**NUTRITION THROUGH FOOD FOREST AND GARDENS IN KENYA QUARTELY REPORT- MARCH 2019**

**Introduction**

Once again we are happy to share with you progress report on nutrition through food forest and gardens in Kenya. We continue to deeply appreciate your kind support and partnership which has enabled us to expand to 700 farmers we work with in establishing food forest and kitchen gardens for nutrition and also as source of income and livelihoods. The diversity of crops, trees and fruit trees planted in food forests not only continue to provide nutrition but also changing local microclimate. Mature food forests fruit trees mature at different times thus providing sustainable food and nutrition throughout the year which is a better system then mono cropping. The kitchen gardens also continue to supplement the household diet with diverse vegetables ranging from and not limited to: kales, spinach black night shade, amaranths, cowpeas, spider weed, eggplant and pumpkins. Farmers are testify how the gardens have helped them with vegetable supply at home and helped them reduce cost of daily buying of vegetables thus saving the cash for other family developments. Thank you once more for your continued financial support and partnership which enables us to face future with hope.

During the reporting quarter major activities were harvesting ready crops and fruits from DNRC food forest and planting kitchen gardens and maintaining the existing ones. The following are detailed activities during the reporting quarter.

**DNRC Food Forest**

During this reporting quarter we harvested 7.5 kg of beans, 25.3 kg of bananas, 8 pieces of pawpaw and 40 pieces of passion fruits. We also pruned and mulched the trees in the food forest to conserve water during the dry season.

**DNRC Kitchen gardens**

During the reporting quarter, DNRC staff were busy expanding the kitchen gardens, establishing vegetable nurseries and maintaining the existing gardens. The vegetables are used by DNRC staff, interns and our visitors and the rest sold for income. We continued to work with our 700 farmers in their kitchen gardens and food forests.

**Challenges**

The major challenge during this reporting time is water which has remained our perennial challenge. We rely on a seasonal river (waani) which dries up and we have to scoop the sand to get the water which is a very slow recharge.

**Focus for the next Quarter**

* Replanting and maintaining the DNRC food forest and kitchen gardens
* Issuance of fruit trees to the farmers to expand their food forests
* Issuance of vegetable seedlings to the farmers to expand and replant their kitchen gardens