



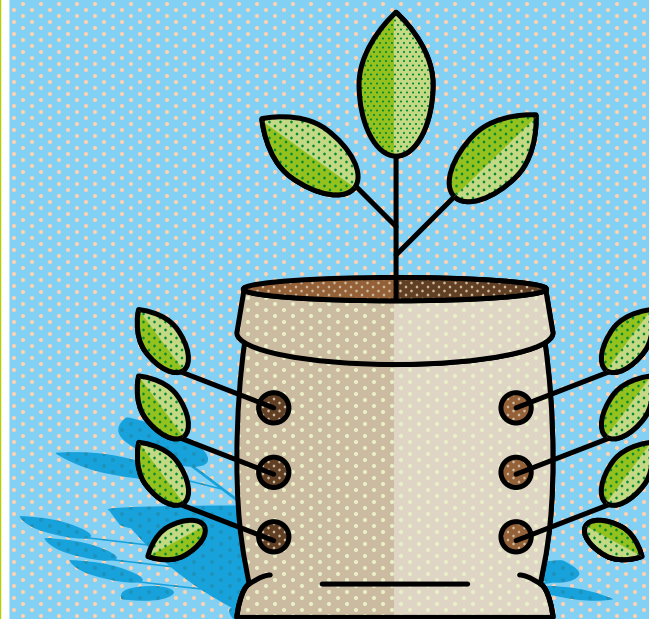
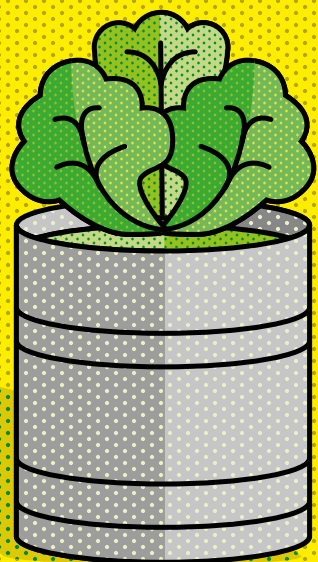
Food and Agriculture  
Organization of the  
United Nations



Grow,  
Nourish,  
Sustain.  
Together.

# Growing your own food

## South Sudan



World Food Day

Grow, Nourish, Sustain. Together.



# Growing your own food

There are many advantages to developing a Home Vegetable Garden:

- Alleviates pressure on food security.
- Contains less pesticides than conventional agriculture.
- Provides families and nearby urban residents with nutritious food.
- Utilizes little space which would otherwise remain unproductive.
- The growing season is not restricted by unpredictable weather conditions.
- Growing your own vegetables is environmentally friendly.

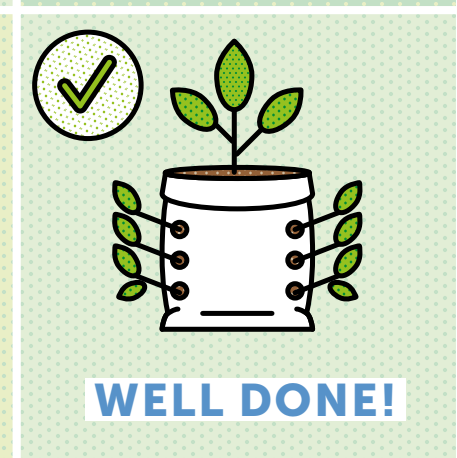
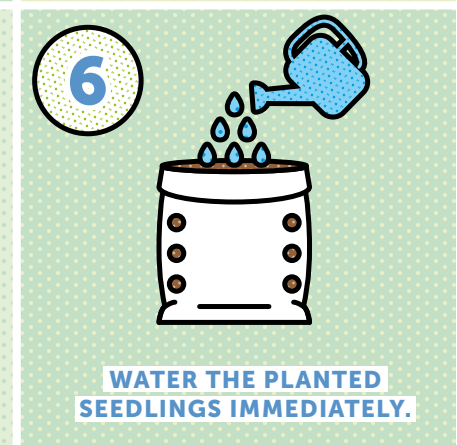
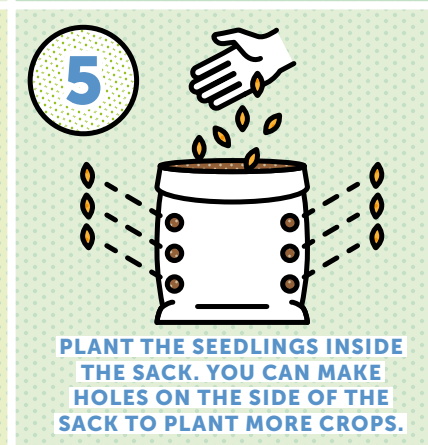
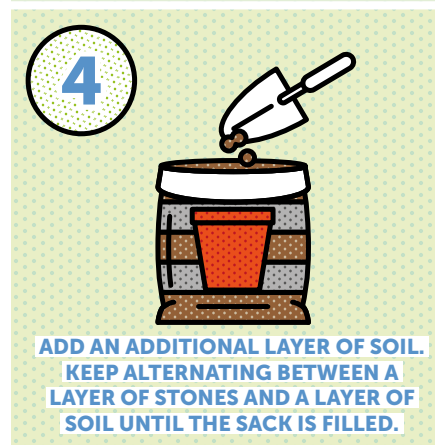


# 1 Growing food in sacks

Growing garden vegetables requires tilling soil, removing weeds, and adding fertilizer, especially when the soil is not rich in nutrients and minerals, but growing vegetables in sacks eliminates all the laborious preparation work, and offers a way to grow plenty of vegetables with limited space.

## Materials needed

- Sacks made of jute, burlap or cotton.
- Stones (small-medium size) for water drainage.
- Manure or organic compost mixed with topsoil.
- A round container (22 cm diameter) with top and bottom cut off, to be placed inside the bag and make the walls firm.
- Knife, shovel and watering can.
- Seedlings ready for planting.



# 2 Growing food in **containers** or **boxes**

Many vegetables will grow well in containers, especially with varieties that grow well without taking up too much space, like carrots, tomatoes, cucumbers, peppers and lettuce. Any container, no matter the size, will serve well: wooden boxes, jerry cans, woven baskets and buckets all serve a good purpose.

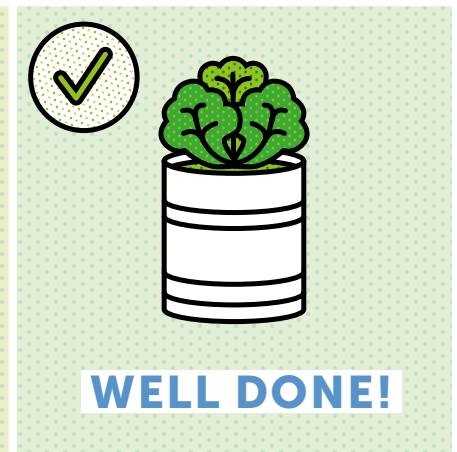
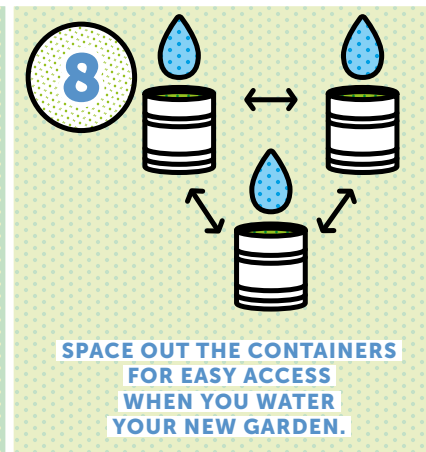
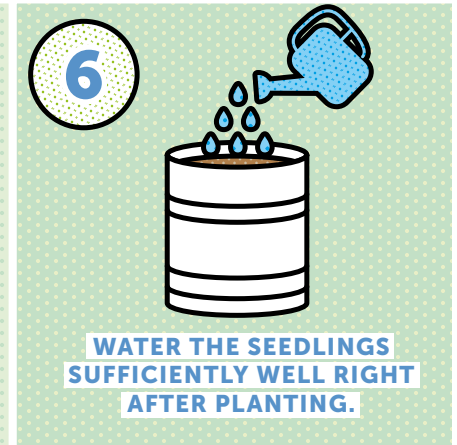
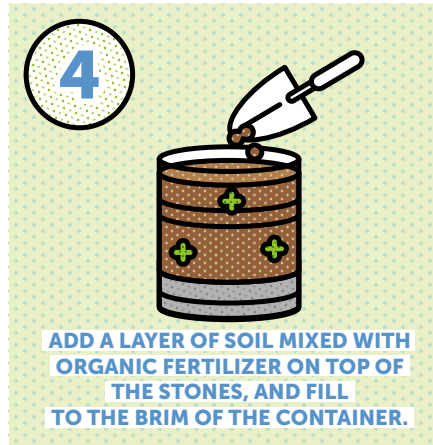
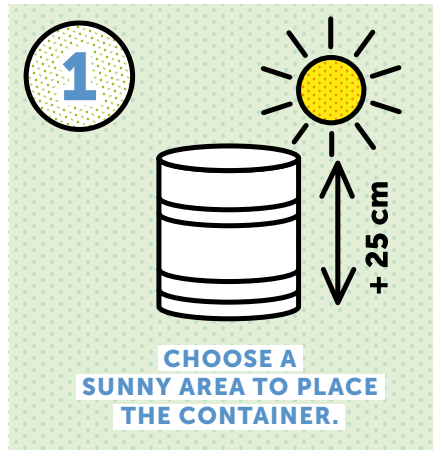
## Materials needed

- Any container with at least a depth of 25 cm for soil, to promote a good root system.
- Stones (small-medium size) for water drainage.
- Manure or organic compost mixed with topsoil.
- Flat wood, waterproof sheets, hammer and nails (required for building a wooden box)
- Knife, shovel and watering can.
- Seedlings ready for planting.

### Tips

**FOR CONTAINERS THAT HOLD WATER, PUNCH HOLES IN THE BOTTOM TO IMPROVE WATER DRAINAGE.**

**LINE THE WOODEN BOXES WITH A WATERPROOF SHEET TO PREVENT THE WOOD FROM ROTTING.**

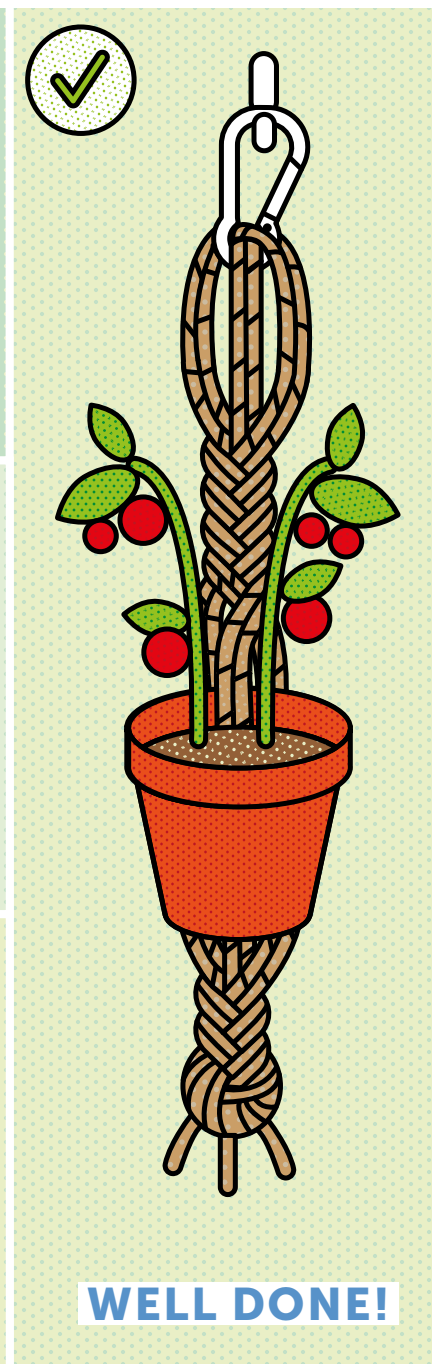
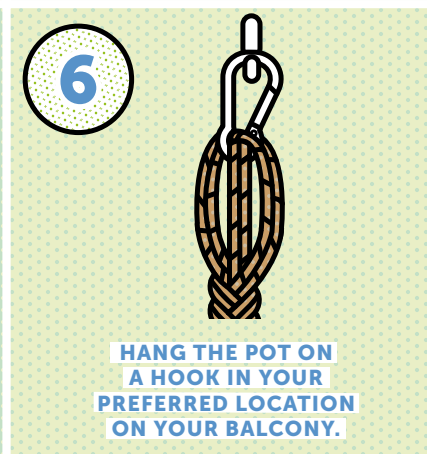
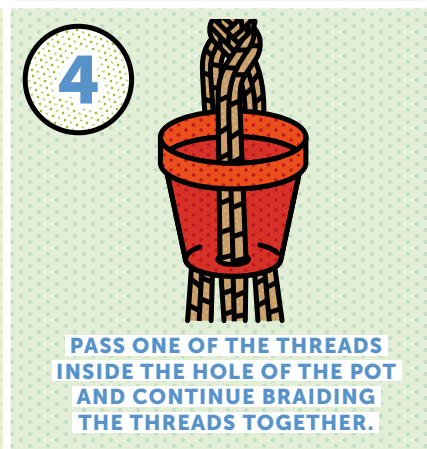
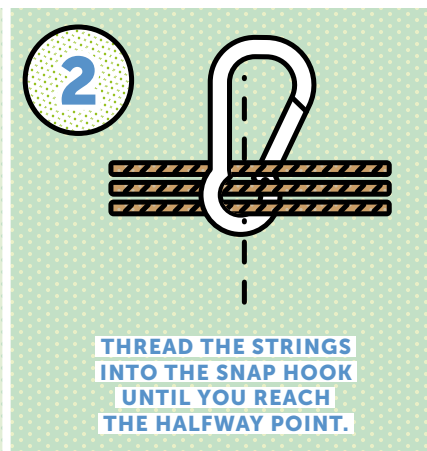
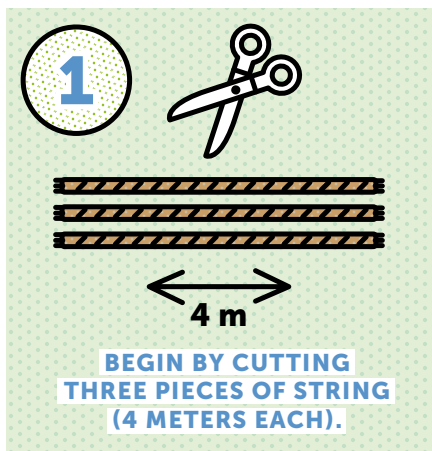


# 3 Growing vertical gardens

Vertical gardens are perfect solution for homes that are interested in growing vegetables but may not have space. The vegetables grow up tall structures instead of across the ground and can be suspended in the air or hang from walls. Vertical gardens are ideal for growing vegetables such as tomatoes, cowpeas and cucumbers. You should ideally choose resilient and vibrant plants that can grow all year round.

## Materials needed

- Small container or pot.
- Potting soil.
- A hook.
- Seedlings ready for planting.





# How to get the most out of your home garden

## Choose the best plants

Not all vegetables can grow in this way, so it is important to choose plants that don't require too much space. Avoid planting large vegetables like eggplants in small containers, such as jerry cans or bottles, which may not be able to support the root system.

## Select seedlings based on nutritional and economic value

Carefully select seedlings with a high resistance to pests and diseases, a rapid growth cycle, while also considering the suitability to local conditions.

## Start with crops that you are familiar with

The plants you grow should be low maintenance so as to increase the chances of a successful harvest. Consider growing leafy vegetables at first. Once you gain more experience, you may consider high maintenance plants such as tomatoes.

## Use sustainable resources

Take advantage of free resources, such as rainwater, discarded sacks or other reusable materials.

Avoid using hazardous resources, such as contaminated water.

## Water plants frequently

Plants grown on balconies will require more water than those planted in an open space. Potted vegetables need more watering because of their confined space and higher water runoff. Do not wait until the soil is dry to water your garden.

# How to get good quality seeds

- Get vegetable seeds from reliable shops or open-air markets.
- Seeds should be sold in packets clearly labelled with origin, variety, expiry date, purity and germination capacity.
- Ensure seeds are genetically true-to-type or identical.
- Seeds must be free from other impurities, seed-borne diseases and insect pests.

# Seed production for indigenous vegetables

Farmers should register with an official seed certification agency and be linked to registered seed companies.

Before planting, know the seed cropping cycle and understand the flow of activities related to the growth and harvest of the crop.

## Seed preparation:

- Seed for sale should be of high quality. Producers must use quality foundation seed or certified seed.
- Conduct a germination test before planting.
- A nursery bed allows fast and uniform seedling emergence.
- Seedlings also requires water, air, and a warm and pest-free environment.

## Site selection and land preparation

- The site you choose may influence your harvest due to the topography, soil drainage and soil type.

- Remove vegetation cover on the land to be used for planting vegetables. Plough and harrow to break the soil into small particles.

## Planting, weeding, thinning and gap-filling

- Mix manure in the soil to increase nutrients.
- Consider the best conditions for growing your vegetable. Seek advice from the nearest agriculture institution about your climate and growing season.
- Space out the vegetables for optimum sprouting and yield.
- Keep your vegetable garden free of weeds at all times.

## Harvesting, processing and storage

- When plants, fruits and pods have reached full maturity, harvest the best seeds for future planting. Avoid diseased or rotting plants and fruits.
- Process and store seeds carefully to produce quality seed.



This booklet was developed thanks to the support of:



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