

## Permaculture Gardening for Empowerment and Resilience

*In Ethiopia, households affected by HIV/AIDS are often food insecure and children are malnourished. Permaculture gardens help increase the consumption of vegetables, child nutritional status and household income.*



N.Parkinson/FHI360

FHI 360's technical assistance in permagardening helped the Yekokeb Berhan Program for highly vulnerable children reach over 18,000 caregivers with training and support in four years.

FHI 360 has promoted permaculture gardening in Ethiopia since 2012 and developed learning aids and a Permagarden Master Trainer manual to target the caregivers of highly vulnerable children.

### **PERMAGARDENS: HIGH YIELDS, LOW MAINTENANCE**

Small-scale, organic and productive gardens—known as permagardens—operate under the principles of Permaculture and Bio-Intensive Gardening to cultivate diverse vegetables and fruits all year-round.

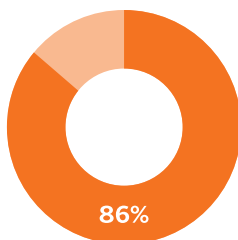
FHI 360's permagardening approach demonstrates how low income caregivers can create **permagardens in small spaces** using **recycled materials**. By establishing these gardens in the home, caregivers can easily manage their crops while teaching their children and neighbors.

FHI 360 created technical guides and the training modules in the local language that feature easy-to-follow steps with detailed photographs. The program provided Training of Trainers to community facilitators and volunteers in addition to on-site training at selected sites, which give implementing partners the skills to replicate training on their own sites. FHI 360's perma garden manual recommends trainers work side-by-side with caregivers to guarantee transfer of knowledge. Trainers stress deep-soil preparation in plant beds to hold more water and nutrients for future plants. Around the garden, caregivers learn to plant herbal and floral plants, which are useful in everyday life. While growing vegetables in the garden's center.

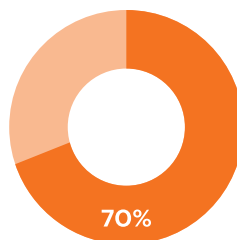
**About FHI 360:** FHI 360 is a nonprofit human development organization dedicated to improving lives in lasting ways by advancing integrated, locally driven solutions. Our staff includes experts in health, education, nutrition, environment, economic development, civil society, gender, youth, research, technology, communication and social marketing — creating a unique mix of capabilities to address today's interrelated development challenges. FHI 360 serves more than 70 countries and all U.S. states and territories.

## THE GARDEN'S IMPACT

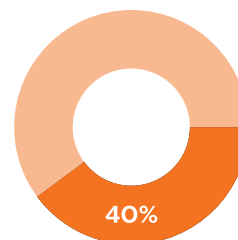
In August 2015, FHI 360 carried out an impact evaluation study targeting perma gardening caregivers and polled nearly 900 households, including a control group with the same socioeconomic background, to confirm that vegetable gardens are catalysts to improve household vegetable consumption, child nutrition and household income.



**continue vegetable gardening 2 years later**



**consume permagarden produce regularly**



**earn enough money to cover basic needs**

- 8 out of 10 permagarden caregivers **consume vegetables** at least twice a week, compared to 6 out of 10 of the control group.
- 47% of permagarden caregivers consumed **more than one type** of vegetable the day before, compared to 37% of the control group.
- Permagarden caregivers reported 13% **higher household income** than the control group.
- 86% of permagarden caregivers reported the intention to **grow vegetables in the future** compared to 48% of control group.

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## HOME GARDEN GIVES MOTHER A HEALTHIER VOCATION



Belaynesh Sisay, 27, worked as a daily laborer in Bahir Dar, Ethiopia for many years and is the sole caretaker of two sons and her elderly father. In April 2014, she took part in the permaculture gardening training designed by FHI 360. She learned composting, bed preparation, pest management and irrigation best practices. After her first harvest, she quit working dangerous, low-paying construction jobs and dedicates her time and energy to gardening. Every week, she and her family eat carrots, beetroot, lettuce and kale. She grows high value crops like garlic and sweet potato as well as spices to sell in the market.