

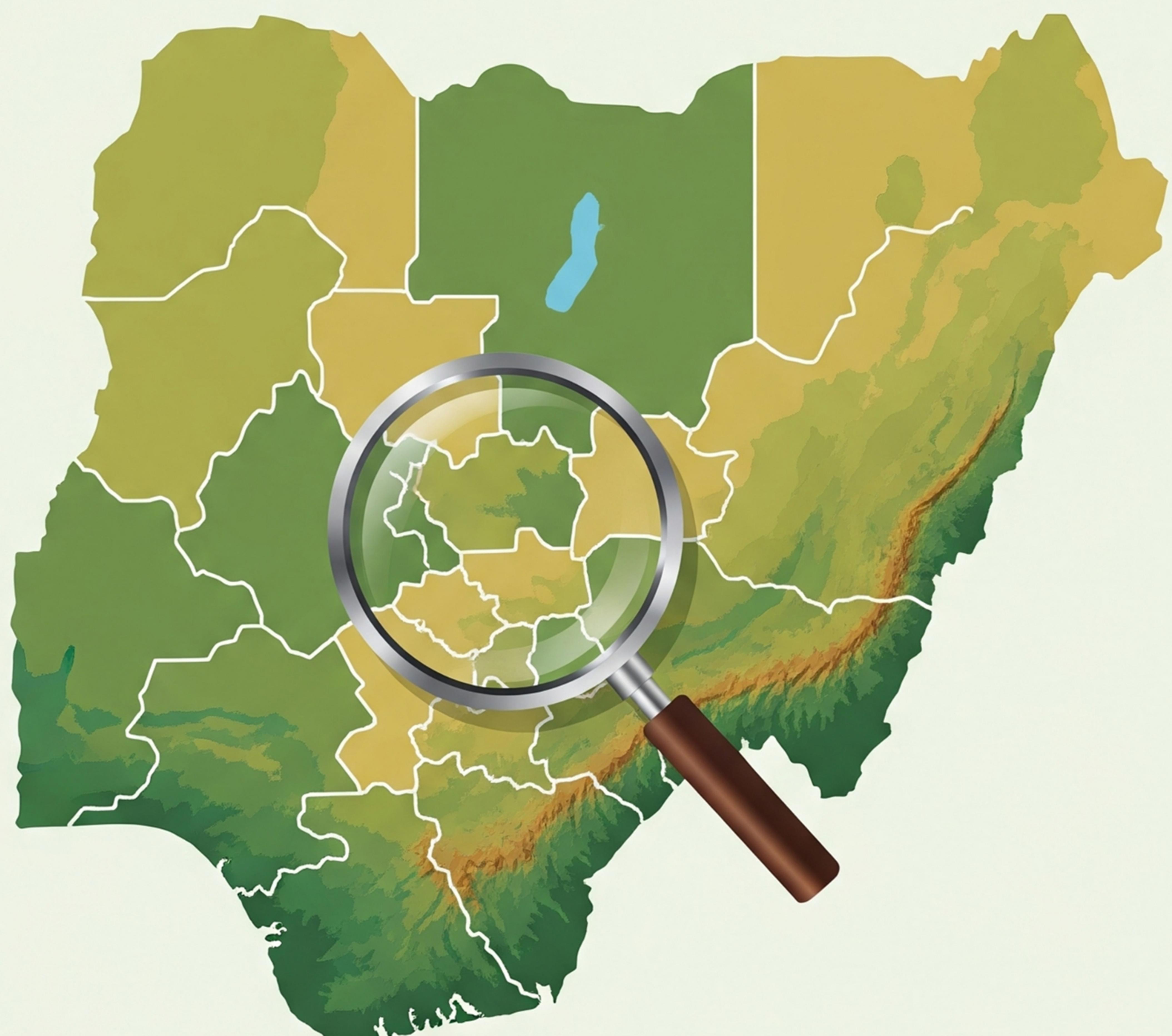


Training Guide on

Family Business Garden (FBG)

The Challenge

34% of
Nigerians are
stressed in
food security



Increasingly, Nigerians are falling below the minimum level of dietary energy consumption (14.6% in 2019, worsened from 2021)

The rural-urban differentials have been positive with Rural having high percentage of food insecure people (52%)

(WFP 2022)



DEFINING FOOD SECURITY



Good food available in sufficient quantities



Access to food through affordability or own production



Proper food utilization for different ages and health needs



Stable food supply and utilization.

Do you have an idea of how to support your household's food intake?

These are the steps to ensure

1. Cultivate and consume biofortified and nutrient-dense foods
2. Cultivating varieties of crop-diversification helps to mitigate risks
3. Invest in storage solutions, preservation through drying, especially during the off-season.

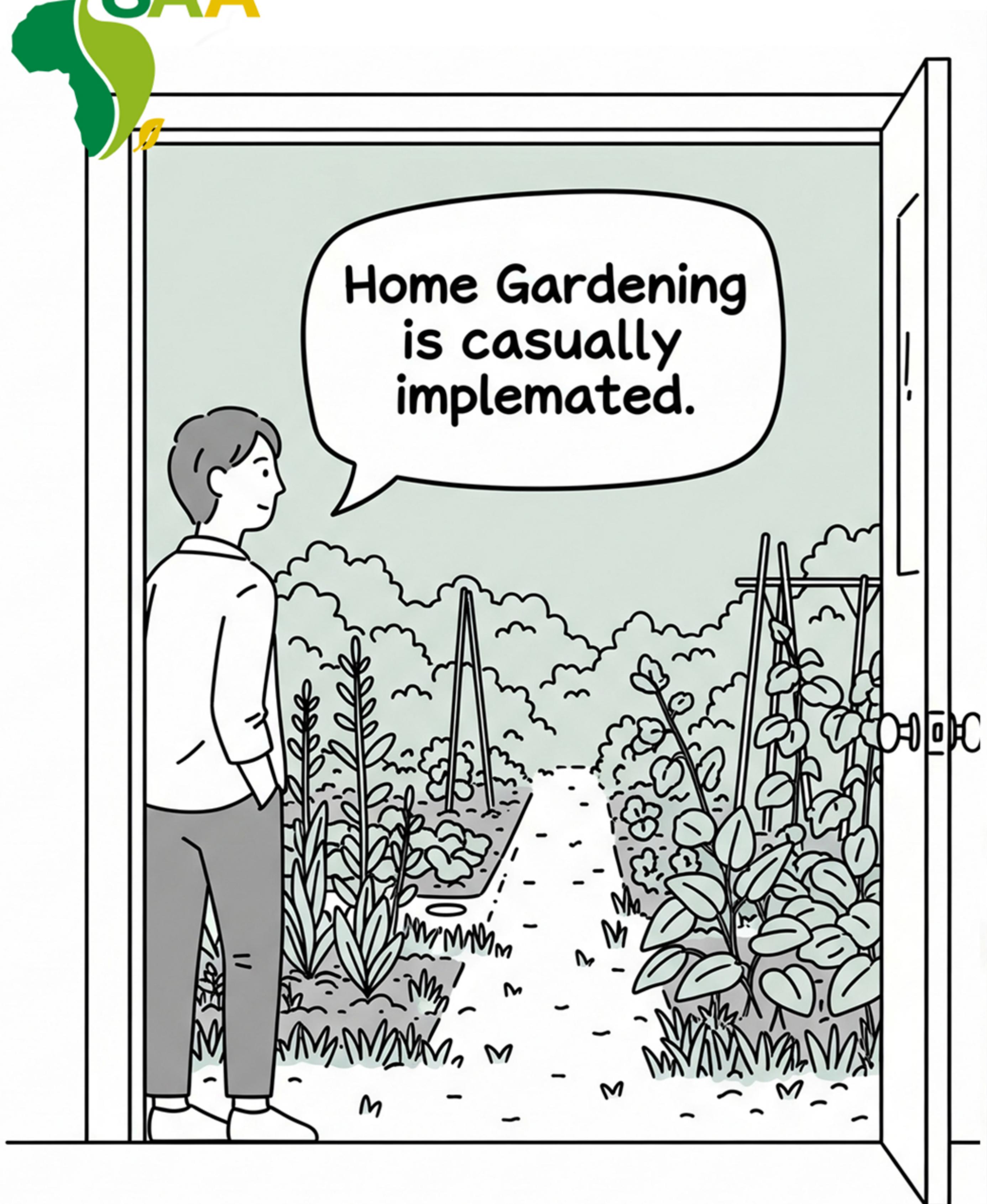
The FBG can assist in ensuring household food security.

What is FBG?



Family Business Garden (FBG) is the process of gaining control over our diet, ensuring organic and fresh food, rich in essential nutrients, is produced for the household's consumption and market.

It is a deliberate way of growing food by utilizing any kind of space around the home.



FBG ensures intentionality and considers sustainability, family nutrition, and income

FBG considers the following:

- **Sustainability in soil use:** Mostly uses household wastes and livestock wastes for soil amendments.
- **Family nutrition,** particularly to satisfy therapeutic diets for categories of ages in the household.
- **Market availability and income:** takes extra harvest to the market to supplement household income.

Does FBG care for the climate?

YES, Family Business Garden helps to reduce the pressure on the environment, as it ensures Regenerative Agricultural Practices, which include recycling of household waste for composting, inorganic fertilizer application in the right specifications, mulching and soil covers, and no tillage.

KEY BENEFITS



Family Business Garden encourages self-sufficiency and reduces our reliance on industrial agriculture. We can reduce food miles, minimize packaging waste, and decrease the need for chemical inputs.

1



Choose the best spot

2



Prepare the soil

3



Plan your garden

4



Target the market

05



Build raised beds
or use containers

06



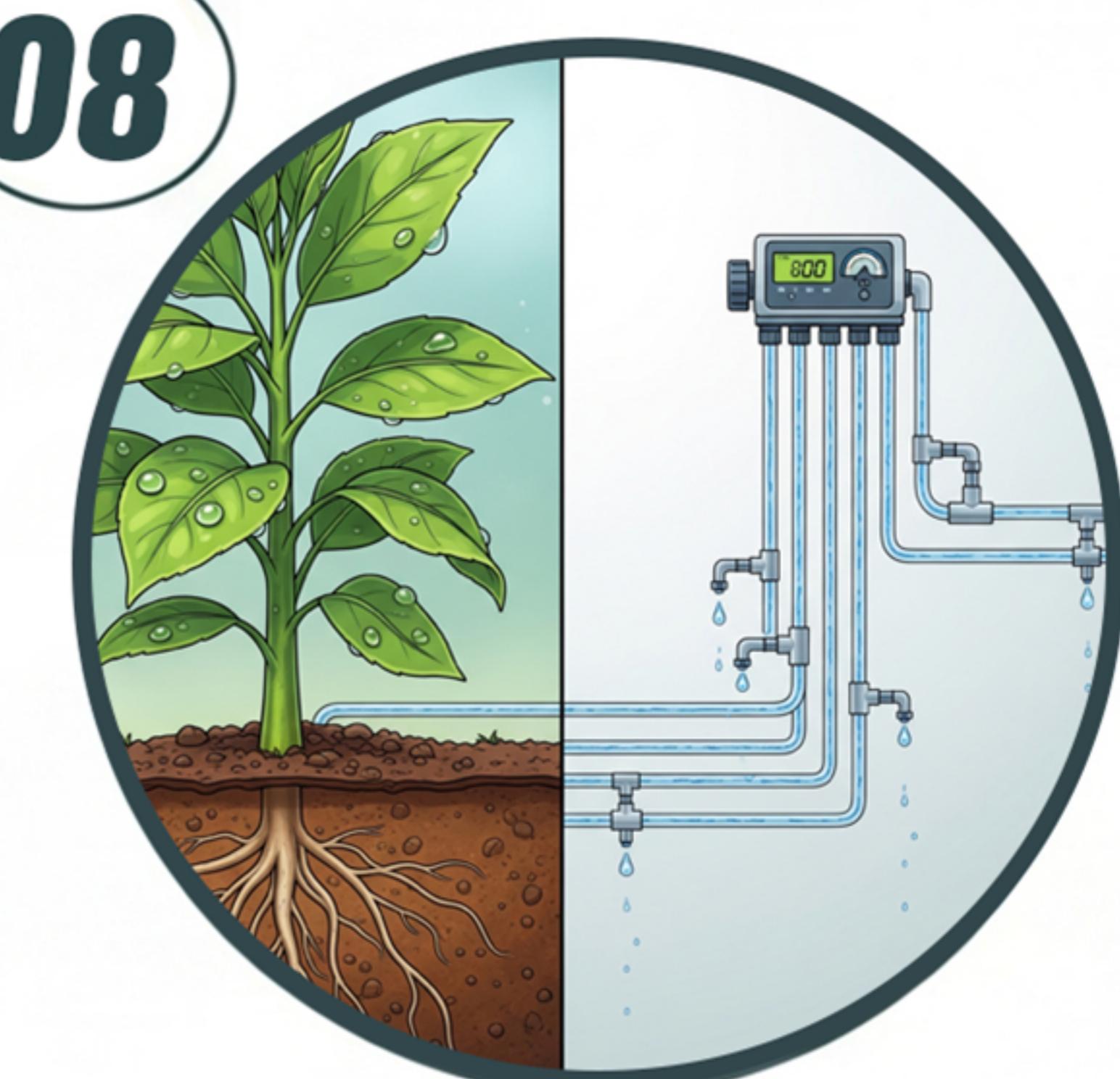
Water and fertilize

07



Grow the best plants
for your area

08



Set up an effective
irrigation system

09



Record Keeping

These types of records
are important in FBG

1. Production records
2. Financial records
3. Input records
4. Harvest records
5. Staff records
6. Debtors' records
7. Creditors' records
8. Asset register

Frequently Asked Questions (FAQ)

Q 1 - Can my soil also produce the vegetables I need in my household?

Answer: Yes, check how to use biochar and compost to rejuvenate/revitalise your soil.

Q 2 - How much can I earn from the garden

Answer: This depends on what you produce and the size of your garden



SUMMARY

FBG is a practical, sustainable, and empowering way to address food insecurity and improve well-being.

It provides food, health, & income while caring for the environment