



Slow Food Foundation  
for Biodiversity

Terra  
madre



# Slow Food *for* Africa

**10,000 gardens**  
to cultivate  
the future

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## 10,000 Gardens: Towards a New Africa

Africa is a rich continent boasting a huge variety of peoples, cultures, languages (over 2000!) and an **extraordinary wealth of biodiversity**. Africa is home to distinct terrains, landscapes and climates; a diverse heritage of natural resources and foods (fruit trees, grains, vegetables and animal breeds); and essential ancient knowledge. It is still a very young continent, full of energy and creativity. **Slow Food works with and promotes this wealth of resources, putting communities, people and their knowledge at the center of all projects.**

Since 2011, the “Thousand Gardens in Africa” project has involved over 50,000 people in 25 African countries, as well as tens of thousands of members and activists around the world. After the original target for the project (1000 gardens) was reached at the end of 2013, **Slow Food decided to relaunch the initiative in 2014 with a new challenge: to create 10,000 gardens across the continent.** Creating 10,000 good, clean and fair gardens in African schools and communities means teaching young people about the importance of food biodiversity and the access to fresh and healthy food, but also creating a network of leaders who are aware of the value of their own land and culture. This network can give rise to the leaders of a change across all continents: a change based on the liberation of traditional foods and knowledge, in a social economy linked to the land and environment.

The gardens are **practical models of sustainable agriculture**, adapted to the individualities of diverse settings – environment, social and cultural - and easily replicable. They can lead the way towards a different model of development, where food production is reconnected with local societies and environmental awareness.



## A Slow Food Garden is a Diverse Garden

Slow Food is not simply creating a series of gardens in Africa, it is also promoting an idea of agriculture based on knowledge of the terrain, and respect for biodiversity and local cultures: An agriculture that is **capable of meeting the nutritional requirements of African communities** without distorting social relations and destroying the environment, while also **giving value to the history and knowledge, with respect for the land** and its ecological equilibrium.

In the Slow Food gardens, traditional varieties of fruits, vegetables, aromatic herbs and medicinal plants are grown, more resistant since they have adapted over time to their specific environments. Seedbeds are created to produce seeds, so they do not need to be purchased every year. Compost is made with discarded vegetables, manure and ash, to nourish the land and keep it fertile and healthy. The plants are protected using traditional methods to avoid buying pesticides, which poison the soil and water. Water is saved by preserving the moisture in the soil through mulching, collecting rainwater and implementing drip irrigation systems. The harvest supplies families and school canteens (in the case of school gardens) with the excess produce being sold at local markets or in small restaurants that sometimes develop next to the gardens.





# 10 Essential Ingredients for a Slow Food Garden

## ► 1. They are created by a community.

The gardens bring together and value the capacities of all the community members uniting different generations and social groups (village or school associations, local administrators or non profit organizations). They recover the wisdom of older generations, make the most of the energy and creativity of younger people, and benefit from the skills of experts.

## ► 2. They are based on observation.

Before planting a garden, it is necessary to learn to observe and to get to know the terrain, local varieties and water sources. The garden must be adapted to its surroundings, and local materials should be used to make fencing, compost bins and nurseries.

## ► 3. They do not need a large amount of space.

By looking creatively at the space available, it is possible to find somewhere to put a food garden in the most unlikely places: on a roof, by the side of a footpath and so on.

## ► 4. They are gardens of biodiversity.

Slow Food gardens are places for local biodiversity, which has adapted to the climate and terrain thanks to human selection. These nutritious and hardy varieties do not need chemical fertilizers and pesticides: vegetables, medicinal plants, culinary herbs and fruits trees (bananas, mangos, citrus).

## ► 5. They produce their own seeds.

Seeds are selected and reproduced by the communities. This means that every year the plants become stronger and better suited to the local area, and money does not need to be spent on buying packets of seeds.

## ► 6. They are cultivated using sustainable methods.

Natural remedies based on herbs, flowers or ash are used to combat harmful insects or diseases.

## ► 7. They save water.

Once again, an approach based on observation and creativity is fundamental. Sometimes it only takes a gutter, tank or cistern to collect rainwater to resolve seemingly insurmountable problems and avoid more expensive solutions.

## ► 8. They are open-air classrooms.

Food gardens offer an excellent opportunity for teaching adults and children alike about native plant varieties, promoting a healthy and varied diet, explaining how to avoid using chemicals and giving value to the craft of farmers.

## ► 9. They are useful, but also fun.

Food gardens are a simple and inexpensive way of providing healthy and nutritious food. But even in the most remote villages and the poorest schools, Slow Food gardens are also a place for games, celebrations and fun.

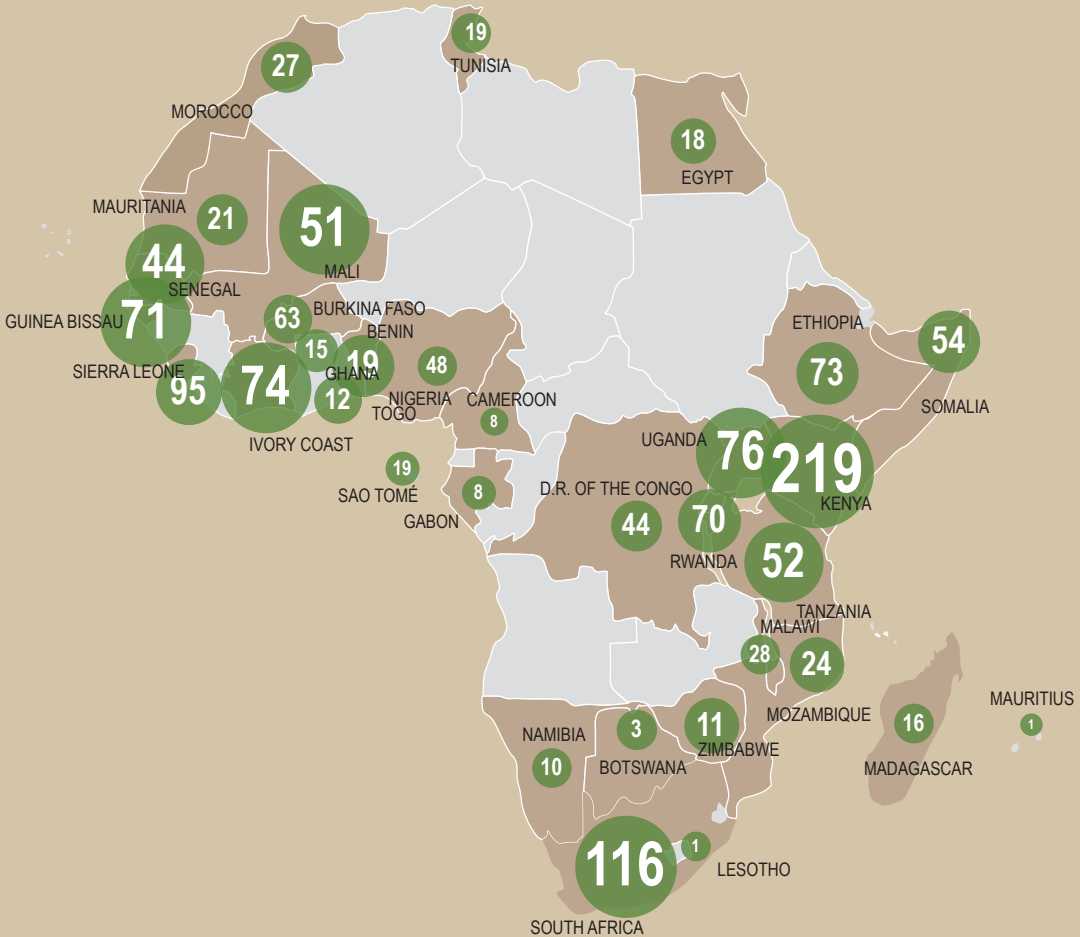
## ► 10. They are networked together.

Neighboring gardens exchange seeds, while those further away exchange ideas and information. The coordinators meet, write to each other and collaborate. Twinning between schools and convivia from all over the world allows the creation of new gardens across the continent.



# ► Gardens in Africa

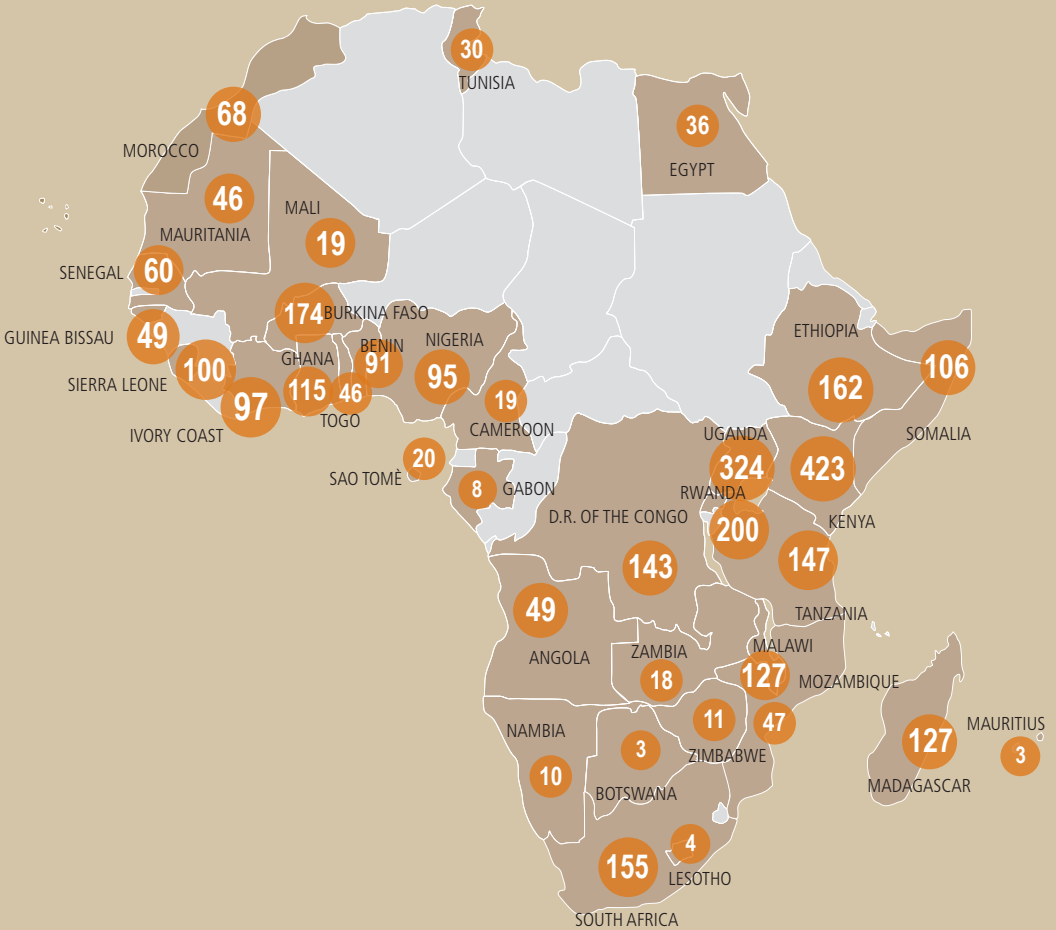
Total: 1200 gardens (updated to May 2014)





# ► Gardens at the beginning of 2019

Total: 3132 Gardens





# How Much Does it Cost to Adopt a Garden and How are the Resources Used

Knowledgeable and skilled people are needed to **make Slow Food's 10,000 Gardens a reality**, including young leaders who can motivate the local communities. The donation requested by Slow Food to support one garden (**€ 900**) is not only used to buy tools, wheelbarrows, watering cans and fencing but also to pay for the work and **training of the African leaders** who coordinate the communities.

A part of the donation is used for monitoring the gardens already realized, to strengthen the local network through exchanges between communities and events as well as to **guarantee study grants for young people, to help them travel** and meet other communities.

**120 €** contributes to the mapping work on territories to safeguard and promote local biodiversity. **Slow Food receives € 180 (equal to 20 %)**, which is necessary to cover the technical coordination costs of the project (providing the garden guidelines, identifying agronomists, creating teaching materials, enabling networking of the leaders of the various countries, managing the exchange of information among the network of donors and African communities), to communication purposes and to evaluate the project's results.

## Details of the Costs

<p><b>Starting a new school or community food garden</b> Compensation for local collaborators; buying tools; providing training on agroecology, biodiversity and local consumption.</p>	300 €
<p><b>Maintenance of existing gardens and network strengthening</b> Compensation for local collaborators; training meetings; knowledge exchanges between communities; organization of local events; participation in national and international events and educational, promotional and political initiatives; scholarships for young Africans.</p>	300 €
<p><b>Safeguarding biodiversity and work on the African Ark of Taste</b> Mapping in local areas to identify indigenous plant varieties, their inclusion in the international Ark of Taste catalog and promotion through various activities (in the food gardens, with schools, with chefs, etc.).</p>	120 €
<p><b>Coordination and communication</b> Management of national and local garden coordinators; technical assistance from agricultural experts; distribution of educational material; communication of the project at a local and international level; analysis and evaluation of the results and impact of the project on local communities.</p>	180 €
<b>TOTAL</b>	<b>900 €</b>



## ► Support us now!

A total of € 900 adopts a garden and launches an exchange with the community involved in the project. It is possible to support the project with a contribution of any amount.

If you would like to adopt a garden in Africa you can do so by donation:

- Bank **check** payable to:

Slow Food Foundation for Biodiversity

- Bank **transfer** to:

Slow Food Foundation for Biodiversity

Banca Sella - via Giuseppe Verdi 15, 12042 Bra (Italy)

IBAN: 9T75 F 03268 46040 052878155042

SWIFT: SELBIT2BXXX

- **Online payment via the website [www.slowfood.com/donate](http://www.slowfood.com/donate)**

*Once the payment has successfully been made, the Slow Food Foundation for Biodiversity will issue a receipt that can be used for tax deduction.*

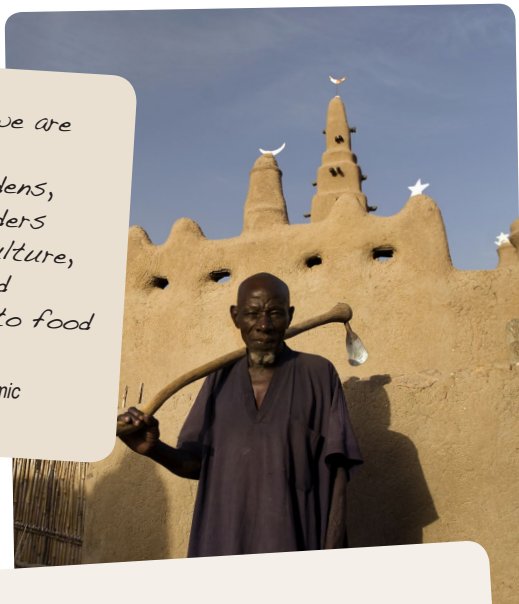


## ▶ Testimonials



«Our strength lies in our network, we are small but we are many and we will continue to grow. Through these gardens, we are constructing a network of leaders working to promote sustainable agriculture, to save our continent's biodiversity and secure for all us Africans, the right to food that is good, clean and fair..»

**Eunice Njoroge (Kenya)**, student at the University of Gastronomic Sciences, Pollenzo.



«Due to deforestation and environmental degradation, as well as the loss of many pastures, the population of Karrayu shepherds is suffering. The main purpose of the Galcha community garden is therefore to assist the shepherds in the delicate transition phase from pastoralism to agriculture for survival. The garden will be a model of sustainable development in arid environments for the entire district.»

**Tichafa Makovere (Ethiopia)**, agronomist with the gardens in Africa project



«I am very proud to be part of the Slow Food movement. It is important to have the chance to share what we are doing with the rest of the world: the farming culture is very strong in Africa, even if sometimes constrained to monocultures that are not adapted for the land.

My Good Hope Nursery is a real and strong community which comprises a nursery, a playground for children, educational trails amongst the various crops, events dedicated to food and courses in planting, harvest, nutrition and much more.»

**Roushanna Gray (South Africa)**, coordinator of the Good Hope Nursery centre



A woman with her hair wrapped in a headband is watering a garden. She is wearing a blue top with a yellow and brown patterned collar and a matching patterned skirt. She holds a green watering can, pouring water onto a row of green plants. The background shows a dense forest of tall trees and a pile of sticks.

10,000 gardens  
to form  
a network  
of African leaders





«I come from Mali, where I worked with the producers of Katta pasta and coordinated their Presidium. Today I am in the refugee camp in Mbera, Mauritania, 18 kilometers from the city of Bassikounou, in the southeast of the country. With seeds from Gao I began my first garden next to the tent camp. Now there are more than 50 people maintaining little gardens with traditional Mali seeds. A bit of normality in the midst of hell.»

**Almahdi Alansari (Mali)**, Presidium coordinator for Katta pasta in Mali and coordinator of the gardens in the Mbera refugee camp, Mauritania



«In Africa, Slow Food is working to preserve biodiversity. We have identified 180 traditional products, disappearing from the land and from our tables, and we have boarded them onto our Ark of Taste. We have launched 34 Presidia in 20 countries; and created 220 gardens in my country, with many more throughout the continent. In the years to come we will engage with producers and young people everywhere through the creation of the gardens.»

**John Kariuki Mwangi (Kenya)**, Slow Food International Councilor for Eastern Africa and national coordinator of the 10,000 Gardens project



# 10,000 gardens to save biodiversity in Africa



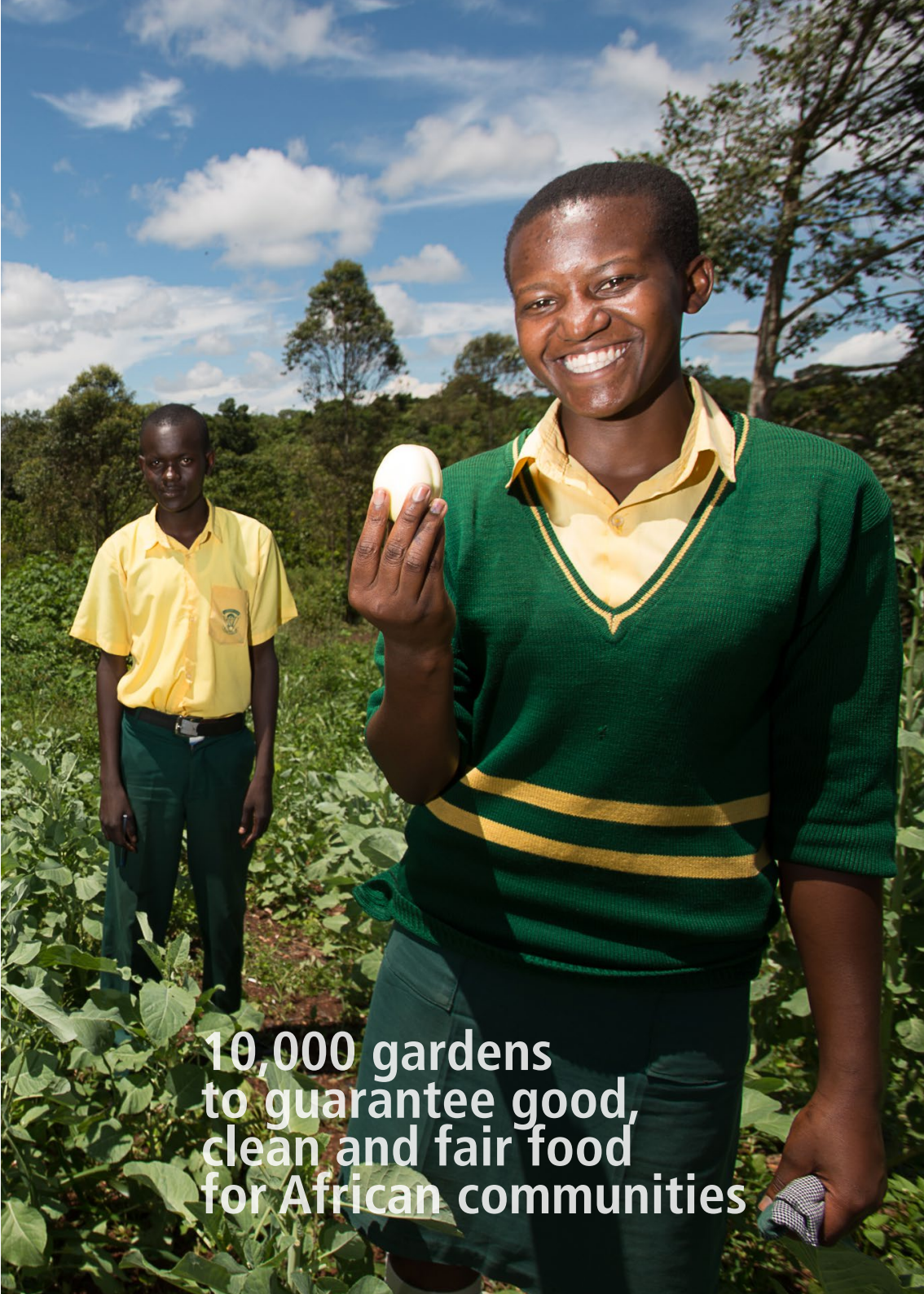




«While I was working as an agronomist at the university in Uganda, I realized that the future of Africa's food cannot be by laboratories and offices. It is the Africans who must have to determined power to make decisions about their food and their agriculture! I joined Slow Food together with many other passionate young people with whom I have created an active network that communicates through social media, to share knowledge and learn from elderly people. Because we young people are the future of Africa!»

**Edward Mukiibi (Uganda)**, Vice-President of Slow Food International and national coordinator of the 10,000 Gardens project





10,000 gardens  
to guarantee good,  
clean and fair food  
for African communities



*To find out more about the project, watch videos, read descriptions  
of the different gardens and learn about the leaders:*

*Follow us on social media*



**Slow Food Gardens in Africa**

*Write to*

**[ortiafrica@terramadre.org](mailto:ortiafrica@terramadre.org)**

*Visit our website*

**[www.slowfoodfoundation.com](http://www.slowfoodfoundation.com)**