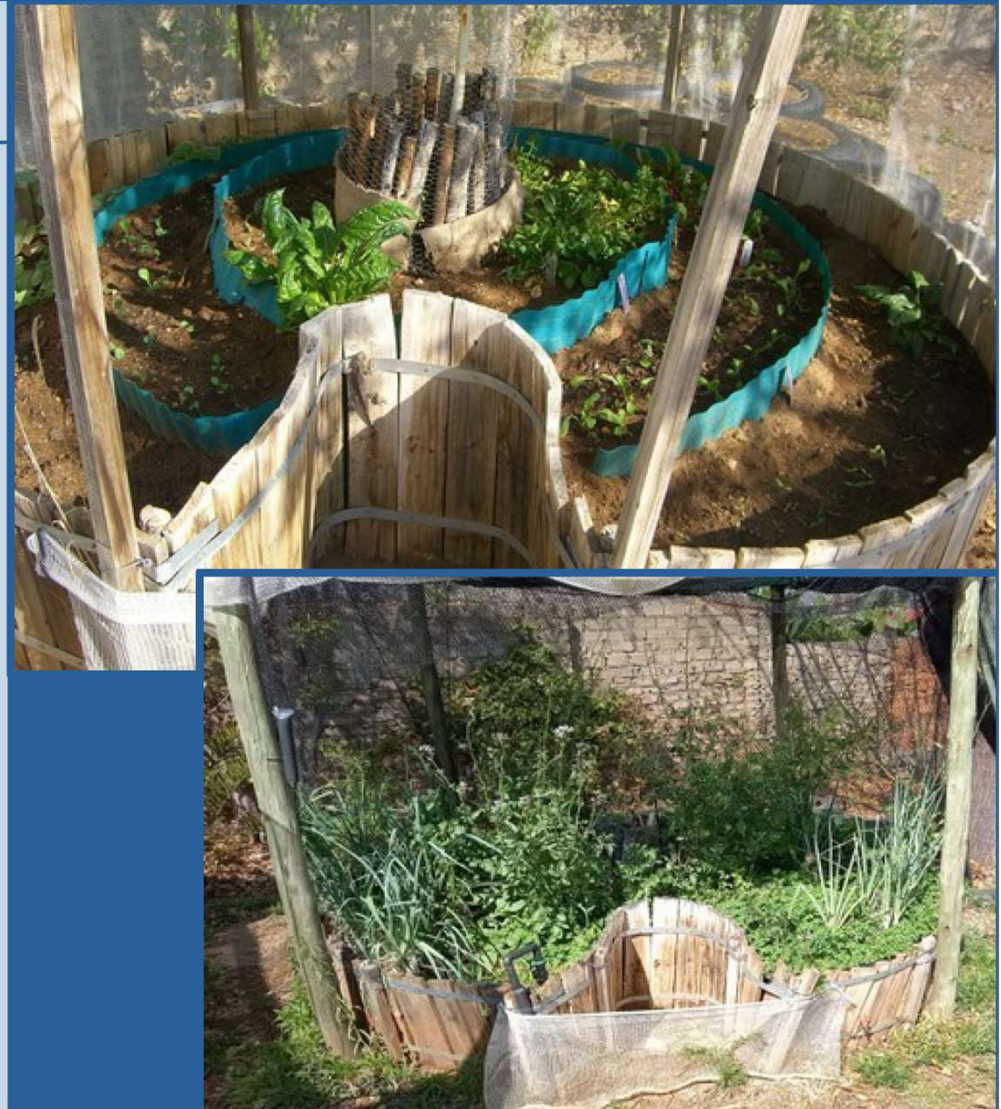
→ for dry climates full watering is needed, including compost bin

→ put plants that need a lot of fertiliser to the middle

top pic: my garden in spring

bottom pic: same today

→ netting is bird protection



And finally something on how it all starts

Sowing your seeds randomly is not effective as

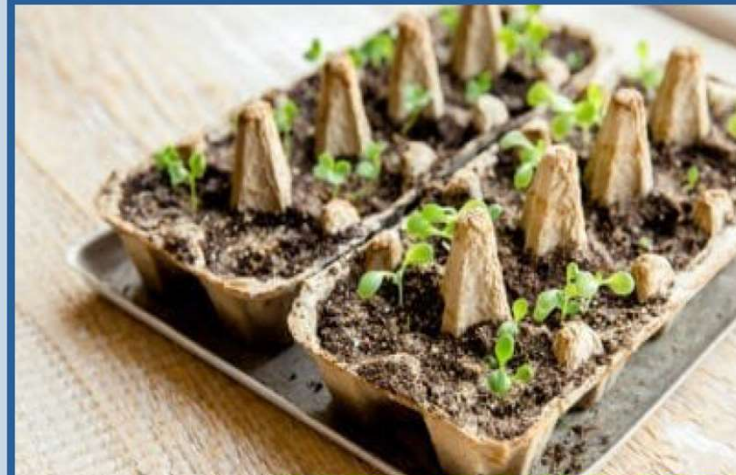
→ you use a lot of water without knowing if a seedling comes SO...

...use egg boxes OR...

...use egg shells in egg boxes

→ makes transplanting easy

→ crush the egg shells in the new container [shells work as fertilizer]



Questions

Home Gardening Tips

Michelle Nel

(RC Helderberg Sunrise)

Home Composting

Benefits:

- Organic waste in landfills generates methane – harmful greenhouse gas
- Alternative to chemical fertilizers (Cost Saving & Pollution Reduction)
- Compost promotes higher yields of crops (Chop & Drop)
- Compost can help aid reforestation and remediate compacted soils
- Compost enhances water retention in soils
- Compost provides carbon sequestration
- Compost increases life & diversity in soils



Home Composting

3 Most Used Methods:

- Heap Composting
- Worm Farm
- Bokashi Fermentation

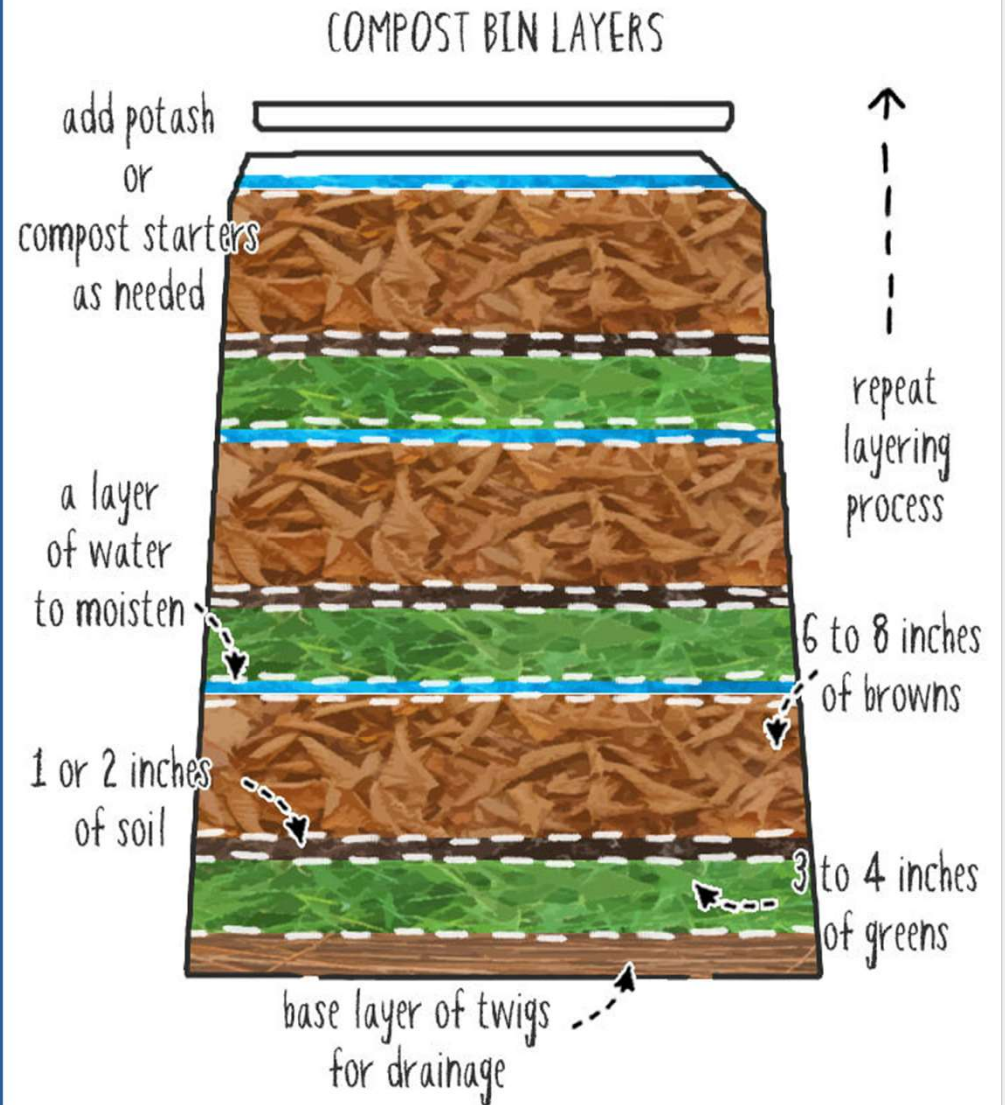


Home Composting

Heap Composting requires three basic ingredients:

- Browns - dead leaves, branches, and twigs.
- Greens - grass clippings, vegetable waste, fruit scraps, and coffee grounds.
- Water - is important for compost development.

Let it sit or turn to speed it up!



Home Composting

Worm Farm:

- Feed & Water the Worms – most of your kitchen scraps (avoid citrus, onions, milk & meat)
- Break down food waste very fast
- Creates great nutrients for your garden
- Useful for smaller spaces



Home Composting

Bokashi Fermentation:

- Bokashi is a composting process that uses microorganisms known as 'Bokashi bran' to ferment organic food waste and create a super-fertile compost that will enrich your soil.
- You can purchase or create your own bran and bin.
- Most Community Food Gardens allow you to drop your Bokashi to add to their compost!



Questions



Closure

Geraldine Nicol