



DEVELOPMENT IN GARDENING'S UNIQUE GARDEN PLANNING MANUAL UGANDA



A BETTER WORLD IS ROOTED IN FOOD

A GUIDE TO UNDERSTANDING UNIQUE NEEDS AND RESOURCE
AVAILABILITY TO CREATE SPECIFIC GARDEN PLANS

CRITERIA FOR CREATING INDIVIDUAL 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 there 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

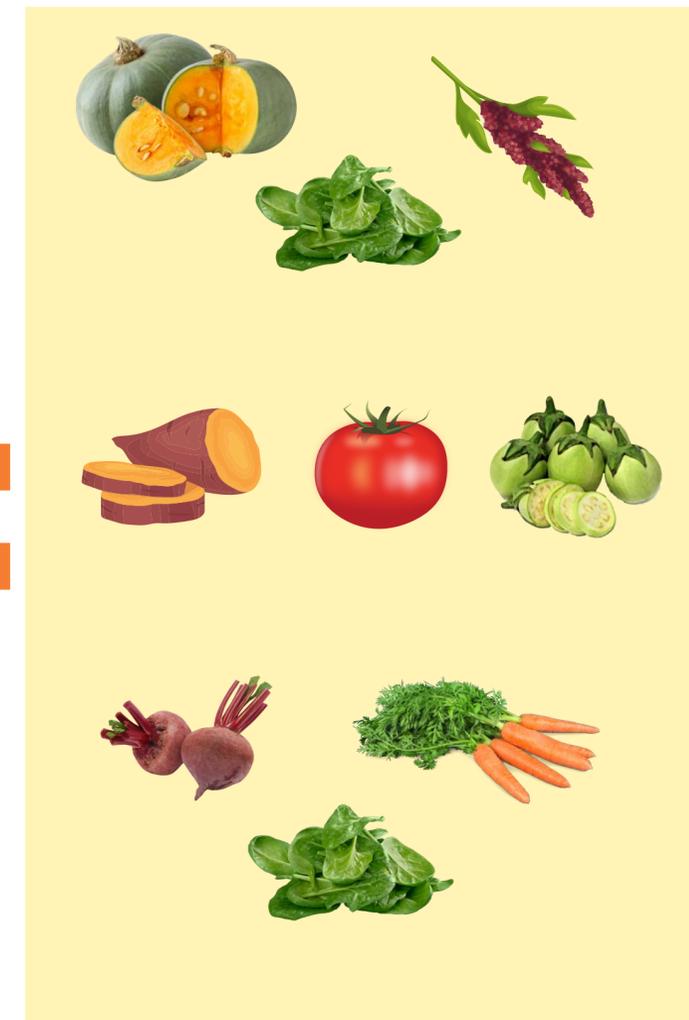


Resource Availability

-  Land Availability
-  Cash Availability
-  Land Quality
-  Level of Experience



Individualized Garden



Category Key

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

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 living in a region with rocky soil

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.

Symbol Key

The Symbol Key provides an explanation of each of the icons by the crop recommendation sets.



Nutritional Benefits



Profitability



Children



Pregnant Woman



PLHIV

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.

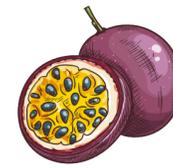
Vegetable List



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



Ebihaza
Pumpkin



Bitruti
Beetroot



Kabegi
Cabbage



Sukuma Wiki
Kale



Sipinaki
Spinach



Obutunguru
Onion



Amashaza
Peas

Tip or Added Info:

Vegetables for Farmers with Limited Access to Garden Investments



Ebihaza
Pumpkin



Eschwiga
Nightshade



Obutunda
Passion Fruit



Kabegi
Cabbage



Sipinaki
Spinach



Enyanya
Tomato



Ebishenda
Green Pepper



Dodo
Amaranth

Tip or Added Info:



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



Sipinaki
Spinach



Sukuma Wiki
Kale



Amashaza
Peas



Dodo
Amaranth

Pregnant
Mothers



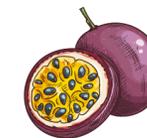
Enyanya
Tomato



Ebitakuri
Sweet Potato



Sipinaki
Spinach



Obutunda
Passion Fruit



Ebishenda
Green Pepper

PLWHA



Vegetables for Rocky Soils



Bitruti
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

Other

Vegetable Recommendations

<p> </p>	<p> </p>	<p> </p>	
<p> </p>	<p> </p>	<p> </p>	<p> </p>
<p> </p>	<p> </p>	<p> </p>	<p> </p>

Crop Recommendation Worksheet Example 1

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?

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 so

Which symbols are most important? Rank them in order



Given this information, which crop selection would you recommend?

Worksheet Example 1 - Answer Key

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 so
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1	2	3	4	5

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



Crop Recommendation Worksheet Example 2

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 so

Which symbols are most important? Rank them in order



Given this information, which crop selection would you recommend?

Worksheet Example 2 - Answer Key

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?

Four categories are shown in colored boxes:

- Less than 1/4 acre of land and very low income (light brown box)
- More than 1/4 acre of land, but low income (light green box)
- An acre of more land and fair income** (orange box, circled in red)
- Living in a region with rocky soil (dark green box)

Which symbols are most important? Rank them in order

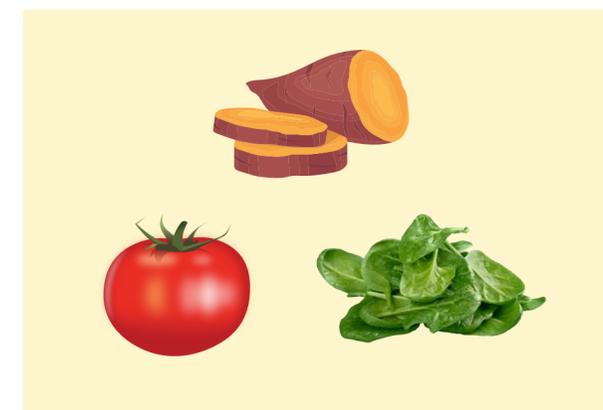
Five symbols are ranked in order from 1 to 5:

- 1: Red ribbon (HIV)
- 2: Dollar sign in a circle (Income)
- 3: Red cross in a blue circle (Health)
- 4: Two children holding hands (Family)
- 5: Pregnant woman silhouette (Health/Family)

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 so |
|--|--|--------------------------------------|----------------------------------|

Which symbols are most important? Rank them in order



Given this information, which crop selection would you recommend?



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