

The nutrition garden

A holistic approach to food security and health

A nutrition garden is a small, biodiverse, climate-adapted local food production system that ensures year-round access to nutritious, healthy, and safe food while revitalising indigenous seeds and breeds.

Multi-layered vertical design

Optimises use of space, soil and sunlight by incorporating tall fruit trees, medium shrubs, and ground-level vegetables in the design

Women's knowledge and control over food production

Promotes women's knowledge related to nutrition, food and medicine, preserves traditional varieties, and improves access to diverse, locally available foods



Integrated livestock and biodiversity

Incorporates poultry, goats, bees, fish, and domesticated underutilised edible plants to provide protein, nutrition, and organic fertiliser

Beyond a kitchen garden

Small scale, integrated system that combines multi-seasonal crops with livestock and agroforestry elements

Nature-positive solutions



Integrated ecosystem management

Uses local resources like farmyard manure, compost, and traditional seeds to sustain biodiversity and long-term soil health



Climate-resilient technologies

Gender-responsive climate-resilient technologies, like wastewater recycling, climate-resilient nursery management, on-farm gene banks, and agroforestry, help build resilience, enhance adaptation, and mitigate climate-related risks



Safe and healthy food

Relies on nature-positive integrated management, that reduces harmful inputs and enhances food safety and nutrition, while reducing costs and protecting livelihoods from environmental shocks

Family health and nutrition



Combatting malnutrition

Enables easy access to six essential food groups of carbohydrates, proteins, fats, vitamins, minerals and water, as well as vital nutrients



Accessible ethnobotanical plants

Provides access to medicinal and aromatic plants for use in natural remedies for various ailments



Diverse vitamins and minerals

Provides food sources that are rich in Vitamins A, B, C, D and E as well as iron, calcium and folic acid for growth and health of children and pregnant women

Nutrition garden vs. Kitchen garden

Integrated
(crops + livestock)

High (sources of
vitamins and minerals)

High climate risk
mitigation potential

Dual purpose
(nutrition + income)



VS



Mostly single-crop
vegetables

Limited to seasonal
crops

Low climate risk
mitigation potential

Daily household
consumption only