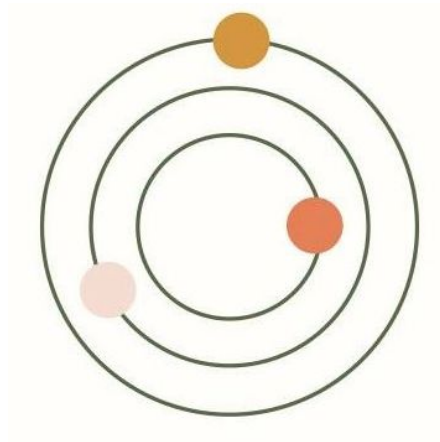


KINTSUGI - REGENERATING  
ECOSYSTEMS

X



Project Trê's

A collaboration between Kintsugi and Project Trêš, this project was born from the need of empowering the women of the community by using gardening as another tool.

The idea behind the project was to enable the women to be able to grow their own food which is organic and zero budget, become more self-sufficient, and to provide them with the education to become entrepreneurs in food production if they wish to be.

Out of the 15 women working with Project Trêš in Anjuna, 6 women's houses were chosen to design and implement small scale permaculture gardens, these six were the most excited with the idea of growing their own food, the rest of the women had little interest, or they live in the rental space and do not have the permission to make gardens.

The women who wanted gardens in their houses :

- Manoj Devi
- Lakshmi
- Sharmila
- Rupa
- Rajeshree
- Farida

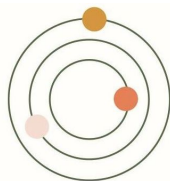
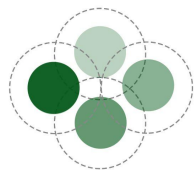
Each of the women had different sizes of land to be worked on, the smallest patch being 1m<sup>2</sup>  
Working on the different kinds of lands (size and topography wise) gave the women good exposure in terms of space management and soil health improvisation.

All the other women joined the training / workshops / garden building programmes at these six people's properties. They got the hands-on experience, from making their own fence to digging, to building garden beds, to harvesting rainwater to growing their own food.

The long term goal for this project will be to establish a community garden at the Project Trêš Centre, here in Goa.

The women will grow with the gardens in their homes and can eventually start a big garden for the Community Center.

Once they are well taught off and understand gardening, they can also start giving training programmes to more women / men from the neighbourhood on how to create gardens and live a healthy life.



## MANOJ DEVI

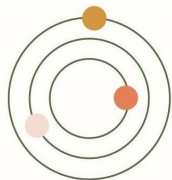
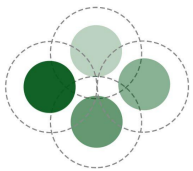


Manojdevi hails from Rajasthan, she moved to Goa over 20 years back with her husband. She has been working with Project Tres since 2017. She is the mother of 4 kids, and her first working opportunity in life was inside Project Trê.

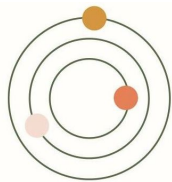
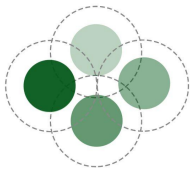
She has a monthly salary since last year, and due to that, she was the one responsible to look after her household expenses during covid times. She proudly says "Now I know, women can do anything."

She and her elder son are fond of gardening, and hers was the first house where we made the garden. We made a raised garden bed (80 cm \* 2 m) in her house.

Since she had very little soil in her house, we used a lot of dead organic matter and trained all the women in regenerating soil.



BEFORE





# MANOJDEVI'S GARDEN

## Raised Garden Bed

Bed Width - 80 cm

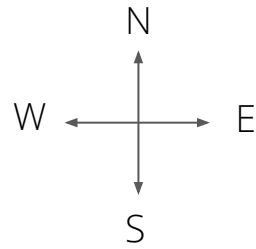
Bed Depth - 6"

Bed Length - 2 m

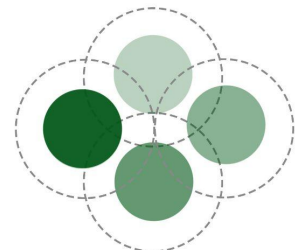
### Planting List

- Pumpkins
- Amaranth
- Chilly
- Sweet Potato
- Cosmos
- Long Beans
- Winged Beans
- Egg Plants
- Tomatoes
- Jicama
- Rosella
- Green Grams
- Pigeon Pea
- Ridge Gourd
- Bottle Gourd

Climbing Structure  
Movable Trellis

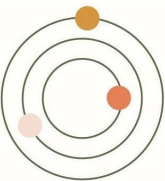
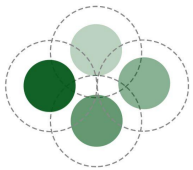


Raised Garden Bed



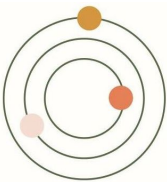
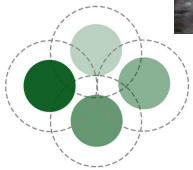
KINTSUGI - REGENERATING  
ECOSYSTEMS







AFTER



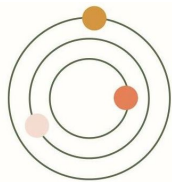
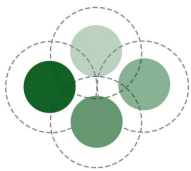
# LAKSHMI



Lakshmi hails from Belgaum, in Karnataka but has been living in Goa since last many years. She works as house help in other people's house in Goa. She used to know very little stitching but learnt a lot more after joining Project Tres.

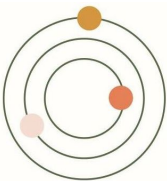
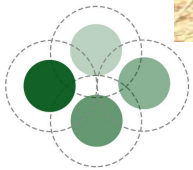
She is a mother of 2 and very sweet woman. She loves to garden and had a small garden already. She was so curious to learn how to improve her gardening skills.

It was such fun to create an extension of her tiny patch using the permaculture tools, her garden was made asymmetrical by maximizing land use and adding a small soak trench at the edge of the garden.





BEFORE





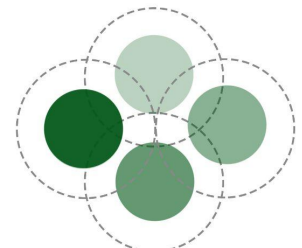
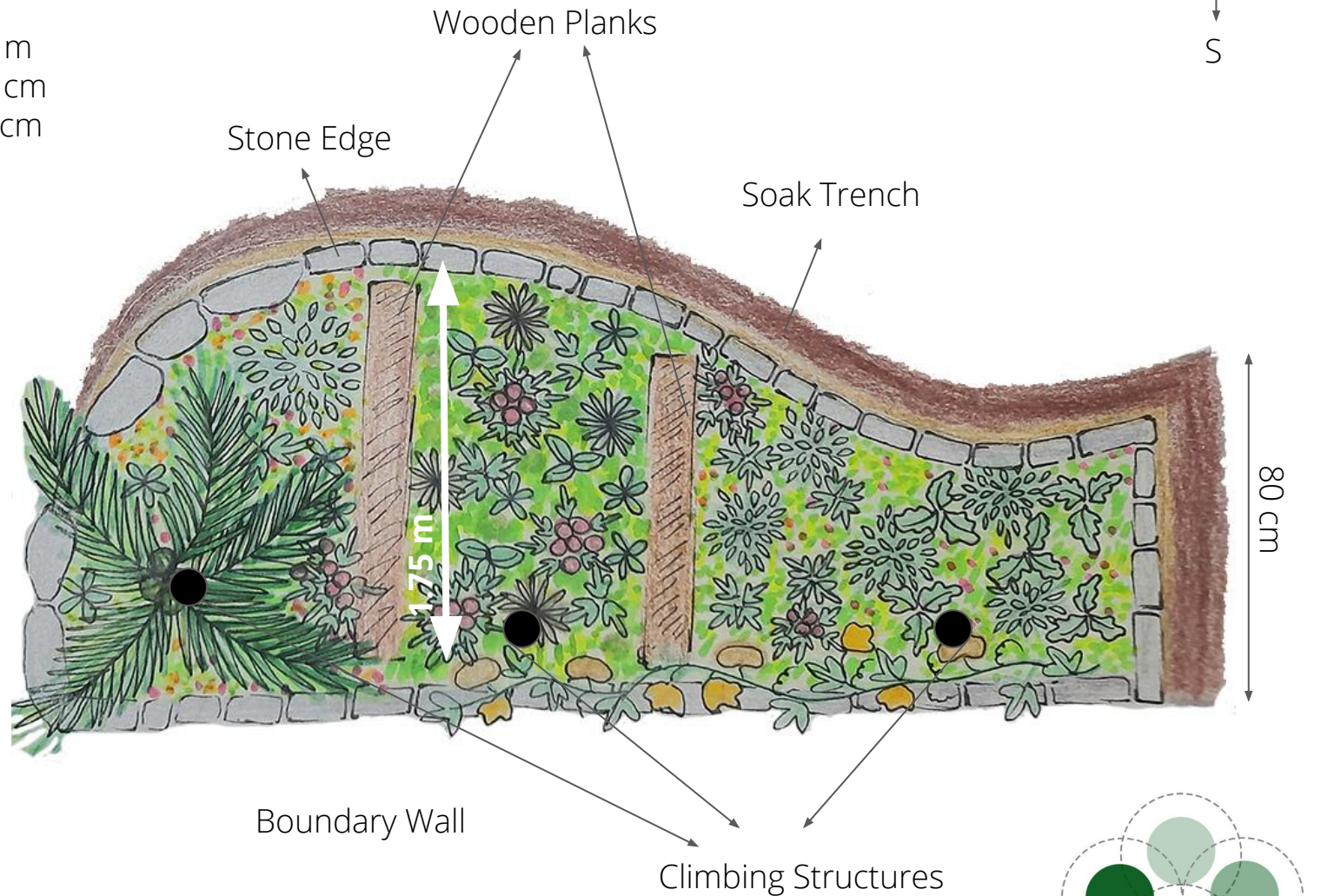
# LAKSHMI'S GARDEN

## Matka Garden Design

Garden Length - 4 m  
Trench Depth - 25 cm  
Trench Width - 15 cm

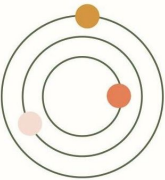
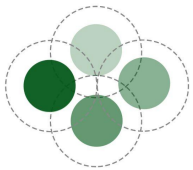
### Planting List

- Pumpkins
- Amaranth
- Chilly
- Ginger
- Turmeric
- Sweet Potato
- Cosmos
- Long Beans
- Winged Beans
- Egg Plants
- Tomatoes
- Jicama
- Onions
- Garlic
- Green Grams
- Mustard
- Fenugreek
- Coriander
- Sword Beans
- 



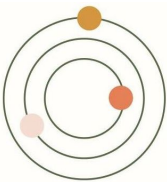
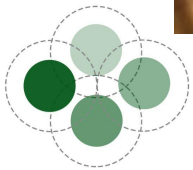
KINTSUGI - REGENERATING  
ECOSYSTEMS







AFTER





## RAJSHREE



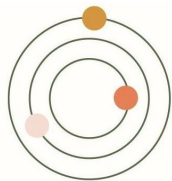
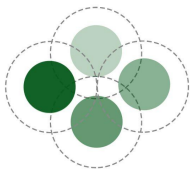
Rajshree hails from Goa.

Project Tres was her first job in her life. She had a sewing machine but only had stitched things for her family and children. Her husband is a carpenter

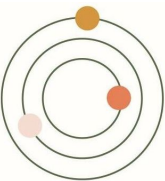
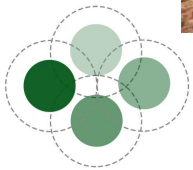
She is always smiling and she loves the work she does, she enjoys stitching and feels very proud of seeing her products ready.

She was skeptical of us starting a project in her house, as in the beginning she did not understand what we would do to her land, but got super excited when she saw the work we did in Manoj Devi's house.

We created a keyhole inspired garden (diameter of the bed 2m) for Rajshree, which had a 30 cm deep soak trench.



BEFORE





# RAJSHREE'S GARDEN

Keyhole garden inspired concept

Diameter - 2m

Trench Width - 0.5 m

Trench Depth - 30 cm

## Planting List

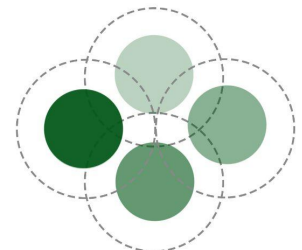
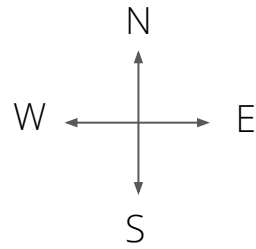
- Pumpkins
- Amaranth
- Chilly
- Ginger
- Turmeric
- Sweet Potato
- Cosmos
- Lemongrass
- Long Beans
- Winged Beans
- Egg Plants
- Tomatoes
- Jicama
- Onions
- Garlic
- Green Grams



Rainwater Harvesting Trench

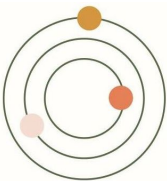
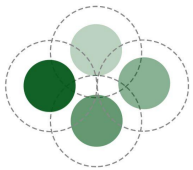
Wooden Plank

Slope



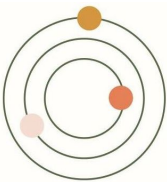
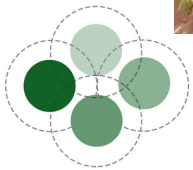
KINTSUGI - REGENERATING  
ECOSYSTEMS







AFTER



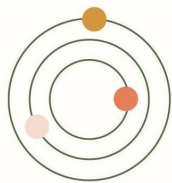
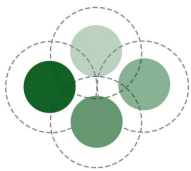
## SHARMILA



Sharmila is one of those very strong wonder women, she is a very dedicated and hardworking person, always curious to learn something new.

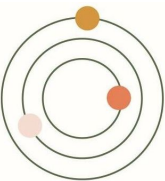
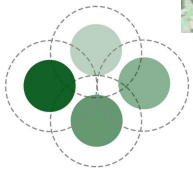
She comes from South Goa and moved to Anjuna post her marriage. She used to have a comfortable life as she and her husband both were working. She has a nineteen year old daughter. She lost her husband in 2019, and after his death she became the only breadwinner for her family. She is a very talented tailor, artisan and a chef.

We had so much fun working with Sharmila, she was like a machine, always working hard on the ground and never getting tired. She was so excited during this whole gardening process. In her house we were able to do raised garden beds but also implement a grey water harvesting banana trench.





BEFORE





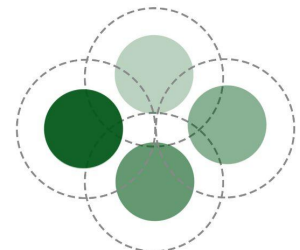
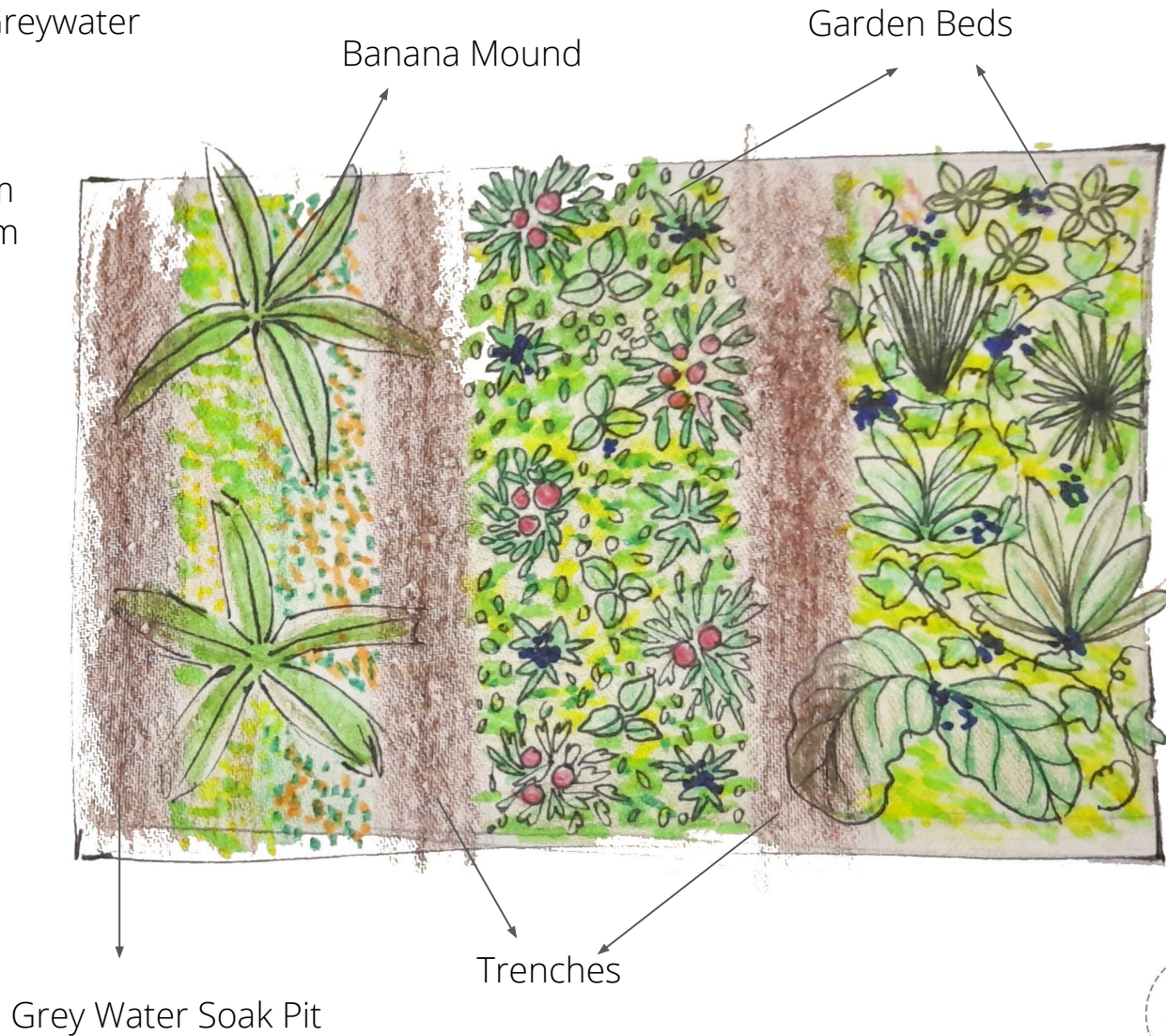
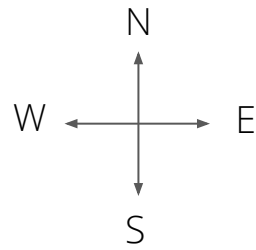
# SHARMILA'S GARDEN

Raised Beds with Soak Pit Trenches  
Banana Trench for Greywater  
Recycling

Bed Width - 80 cm  
Trench Width - 40 cm  
Trench Depth - 30 cm  
Banana Mound  
(Width) - 60 cm

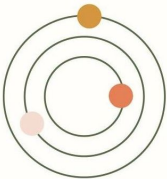
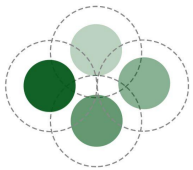
## Planting List

- Pumpkins
- Amaranth
- Chilly
- Ginger
- Turmeric
- Lemongrass
- Long Beans
- Winged Beans
- Egg Plants
- Tomatoes
- Jicama
- Onions
- Garlic
- Green Grams
- Rosella
- Taro
- Peanuts
- Ridge Gourd



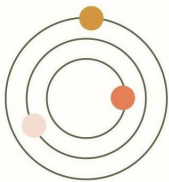
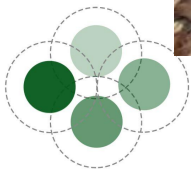
KINTSUGI - REGENERATING  
ECOSYSTEMS







AFTER





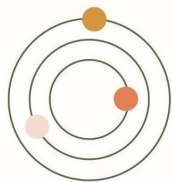
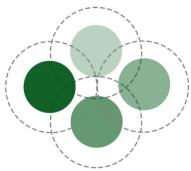
## RUPA



Rupa is from Goa and works as the quality control manager for Project Tres.

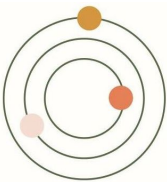
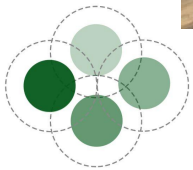
She is a mother of two beautiful girls. Rupa wanted to be an engineer but being a woman in the society, the closest she reached to working with machines was the sewing machine. She is very educated and could run a business of her own but has been taken advantage of in the past by wrong clients. She has been working with the project with a monthly salary since 2019.

Rupa's garden space was the biggest so we could actually use that as the demonstration base for educating and training all the women. We could also find the maximum resources available in her house and surroundings. We created 4 raised beds with soak pit cum trenches in her house.





BEFORE





# RUPA'S GARDEN

Raised Beds with Soak Pit  
Trenches

Raised beds with mini trench  
inside the bed

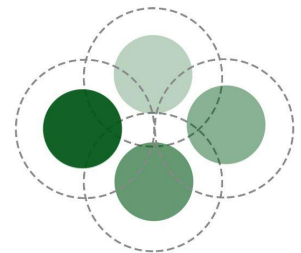
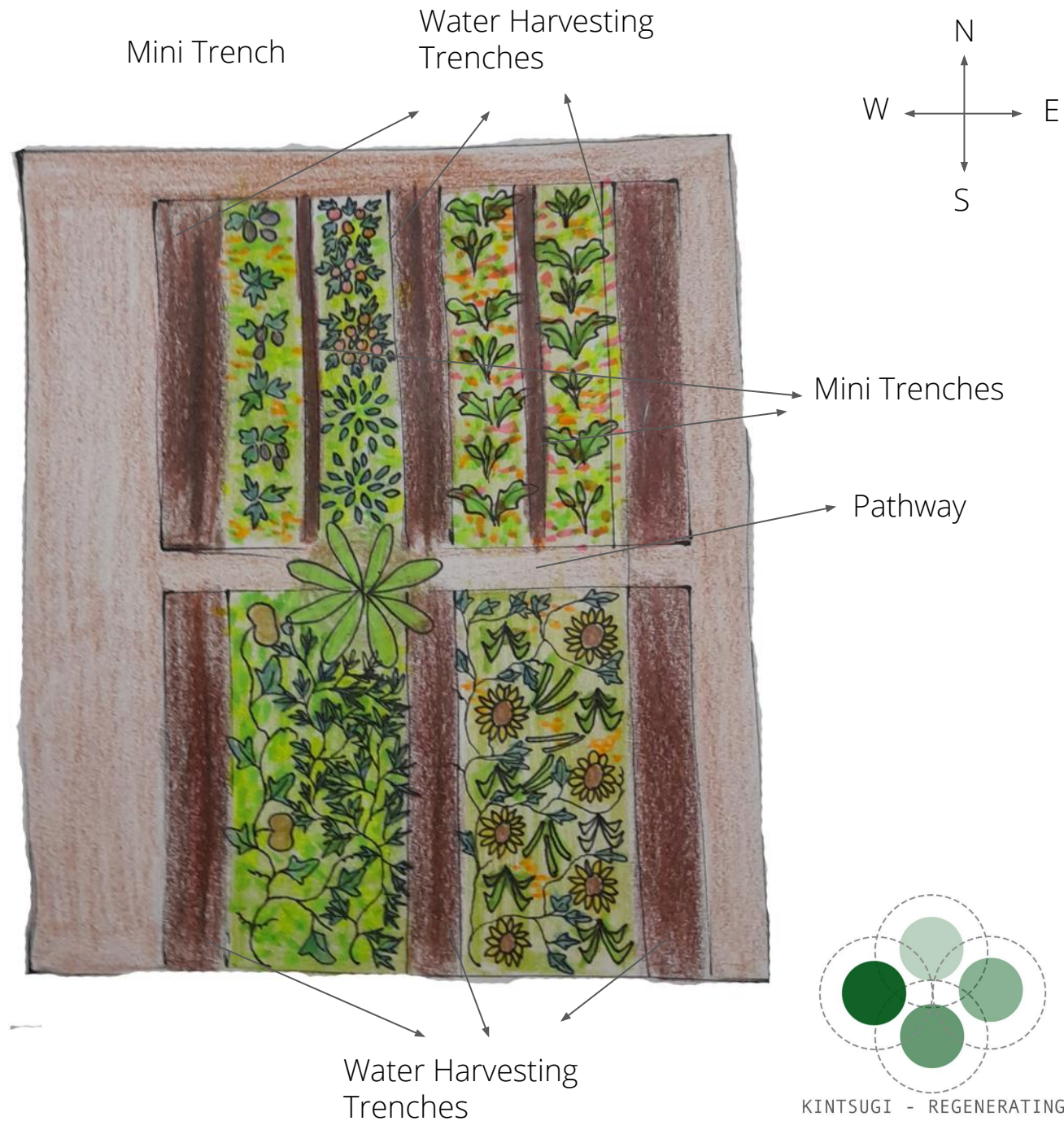
Bed Width - 80 cm

Trench Width - 40 cm

Trench Depth - 30 cm

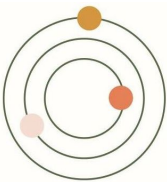
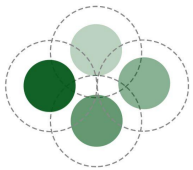
Planting List

- Pumpkins
- Amaranth
- Chilly
- Ginger
- Turmeric
- Lemongrass
- Long Beans
- Winged Beans
- Egg Plants
- Tomatoes
- Green Grams
- Rosella
- Ridge Gourd
- Sunflowers
- Corn
- Okra



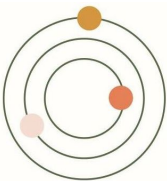
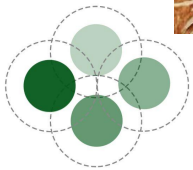
KINTSUGI - REGENERATING  
ECOSYSTEMS







AFTER





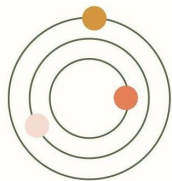
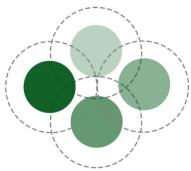
## FARIDA



Farida, one inspiring woman you meet and are thrilled by her persona. Anyone who meets Farida can not say they don't love her.

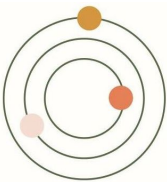
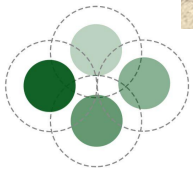
A mother of 5, she is a passionate babysitter and runs her own babysitting business. Farida started working with Carla in 2016 to actually establish Project Tres and has been on a monthly salary since 2018. She is the President of Project Tres in India.

Farida is one of the busiest people we have seen, she is working all the time. Because of her work hours, to create a garden in her house was the most challenging, But her passion was such that somehow things worked out quite well in the end. She has a lot in her plate always, and because of that she could not attend any other workshops but only the one we did at her house. We created a garden there, but we will go back to Goa and improvise and design her garden a lot more, as there is a lot which could be done further.





BEFORE





# SHARMILA'S GARDEN

Raised Beds with Soak Pit Trenches  
Banana Trench for Greywater  
Recycling

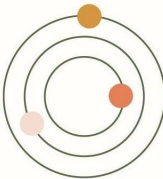
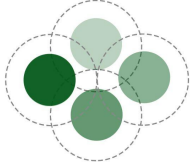
Bed Width - 80 cm & 60 cm  
Trench Width - 1 m  
Trench Depth - 30 cm

## Planting List

- Pumpkins
- Amaranth
- Chilly
- Ginger
- Turmeric
- Lemongrass
- Long Beans
- Winged Beans
- Egg Plants
- Tomatoes
- Onions
- Green Grams
- Rosella
- Taro
- Peanuts
- Ridge Gourd
- Sunflower
- Corn

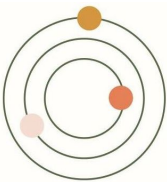
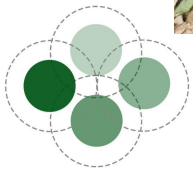






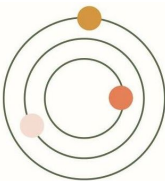
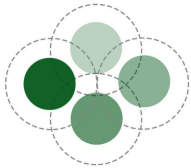


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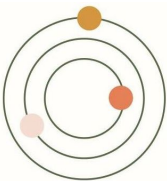
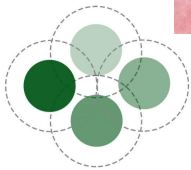


SOME MORE FUN





MORE POWER TO US...





"Kintsugi - Regenerating Ecosystems, is not only a project, but a collective conscious vision, which lives in many people, a vision to heal humanity by fixing the damage caused by us to this planet. Love is our core, and we are optimistic that many of us will definitely bring positive change in the world."

It was Harshita's quest to find peace within which lead to her leaving her career in fashion and moving to an experimental township called Auroville, where she was introduced to permaculture.

She started connecting with Mother Earth and hence becoming much more sensitive to many problems of the world. In the belief of bringing positive change in the world using permaculture and other important tools for community development, she started Kintsugi.

She has done permaculture and women empowerment projects in different countries. Having Auroville as her home base, she is a nomad who travels wherever in the world the projects take her.



Harshita  
Kintsugi - Regenerating  
Ecosystems

Project Tres was founded in 2015 when Carla, its founder met Farida, the president of the Project in India now who was at that time barely making any money to manage her family of 5 children.

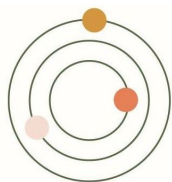
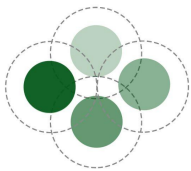
After graduating as a fashion designer, Project Trê's founder Carla Maria de Souza worked for more than six years in the fashion industry. As she moved up in the fashion industry she began to realize its limitations, especially those related to social and environmental sustainability. Carla gave up her stable career and while traveling on a journey towards empowerment to heal the wounds left by domestic violence experienced in her childhood, she felt a need to share her story and inspire people to overcome their struggles and traumas.

Using her skills, she wanted to transform fashion into a path of empowerment, in a sustainable, fair, and ethical way. She wanted to start a movement. Project Trê's was born.



Carla and Amanda  
Project Tres

Project Trê's provides jobs for 31 artisans in India and in Kenya, and through education and community training, has collaborated with over 100 women since the beginning of the project. We have 30 people volunteering with us, being 90% of women. We are located in 11 different cities and 7 different countries.





*"Yes, one person can change the world, if everyone brings positive changes in their everyday life, the world would be a much better place to live."*

Project ideated, designed and implemented by :

Harshita Srivastava

Kintsugi - Regenerating Ecosystems

[www.kintsugiregeneratingecosystems.org](http://www.kintsugiregeneratingecosystems.org)

Facebook - <https://www.facebook.com/kintsugi.regenerate>

Instagram - @kintsugi.regenerate

Project approved and sponsored by:

Carla Maria Desouza

Amanda Suzuki

Project Tres

[www.projecttres.com](http://www.projecttres.com)

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Lakshmi

Sharmila

Rajshree

Rupa

Farida

If you like what we did and would like to support Project Tres or Kintsugi or both, please get in touch with us... We need your love and support to continue growing and spreading more love and positivity in the world.

