



# **Sustaining Life: Community Vegetable Garden Project**

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Addressing Food Scarcity in Mangun District, Mangu  
Local Government Area of Plateau State, Nigeria

By:

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# Issue Description

## Food Scarcity in Mangun District:

- The community faces significant challenges, including limited access to fresh produce, economic instability, and insecurity affecting agricultural practices.
- Growing up in Mangun District, I witnessed firsthand the struggles families face in accessing fresh food. This issue deeply stood out to me, and I am passionate about finding solutions to improve food security in our community.



# Research Question 1



## **Question:**

What are the best practices for starting a community vegetable garden in areas affected by insecurity?

# Key Findings

## Community Involvement:

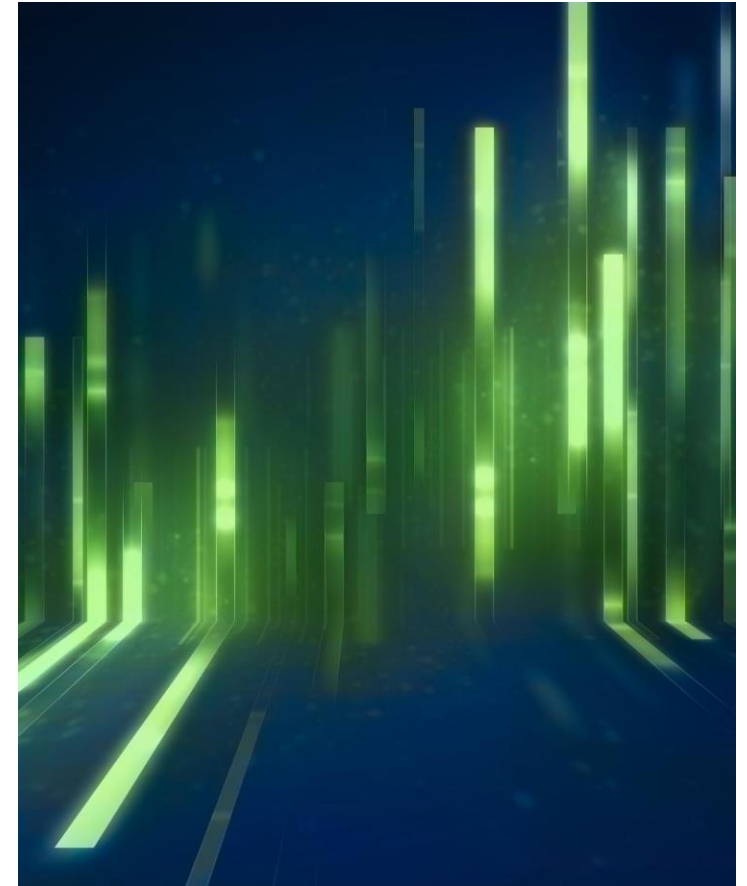
- Engaging community members from the start increases ownership and sustainability.

## Safety Measures

- Implementing security protocols to protect the garden area is essential.

## Education on Sustainable Practices

- Educating residents on proper gardening techniques can lead to a successful harvest.



## Research Question 2



### **Question:**

How can I engage local residents in sustainable farming workshops to promote food security?



# Key Findings

## Outreach Strategies

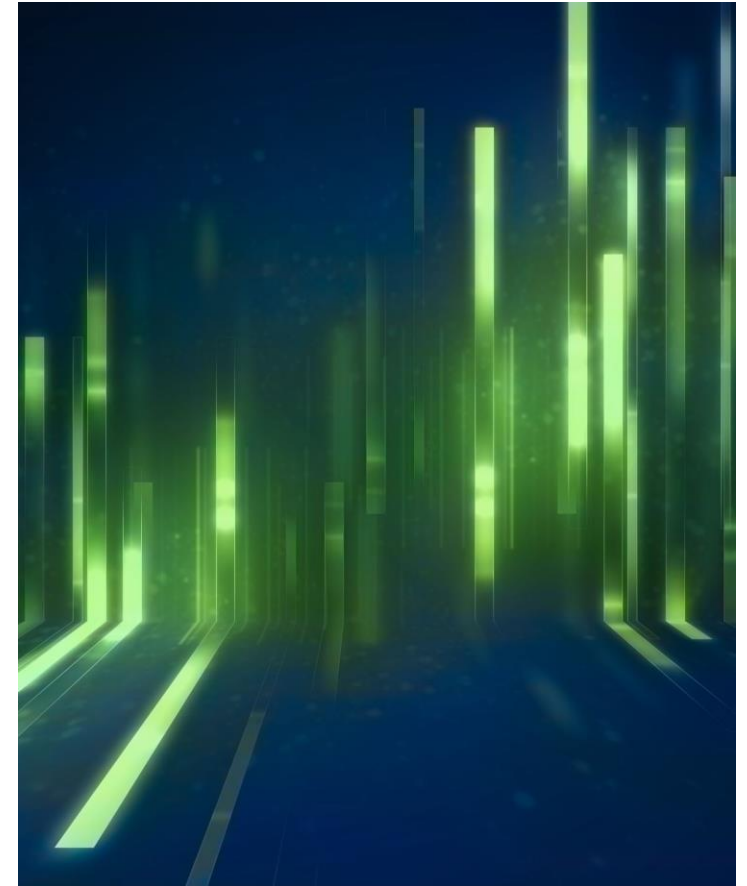
- Effective communication and outreach are necessary to raise awareness and interest.

## Incentives for Participation

- Offering incentives, such as free seeds or tools, can boost attendance and engagement.

## Hands-On Learning

- Interactive, hands-on workshops enhance learning and retention of sustainable farming techniques.



# Gospel Connections

## Gospel Insights:

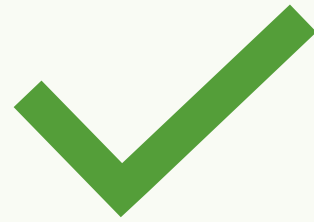
Doctrine and Covenants 104:13-18: This scripture emphasizes our stewardship of the earth and the importance of caring for it.

Doctrine and Covenants 42:30-31: Highlights the need for community support and sharing resources.

Inspirational Quote: “Service is the very essence of life. It is the way we find meaning, purpose, and joy.” - President Gordon B. Hinckley.



# Project Plan Steps and Resources



## **Key Steps for the Project**

Form a Planning Committee

- Goal Date: October 5, 2024

Select a Suitable Location for the Garden

- Goal Date: October 9, 2024



# Project Plan Steps and Resources

## Key Steps for the Project

### Design the Garden Layout

- Goal Date: October 14, 2024

### Gather Resources and Supplies Garden

- Goal Date: October 19, 2024

### Plant and Maintain the Garden

Goal Date: October 26, 2024

## Resources Needed

Seeds, soil, tools, mulch, fencing materials.







# Project and Process

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# Reflection

## What I Learned:

Completing this project taught me the importance of community collaboration and the impact of education on sustainable practices.

Goals and Impact: I believe we reached our goals by successfully engaging the community and initiating the garden project, which I hope will improve access to fresh produce.

Adjustments: I had to adjust our timeline slightly due to weather conditions, pushing back the planting date.

Improvements for Next Time: In future projects, I would focus on starting outreach efforts earlier to better prepare for community engagement.



# Next Steps



## Future Directions:

I plan to organize regular maintenance days to ensure the garden thrives.

After completing this project, I wonder how we can expand our efforts to include more residents and possibly start a farmers' market.

I envision future projects that incorporate nutrition education and cooking workshops using the produce from the garden.



# References

- Link 1: <https://www.fda.gov/training-and-continuing-education/office-training-education-and-development-oted/introduction-food-security-awareness>
- For downloadable version of the PDF File: (<https://www.fda.gov/media/78973/download>)
- Link 2: [https://pubs.nmsu.edu/\\_h/H246/index.html#:~:text=Forming%20a%20Planning%20Committee&text=The%20first%20step%20in%20setting,the%20community%20not%20an%20individual](https://pubs.nmsu.edu/_h/H246/index.html#:~:text=Forming%20a%20Planning%20Committee&text=The%20first%20step%20in%20setting,the%20community%20not%20an%20individual)

## **Gospel Connections**

- Doctrine and Covenants 104:13-18
- Doctrine and Covenants 42:30-31
- Quote from President Gordon B. Hinckley.