

## Heart to Honduras Ag Project – Implementing Vegetable Production



In 2007 testing showed that the children in the village of La Ceibeta were lacking key nutrients. The local diets for the most part included rice, powdered milk, and local red “turtle” beans. Key diet nutrients deficiencies included Fe, Vitamins A, C & D. All of these could be supplemented by including vegetables into the local diets. A project was begun to teach basic gardening and food nutrition. Garden plots are typically 3’ wide by 6-12’ in length and include 6-8 key vegetable groups. (See the Nutritional Charts for Vegetable Groups selected)



Photo 2 is of the first harvest in 2010. Radishes, beets are now ready with the peas – lower left of photo 3 in bloom. Tomatoes and squash are at later harvest. The garden plots typically provide 10-15 days of vegetables for a family during the 90 day growing cycle. Since 2010, many families have developed rotating plots for continuous vegetable production. Photo one shows a second plot being established. By composting family plant waste, and incorporating the compost into the garden plot, the need for commercial fertilizer supplements are reduced or eliminated.



chickens to further supplement their diets.

The village of La Ceibeta with support from Southwood Lutheran Church and Heart to Honduras has established garden plots with over 25 families to date. Starting with small single family plots has greatly increased the success rate and encouraged families to continue. In addition to teaching basic gardening skills, the families also receive education on food preparation, nutritional benefits, and preparation for sale at the local farmers market. Building on these successes, several families have now begun to raise meat