A BETTER WORLD IS ROOTED IN FOOD

A GUIDE TO UNDERSTANDING UNIQUE NEEDS AND RESOURCE AVAILABILITY TO CREATE SPECIFIC GARDEN PLANS
DIG recognizes the different needs and resource availability of its beneficiaries. Gardeners will learn through trainings which vegetables are generally a good fit for themselves and their families. However, this guide can will facilitators and lead farmers to specific recommendations based on the their unique needs and resources.

**Unique Needs**

Key communities, populations, and gardeners all have different motivations and needs that can be met through gardening. Listed below are some key needs that should be considered when recommending vegetables to DIG farmers.

**Resource Availability**

Key communities, populations, and gardeners all have different access to resources including money, land, knowledge, and more. Listed below are some key categories of resources that should be considered when recommending vegetables to farmers.

**Individualized Garden**

By using this manual, key communities, populations, and gardeners will receive recommendations that are specific to their unique nutritional, social, and financial needs as well as their access to resources, such as money, land, knowledge, and soil.
CRITERIA FOR CREATING INDIVIDUAL GARDEN PLANS

Unique Needs

Nutritional Benefits
Profitability
Children
Pregnant Woman
PLHIV

Resource Availability

Land Availability
Cash Availability
Land Quality
Level of Experience

Individualized Garden
For farmers with more than 1/4 acre of land, but low income

For farmers with an acre or more land and fair income

For farmers with less than 1/4 acre of land and very low income

For farmers living in a region with rocky soil

The Category Guide explains what each color of the Vegetable Guide describes in regards to a farmer's available resources in land and income.

For example, if a farmer has very limited income and land, you know that the recommendations in the tan category will be suitable for them. From here, look at the symbol key to decide which of the sets in the tan category is the best fit for that farmer.

If the farmer has more land, the light green and orange categories are possible. Determine how much income they have already; if it is low use the light green, and if it is higher, use the orange. Next, move on to the symbol key.

If a farmer lives in a region with rocky soil, use the darker green category.
The Symbol Key provides an explanation of each of the icons by the crop recommendation sets. For example, consider a gardener who has a large family and is a person living with HIV. For this individual, prioritize selections that have the nutritional benefits and children, and PLHIV symbols.

On the other hand, if a gardener is simply looking for an overall nutritious garden, they may be able to focus on profitable crop selection, signaled by the dollar symbol.

Start by looking for crop recommendation with the symbols that best match the needs of the farmer.
Vegetable List

- Ebihaza Pumpkin
- Bitruti Beetroot
- Obutunda Passion Fruit
- Kabegi Cabbage
- Karoti Carrot
- Eschwiga Nightshade
- Enyanya Tomato
- Sukuma Wiki Kale
- Sipinaki Spinach
- Obutunguru Onion
- Ebishenda Green Pepper
- Amashaza Peas
- Ebitakuri Sweet Potato
- Dodo Amaranth
- Entura Eggplant
VEGETABLE RECOMMENDATIONS BASED ON RESOURCE AVAILABILITY
### Vegetables for Farmers with Limited Land Availability

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<th>Vegetable</th>
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### Vegetables for Farmers with Limited Access to Garden Investments

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<td>Dodo Amaranth</td>
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VEGETABLE RECOMMENDATIONS BASED ON UNIQUE NEEDS
High Nutrient Value

- Sipinaki (Spinach)
- Sukuma Wiki (Kale)
- Bitruti (Beetroot)
- Amashaza (Peas)
- Dodo (Amaranth)

Children

- Sipinaki (Spinach)
- Dodo (Amaranth)
- Ebihaza (Pumpkin)

Pregnant Mothers

- Sipinaki (Spinach)
- Sukuma Wiki (Kale)
- Amashaza (Peas)
- Dodo (Amaranth)

PLWHA

- Enyanya (Tomato)
- Ebitakuri (Sweet Potato)
- Sipinaki (Spinach)
- Obutunda (Passion Fruit)
- Ebishenda (Green Pepper)
Vegetables for Rocky Soils

- Bitrutti (Beetroot)
- Karoti (Carrot)
- Dodo (Amaranth)
- Sipinaki (Spinach)
- Obutunguru (Onion)

Vegetables for Experienced Gardeners

- Obutunda (Passion Fruit)
- Sukuma Wiki (Kale)
- Ebishenda (Green Pepper)
- Karoti (Carrot)
Profitability

- Obutunguru (Onion)
- Eschwiga (Nightshade)
- Ebitakuri (Sweet Potato)
- Enyanya (Tomato)
- Entura (Eggplant)
- Ebishenda (Green Pepper)
- Bitruti (Beetroot)
- Amashaza (Peas)
- Ebihaza (Pumpkin)
- Kabegi (Cabbage)
Vegetable Recommendations
Gardener Description: Consider an individual like Emily. She is 38 years old, has 2 children and is pregnant. She owns a small business and makes about 50,000 Ugandan Shillings a month. The space she has available for a home garden is about 1/8th of an acre.

Which category would you use?  
Which symbols are most important? Rank them in order

Less than 1/4 acre of land and very low income
More than 1/4 acre of land, but low income
An acre of more land and fair income
Living in a region with rocky soil

Given this information, which crop selection would you recommend?
**Gardener Description**: Consider an individual like Emily. She is 38 years old, has 2 children and is pregnant. She owns a small business and makes about 50,000 Ugandan Shillings a month. The space she has available for a home garden is about \(1/8\)th of an acre.

Which category would you use?

Which symbols are most important? Rank them in order

- Less than \(1/4\) acre of land and very low income
- More than \(1/4\) acre of land, but low income
- An acre of more land and fair income
- Living in a region with rocky soil
- Income
- Living with HIV

Given this information, which crop selection would you recommend?

Emily may want to start off her first garden using spinach, amaranth, and pumpkin. All nutritionally dense vegetables, Emily can easily grow the amaranth and pumpkin at very little cost. She can invest a small amount of money in spinach to start earning money as a gardener.
Gardener Description: Consider an individual like Norah. She is 58 years old, and the primary provider for 1 child and 3 grandchildren. She is also living with HIV. She has an acre of land that she uses to grow cash crops both for food and income.

Which category would you use? 

- Less than 1/4 acre of land and very low income
- More than 1/4 acre of land, but low income
- An acre of more land and fair income
- Living in a region with rocky soil

Which symbols are most important? Rank them in order:

- Person
- Red ribbon
- Blue cross
- Pregnant woman
- Dollar sign

Given this information, which crop selection would you recommend?
Gardener Description: Consider an individual like Norah. She is 58 years old, and the primary provider for 1 child and 3 grandchildren. She is also living with HIV. She has an acre of land that she uses to grow cash crops both for food and income.

Which category would you use?

Less than 1/4 acre of land and very low income
More than 1/4 acre of land, but low income
An acre of more land and fair income
Living in a region with rocky soil

Which symbols are most important? Rank them in order

1. Red ribbon
2. Dollar sign
3. Cross
4. Child
5. Pregnant woman

Given this information, which crop selection would you recommend?

Norah may want to start growing sweet potato, spinach, and tomato due to the nutritional benefits for people living with HIV, as denoted by the red ribbon. This set of crops has two dollar signs above it, symbolizing the available profit if Norah were to sell these crops.

However, if Norah does not want to convert half her land for vegetables she would fall in the light green category and have less options.
Blank Worksheet

Gardener Description:

Which category would you use?

- Less than 1/4 acre of land and very low income
- More than 1/4 acre of land, but low income
- An acre of more land and fair income
- Living in a region with rocky soil

Which symbols are most important? Rank them in order

- [ ]
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Given this information, which crop selection would you recommend?

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