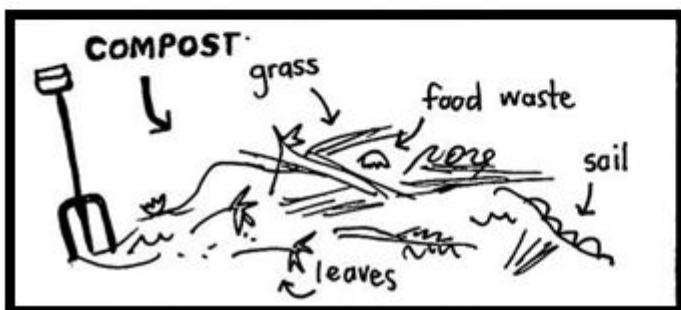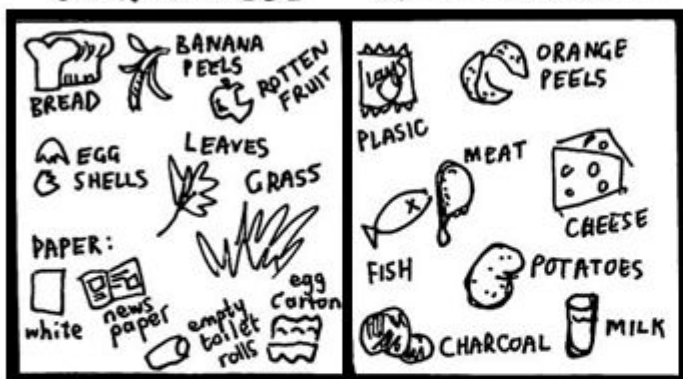# To grow vegetables

1. Make food for your vegetables called **compost**. This is made up of grass, compostable food waste, leaves and soil.

Mix 1 time each week and after 4 weeks mix 1 time each month.

COMPOST: grass, food waste, soil, leaves

✓ COMPOSTABLE   ✗ NOT COMPOSTABLE

Compostable: BREAD, BANANA PEELS, ROTTEN FRUIT, EGG SHELLS, LEAVES, GRASS, PAPER: white, news paper, empty toilet rolls, egg carton

Not compostable: ORANGE PEELS, PLASIC, MEAT, CHEESE, FISH, POTATOES, CHARCOAL, MILK
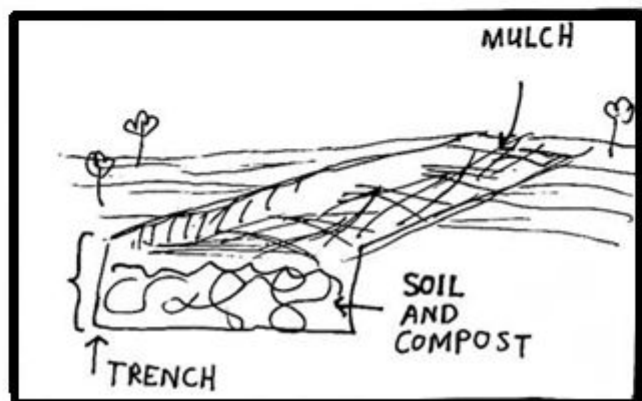
2. Prepare the ground

Think of a spot where you need to dig your garden.

Dig a trench (long hole) 30cm deep. Mix 1 × **compost** and 2 × **topsoil** (soil that has plants/grass in it).

Put the mix into the trench. On top, put a layer of straw or dry grass.

This will keep the soil wet for longer and save water. This is called **mulching**.

MULCH

SOIL AND COMPOST

TRENCH

Think of how to keep dogs, goats, cattle, and small children away from the plants (put a fence around your garden).
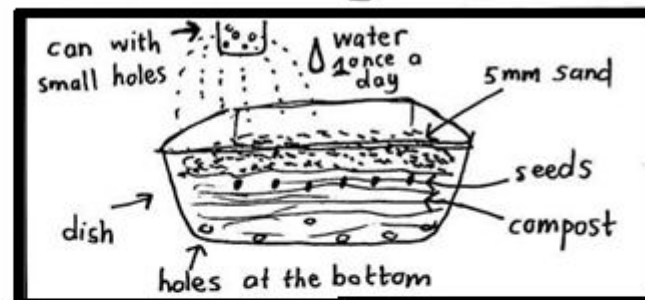
3. Growing seedlings

Take a **dish** and make holes on the bottom. Then fill it with compost. Put the **seeds** in the compost. Cover them with 5mm of sand.

Water them once a day gently (a can with lots of small holes in the bottom works well).

can with small holes, water 1 once a day, 5mm sand, seeds, compost, dish, holes at the bottom
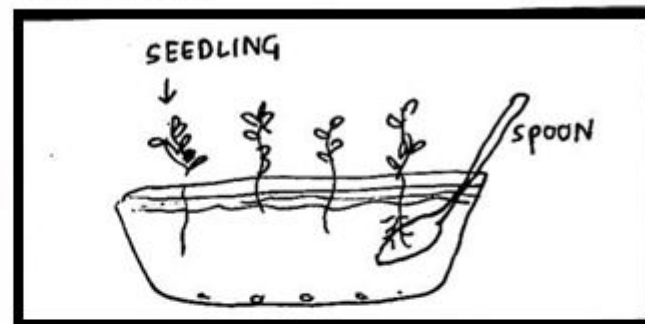
Keep your dish in a warm place (like on a window sill that gets lots of warm sun).

Before transplanting your seedlings make sure your ground has been prepared and covered mulch.

Carefully pick the seedlings with a spoon so you do not damage the roots.

SEEDLING   SPOON
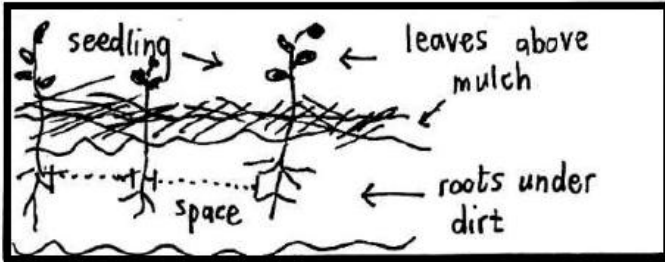
4. Planting the seedlings

Immediately plant your seedlings in the area you prepared.

The roots of the seedlings should be in the dirt under the mulch and the leaves should be above the mulch.

Space your seedlings out so they have space to grow into adult vegetables.

seedling → ← leaves above mulch
← roots under dirt
space

5. Planting potatoes

Put the potatoes in a dark place (like a cupboard) until they form little white shoots. Once the potatoes have the white shoots then plant them the same way as the seedling. Plant them 500 mm apart from each other

soil
mulch
white shoot
potato
500 mm apart
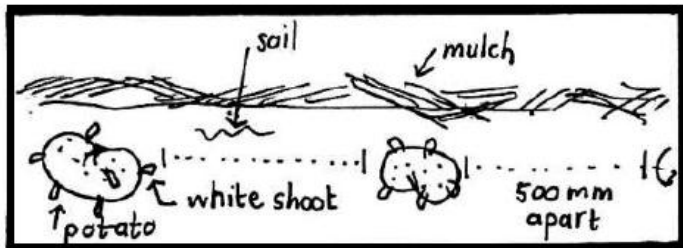
6. Making a nest for each chicken

To make a chicken roost you will need:
- Some nests (like buckets with 2/3 of the lid cut off or woven basket nests)
- Some poles
- Something for a roof (like a

corrugated iron sheet)
- Something to join everything together (like wire / nails / rope)

Make a stand (about 1m high) with 3 cross poles. Fasten the nests to 2 of the cross poles (the third one will be used by the chickens for roosting). Build a roof over the nests to protect the chickens from rain. Build a ladder for the chickens to hop up to the roost. Make the nests warm and comfortable with dried grass.

roof
WOVEN NEST
roosting pole
BUCKET NEST
steps
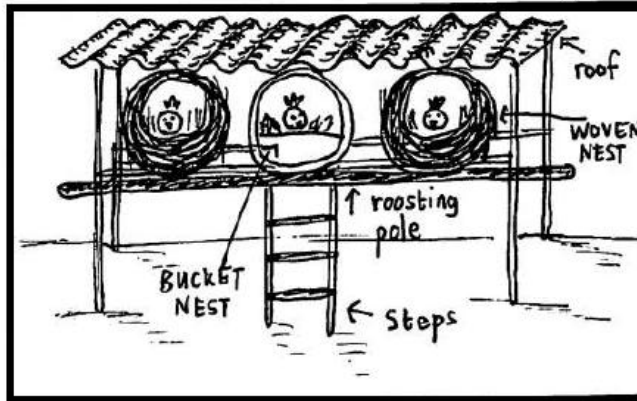
TEACH THE CHICKENS
- To sleep on the roost (when you get the chickens keep them in a cage at the roost for 1 week)
- Feed them once per day at the same time in the same area close to the roost (you can feed them any left-over food, they will run around your yard and find other food for themselves). They will lay eggs in the nests.
- Think of how to keep dogs, goats, rats and small children away from the eggs.

IF YOU HAVE ANY QUESTIONS SPEAK TO YOUR MEETING VENUE COORDINATOR

RURAL

AFRICAN HONEY BEE

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PRODUCE YOUR OWN FOOD

You need food to have energy and try to keep healthy.

Eat 3 types of food every day:

Protein, Carbohydrates and Vegetables.

Vegetables (brain food)
SPINACH
CABBAGE
BEET
TOMATOES
FRUIT
Protein (muscle food)
EGGS
MEAT
MILK
FISH
RICE
MIELIE MEAL
POTATOES
(energy food)
Carbohydrates