Food for Life

STARTER

Welcome to the Food for Life programme. This is the first part of an exciting journey in learning how to grow food for your family and friends and, maybe even sell it.

Follow these easy steps carefully and discover how rewarding, both nutritionally and financially, it can be.

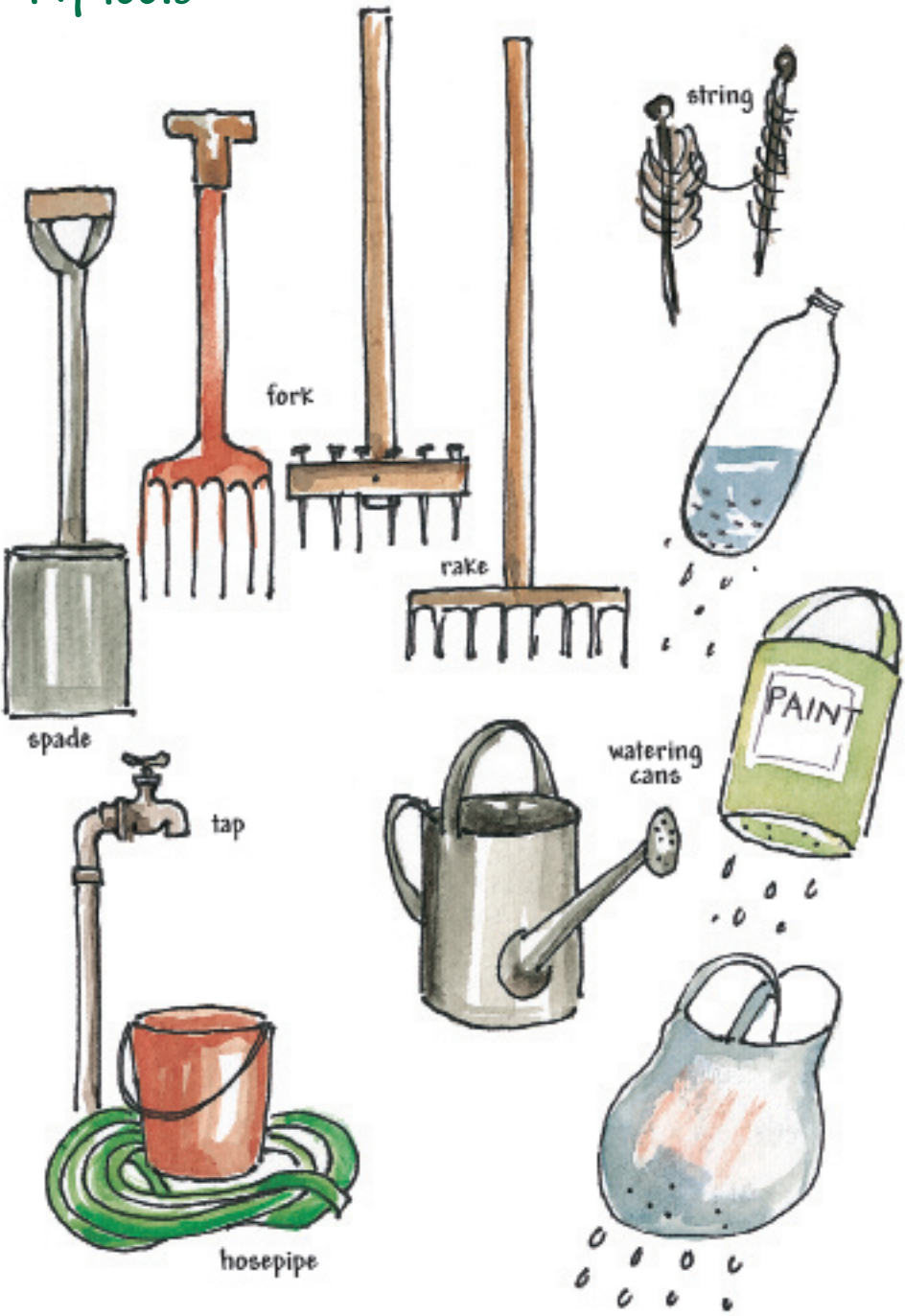
By being a Scout, you are indeed "Prepared for Life".

We don't have anything...

Look at my garden.
It is great!

Best place for my garden

My tools



Making a trenchbed

30cm
15cm
top soil
subsoil

Don't mix your top soil and subsoil!
top soil
30cm
15cm
subsoil

This must be deep enough!
Knee-height (45cm)

Good for soil	Bad for soil

top soil
waste material
subsoil
waste material
subsoil
waste material
newspaper
subsoil

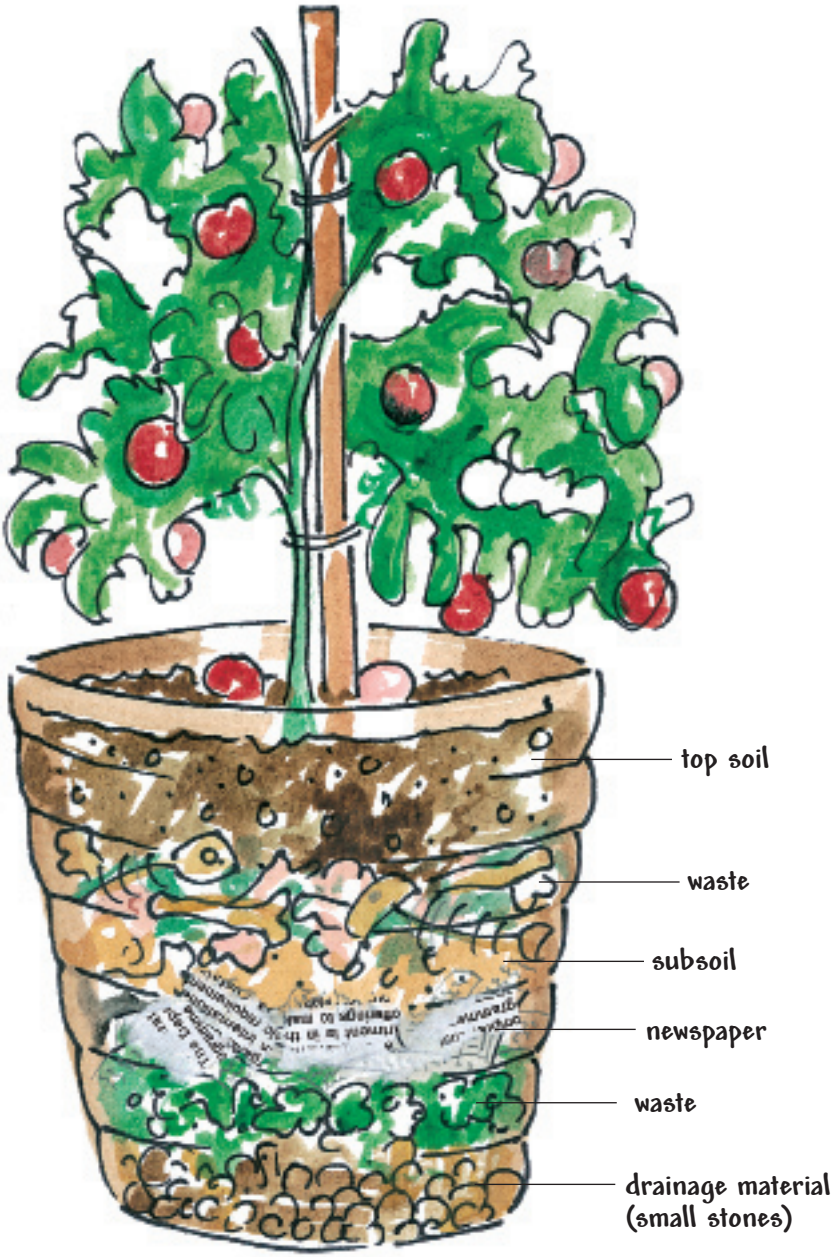
I am putting all the things good for the soil into my trench bed

Are you watering the waste first?
Yes, it helps to make it rot

What are you doing?
I am making layers of the waste and subsoils

My container garden

You don't have to only make a trench bed – you can make a container garden in the same way.


top soil
waste
subsoil
newspaper
waste
drainage material
(small stones)

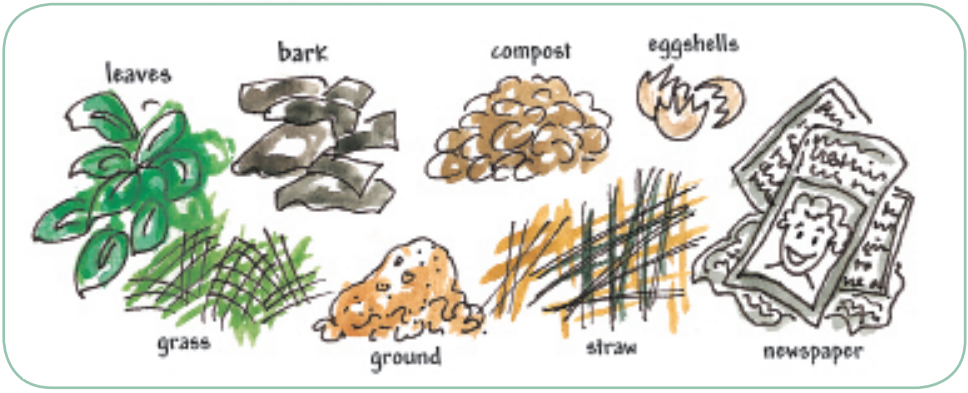
Sowing seeds

I am planting my seedlings into my trenchbed

Mulching

Why are you putting the grass and leaves on the trench bed?

It will stop weeds from growing and you will use less water

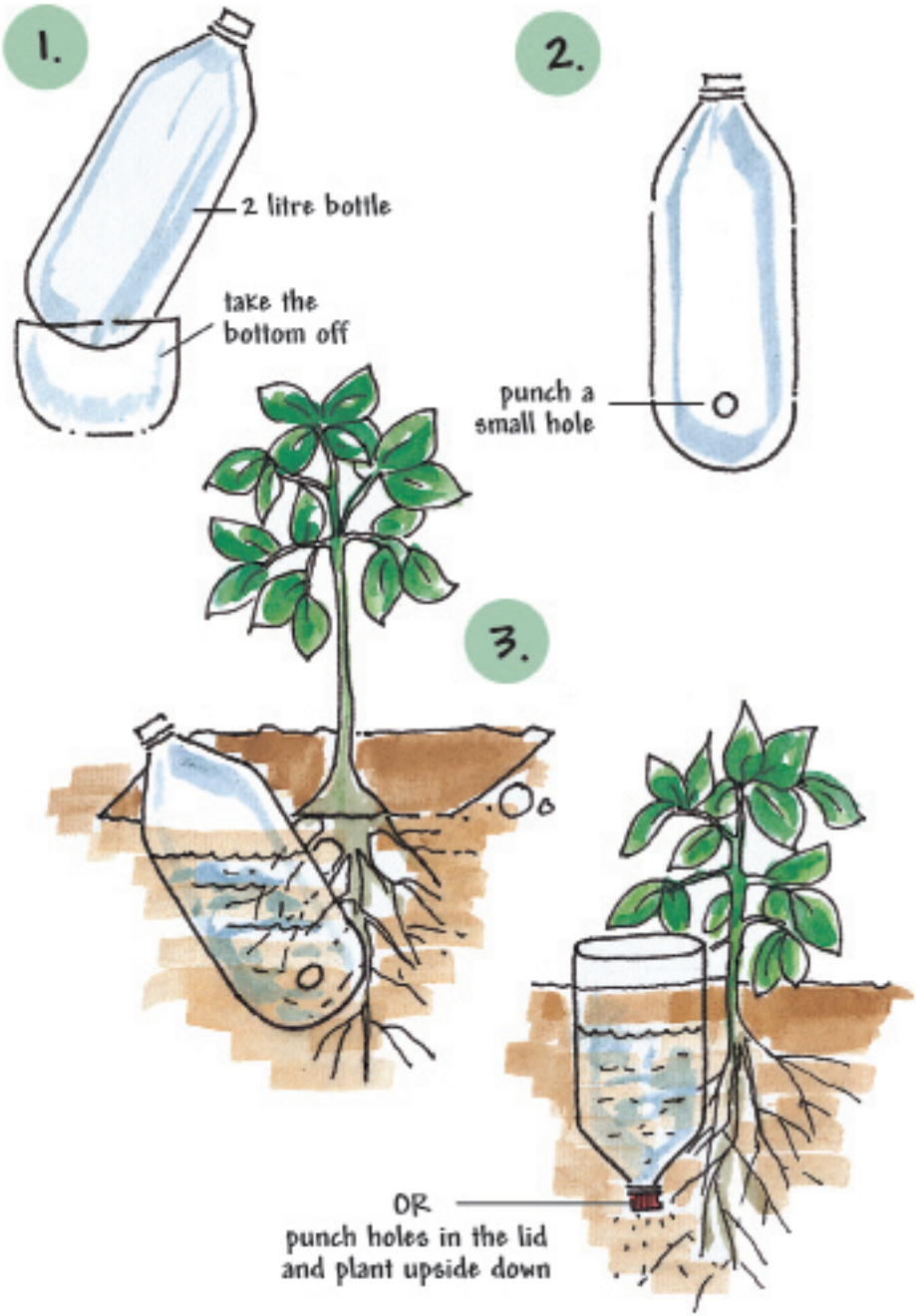


Caring for your crops

Waterwise

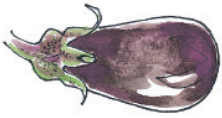
I am using the water from the dishes for my plants and trees. This is called grey water.

Waterwise


1.
2 litre bottle
take the bottom off
2.
punch a small hole
3.
OR
punch holes in the lid and plant upside down

Harvesting

Harvesting

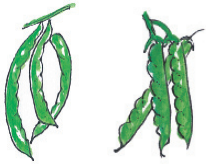
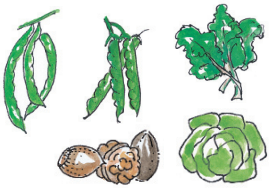
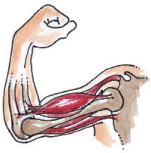
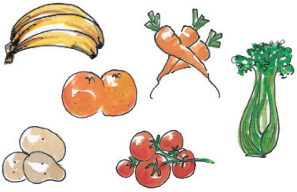
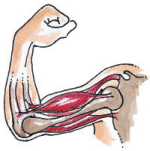
	Vegetable/Fruit	When
	Beans	7-10 weeks
	Beetroot	8-10 weeks
	Broccoli	8-10 weeks
	Cabbage	10-12 weeks
	Carrots	9-12 weeks
	Cauliflower	10-12 weeks
	Eggplants	12 weeks

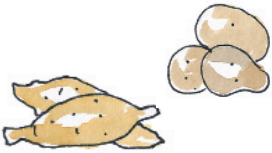
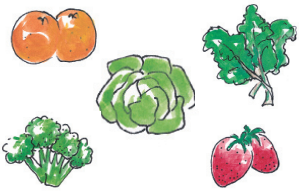
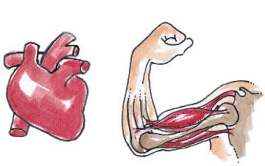
	Vegetable/Fruit	When
	Green peppers	10-12 weeks
	Lettuce	8-10 weeks
	Maize	10-12 weeks
	Onions	5 months
	Peas	10-12 weeks
	Potatoes	3 months
	Pumpkin	8-12 weeks

	Vegetable/Fruit	When
	Radish	5-7 weeks
	Spinach	10 weeks
	Squash	8-12 weeks
	Tomatoes	8-10 weeks
	Turnips	7-9 weeks

Nutrition

The following table shows why it is important to eat fruit and vegetables.

Fruit/ Vegetable	Why	Vitamins and minerals
	Strong and healthy	Calcium
	Good for	Copper
	Gives energy	Iron
	Good for 	Magnesium
	Good for 	Potassium

Fruit/ Vegetable	Why	Vitamins and minerals
		Vitamin A
	They all work together	Vitamin B6
	Improves general health	Vitamin C
		Vitamin E
		Zinc

Sowing guide for Kenya, Uganda and Burundi

Coast Province ✿, Eastern Province ★, North Eastern Province of Kenya & North Eastern and Northern Uganda ❖, Central Kenya & Southern, central and western parts of Uganda, Burundi ✻, Rift Valley ◎, Western ⅄, Nyanza ●, Nairobi ■ .

Vegetable

	beans	beetroot	broccoli	cabbage	Chinese cabbage	carrots	cauliflower
Jan	❖ ✻ ■	❖ ✻ ■		✻ ■		❖ ✻ ■	❖ ✻ ■
Feb		❖					
Mar	★ ⅄ ✻ ❖ ● ◎	✿ ❖ ★ ◎ ✻ ⅄ ● ■	✿ ❖ ★ ◎ ✻ ⅄ ● ■	✿ ❖ ★ ◎ ✻ ⅄ ● ■		✿ ❖ ★ ◎ ✻ ⅄ ● ■	❖ ★ ◎ ✻ ⅄ ● ■
Apr		✿ ❖ ★ ◎ ✻ ⅄ ● ■	✿ ❖ ★ ◎ ✻ ⅄ ● ■	✿ ❖ ★ ◎ ✻ ⅄ ● ■		✿ ❖ ★ ◎ ✻ ⅄ ● ■	❖ ★ ◎ ✻ ⅄ ● ■
May		✿ ❖ ⅄ ◎ ✻ ● ■	✿ ❖ ⅄ ◎ ✻ ● ■	✿ ❖ ⅄ ◎ ✻ ● ■	✿ ❖ ⅄ ◎ ✻ ■	✿ ❖ ⅄ ◎ ✻ ● ■	❖ ✻ ◎ ⅄ ● ■
Jun		✿ ◎		✿ ◎	✿ ◎	✿ ◎	◎
Jul		◎		◎		◎	
Aug				✿ ◎		✿ ◎	
Sep	◎		✿ ◎	✿ ◎		✿ ◎	
Oct		❖ ✿ ★ ✻ ● ⅄ ■		❖ ✿ ★ ✻ ● ⅄ ■		❖ ✿ ★ ✻ ● ⅄ ■	
Nov	❖ ★ ✻ ⅄ ● ■	❖ ✿ ★ ✻ ● ⅄ ■		❖ ✿ ★ ✻ ● ⅄ ■		❖ ✿ ★ ✻ ● ⅄ ■	
Dec	❖ ★ ✻ ⅄ ● ■	❖ ★ ✻ ⅄ ● ■		❖ ★ ✻ ⅄ ● ■		❖ ★ ✻ ⅄ ● ■	

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Vegetable

	cow peas	cucumber	french beans	kale	lettuce	sweet melon	onion
Jan	❖ ✻ ■	❖ ✻ ■	❖ ✻ ■	❖ ✻ ■	❖ ✻ ■	❖ ✻ ■	
Feb							
Mar	❖ ✿ ★ ✻ ◎ ⅄ ● ■	✿ ❖ ★ ◎ ✻ ⅄ ● ■	❖ ★ ✻ ◎ ⅄ ● ■	✿ ❖ ★ ◎ ✻ ⅄ ● ■	✿ ❖ ★ ◎ ✻ ⅄ ● ■		
Apr	❖ ✻ ■		❖ ★ ✻ ◎ ⅄ ● ■	✿ ❖ ★ ◎ ✻ ⅄ ● ■	✿ ❖ ★ ◎ ✻ ⅄ ● ■		
May	❖ ✿ ✻ ◎ ⅄ ● ■		❖ ✻ ◎ ⅄ ● ■	✿ ❖ ⅄ ◎ ✻ ● ■	✿ ❖ ⅄ ◎ ✻ ● ■		✿ ❖ ⅄ ◎ ✻ ● ■
Jun	◎			✿ ◎	✿ ◎		✿ ◎
Jul	◎			◎	◎		◎
Aug	◎			✿ ◎	✿ ◎		✿ ◎
Sep	◎			✿ ◎	✿ ★ ◎ ✻		
Oct	✻ ⅄ ● ■		★ ✻ ⅄ ● ■		✿ ❖ ★ ✻ ⅄ ● ■		
Nov	✿ ★ ✻ ⅄ ● ■		✿ ★ ✻ ⅄ ● ■	✿ ★ ❖ ✻ ⅄ ● ■	✿ ❖ ★ ✻ ⅄ ● ■		
Dec	★ ✻ ⅄ ● ■	❖ ★ ✻ ⅄ ●	❖ ★ ✻ ⅄ ● ■	❖ ★ ✻ ⅄ ● ■	❖ ★ ✻ ⅄ ● ■	❖ ★ ✻ ⅄ ● ■	

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Vegetable

	parsnip	peas	peppers	pigeon peas	potatoes	pumpkin	spinach
Jan	❖ ✻ ■		❖ ✻	❖ ✻	❖ ✻ ■	❖ ✻ ■	❖ ✻ ■
Feb							
Mar	❖ ✿ ★ ✻ ◎ ⅄ ● ■		✿ ❖ ★ ◎ ✻ ⅄ ● ■	✿ ❖ ★ ✻ ⅄ ● ■	❖ ★ ✻ ◎ ⅄ ● ■	✿ ❖ ★ ◎ ✻ ⅄ ● ■	✿ ❖ ★ ◎ ✻ ⅄ ● ■
Apr	❖ ✿ ★ ✻ ◎ ⅄ ● ■		✿ ❖ ★ ◎ ✻ ⅄ ● ■	✿ ❖ ★ ✻ ⅄ ● ■	❖ ★ ✻ ◎ ⅄ ● ■		✿ ❖ ★ ◎ ✻ ⅄ ● ■
May	❖ ✿ ✻ ◎ ⅄ ● ■		❖ ✿ ✻ ◎ ⅄ ● ■	✿ ❖ ✻ ⅄ ● ■	❖ ✻ ◎ ⅄ ● ■		✿ ❖ ⅄ ◎ ✻ ● ■
Jun	✿ ◎	◎	✿ ◎	✿	◎		✿ ◎
Jul		◎	◎		◎		◎
Aug		◎	✿ ◎	✿	◎		
Sep		◎	✿ ◎	✿	◎		
Oct		❖ ✻ ■	✿ ★ ✻ ⅄ ● ■		❖ ★ ✻ ⅄ ● ■		
Nov	❖ ✿ ★ ✻ ⅄ ● ■	❖ ★ ✻ ⅄ ● ■	❖ ✿ ★ ✻ ⅄ ● ■	✿ ❖ ★ ✻ ⅄ ● ■	❖ ★ ✻ ⅄ ● ■		✿ ★ ✻ ⅄ ● ■
Dec	❖ ★ ✻ ⅄ ● ■		❖ ★ ✻ ⅄ ● ■	❖ ★ ✻ ⅄ ● ■	❖ ★ ✻ ⅄ ● ■	★ ✻ ⅄ ● ■	★ ✻ ⅄ ■

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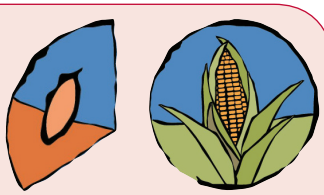
Vegetable

	squash	sweetcorn	sweet potato	tomatoes	turnips		
Jan	❖ ✻ ■	❖ ✻ ■	✻ ■	❖ ✻ ■			
Feb							
Mar	❖ ✿ ★ ✻ ◎ ⅄ ● ■	❖ ✿ ★ ✻ ◎ ⅄ ● ■	✿ ★ ✻ ◎ ⅄ ● ■		❖ ✿ ★ ✻ ◎ ⅄ ● ■		
Apr					❖ ✿ ★ ✻ ◎ ⅄ ● ■		
May					❖ ✿ ✻ ◎ ⅄ ● ■		
Jun					◎		
Jul							
Aug							
Sep							
Oct							
Nov	✿ ★ ✻ ⅄ ● ■	❖ ★ ✻ ⅄ ● ■		✿ ❖ ★ ✻ ⅄ ● ■	❖ ✿ ★ ✻ ⅄ ● ■		
Dec	✻ ⅄ ● ■	★ ✻ ⅄ ● ■		❖ ★ ✻ ⅄ ● ■	✿ ★ ✻ ⅄ ● ■		

My records

Vegetable and date planted	Problems I had and what I did	When did I harvest and how much?	What did I use it for?
Cabbage 6 February	Too little water – used grey water	10 April 4 cabbages	Made soup for the family

To earn the badge:



Objective

By the completion of this stage the Scout should be able to prepare soil, grow and harvest one type of vegetable for his/her family.

Badge requirements

Cub

To obtain the badge the Cub should be able to do all of the following:

1. Explain what the best place and size for a food garden are.
2. Obtain or make garden tools and explain how to use and look after them (rake, spade and watering can).
3. Prepare the soil, including mulching.
4. Sow seeds or plant seedlings.
5. Explain how to use water sparingly.
6. Harvest one vegetable or fruit.
7. Explain why vegetables and fruit should be eaten (nutrition).

Note: Container gardening is also acceptable.

Scout

To obtain the badge the Scout should be able to do all of the following:

1. If the Scout held the Food for Life Starter badge as a Cub he/she needs to do the following:
   (i) Explain the contents of the badge to the examiner; and
   (ii) Demonstrate one of the requirements.

OR

2. Do the requirements as for the Cub Badge.

Useful contacts

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Observatory, Western Cape, 7935
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e-mail: abalimi@iafrica.com
Website: www.abalimi.org.za

EcoLink
P.O. Box 727
White River, Mpumalanga, 1240
Tel: (031) 750 1067

Environmental Education & Resource Unit
University of the Western Cape
Private Bag X17
Bellville
Cape Town, Western Cape, 7535
Tel (021) 959 2498
e-mail: eeru@uwc.ac.za

Sustainable Ecological Agricultural Training Extension Centre (SEATEC)
P.O. Box 3464-30200
Kitale, Kenya
e-mail: seatec2004@yahoo.com

Food & Trees for Africa
P.O. Box 2035
Gallo Manor, Gauteng
2052
Tel (011) 803 9750
e-mail: trees@cis.org.za
Website: www.trees.org.za

Food Garden Foundation
P.O. Box 41250
Craighall, Gauteng
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Tel: (011) 880 5956
e-mail: fgf@global.co.za

Soil for Life
Stables Lane off Brounger Rd,
Constantia,
7800
Tel: (021) 7946586
e-mail: feathers@worldonline.co.za

Wildlife and Environment Society of South Africa
P.O. Box 394
Howick, KwaZulu-Natal
3290
Tel: (033) 330 3931

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