

FAMILY NUTRITIONAL INTAKE THROUGH HOME GARDENS

in RUMAH KAMBERA

kawan  baik



FAIR  FUTURE

HOME GARDEN

Rumah Kambera

The Kambera House Garden is located in the backyard of the house, the size is approximately 200 square meters. Located on a typical hilly slope of Sumba. This land will be used for small-scale or home-style gardens, It can grow flowers, vegetables—or community. However, this garden can also be used as a model for the community around Rumah Kambera to imitate. Another purpose of this gardening activity is to activate the vacant yards so that they become productive land and can meet the nutritional needs of the family. Once again, we are realizing that backyard gardens are the way to go – just as our grandparents and great-grandparents did to provide wholesome sustenance for their families. We also wanted to invite youths and volunteers to participate in our activities to share their experiences and knowledge with the local community.

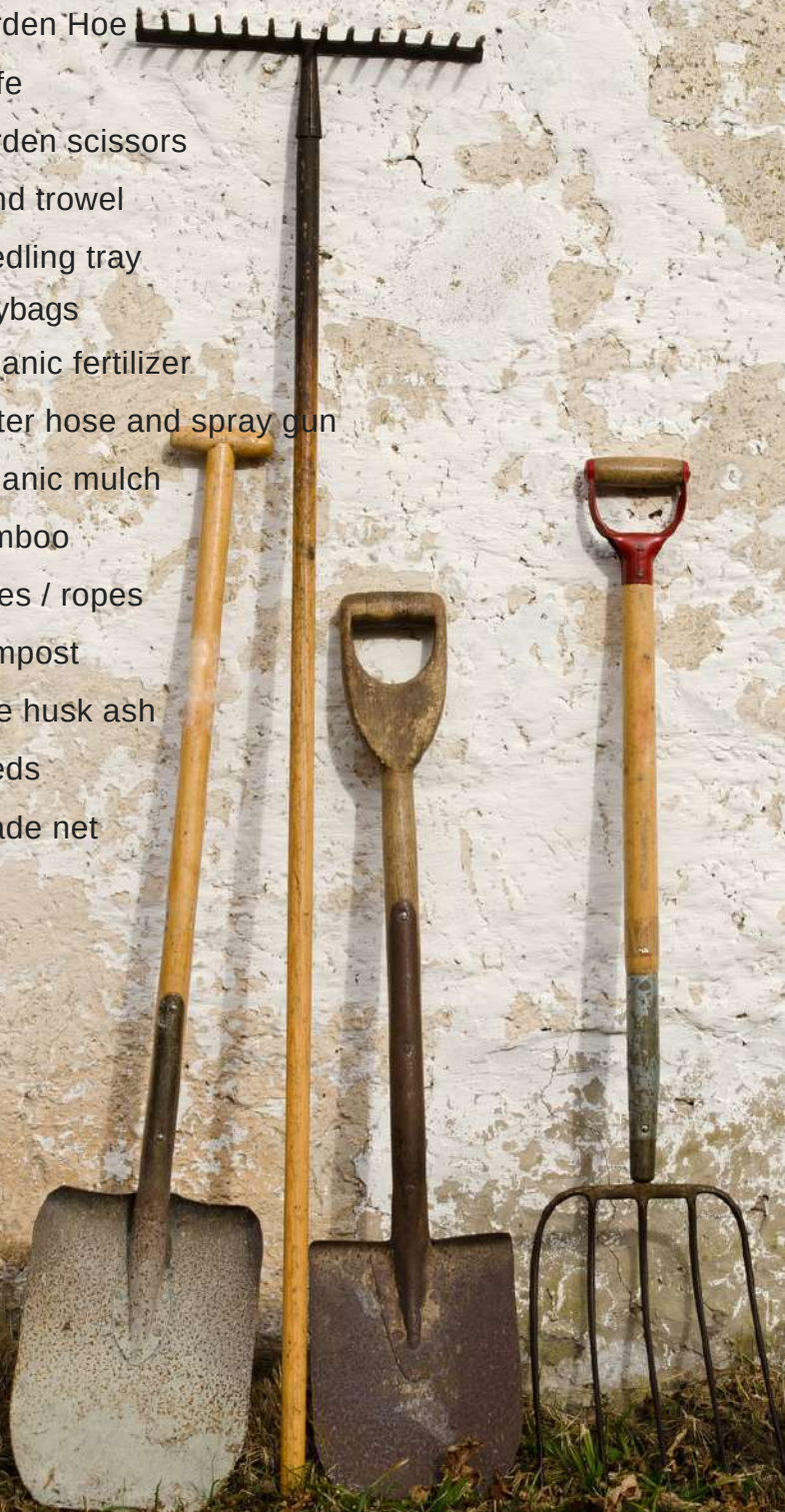
To start a garden takes more preparation than just investing in quality seed stock.

- Land preparation
 - Clearing a field or land for crops
 - Untreated bamboo raised beds
 - Fill the bed with a nutrient-rich compost mix
 - Cover the soil with organic mulch
- Nurseries/seedling
 - Prepare the greenhouse
 - Prepare seedling containers/polybags
 - Sown the seeds
 - Transplant seedling
 - Maintaining Seedlings
- Planting vegetables in raised beds
- Transplant of plants from polybags to beds
- Caring of seedlings after germination
 - Maintain good distance between lights and plants
 - Water plants regularly
 - Add fertilizers to the pot to provide nutrients to the plants
 - Weeding out
- Making plant stakes (for plants that need)
 - Snake bean
 - Bean
 - Bitter ground
- Making a bamboo fence around the plantation area with a height of 80 cm

GARDEN TOOLS

The basic tools that every gardener—beginner or advanced—needs in our shed:

- Sickle
- Garden Hoe
- Knife
- Garden scissors
- Hand trowel
- Seedling tray
- Polybags
- Organic fertilizer
- Water hose and spray gun
- Organic mulch
- Bamboo
- Wires / ropes
- Compost
- Rice husk ash
- Seeds
- Shade net





SEEDS:

Several types of vegetable and fruit seeds provided to plants in Rumah Kambera's organic garden are below:

- Mustard
- Water Spinach
- Spinach
- Sweet Basil
- Leek
- Celery
- Bird-eye chilli
- Chilli
- Tomato
- Cucumber
- Bitter melon
- Eggplant
- Black Beauty Eggplant
- Bean
- Snake Bean
- Butterfly Pea
- Marigold
- Cotton
- Kale

GARDENING ACTIVITIES STEPS GUIDE

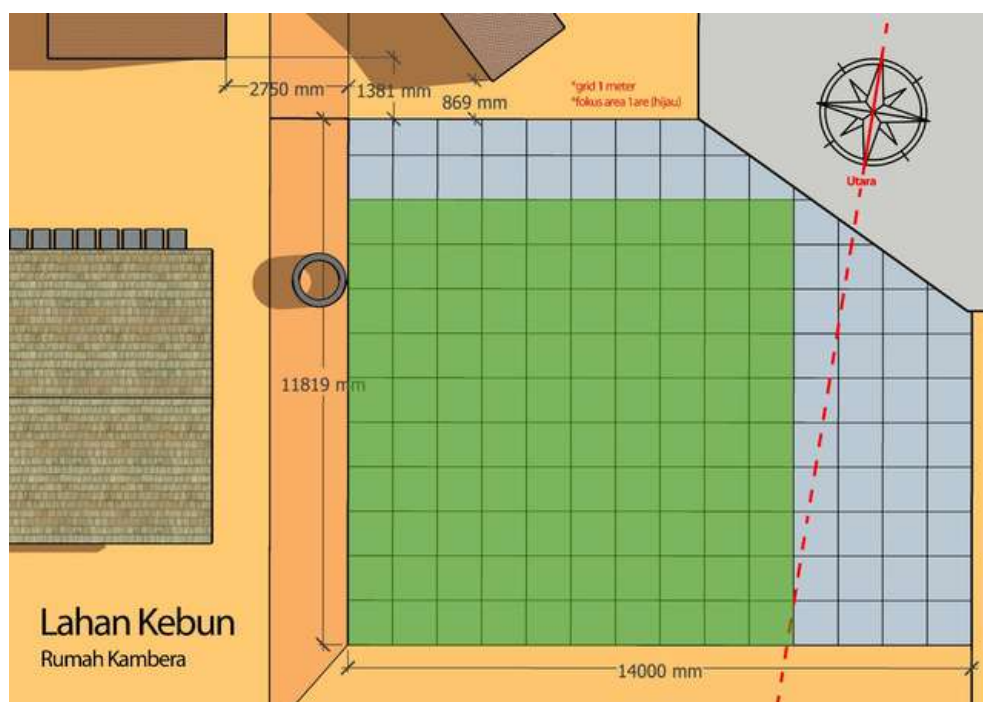
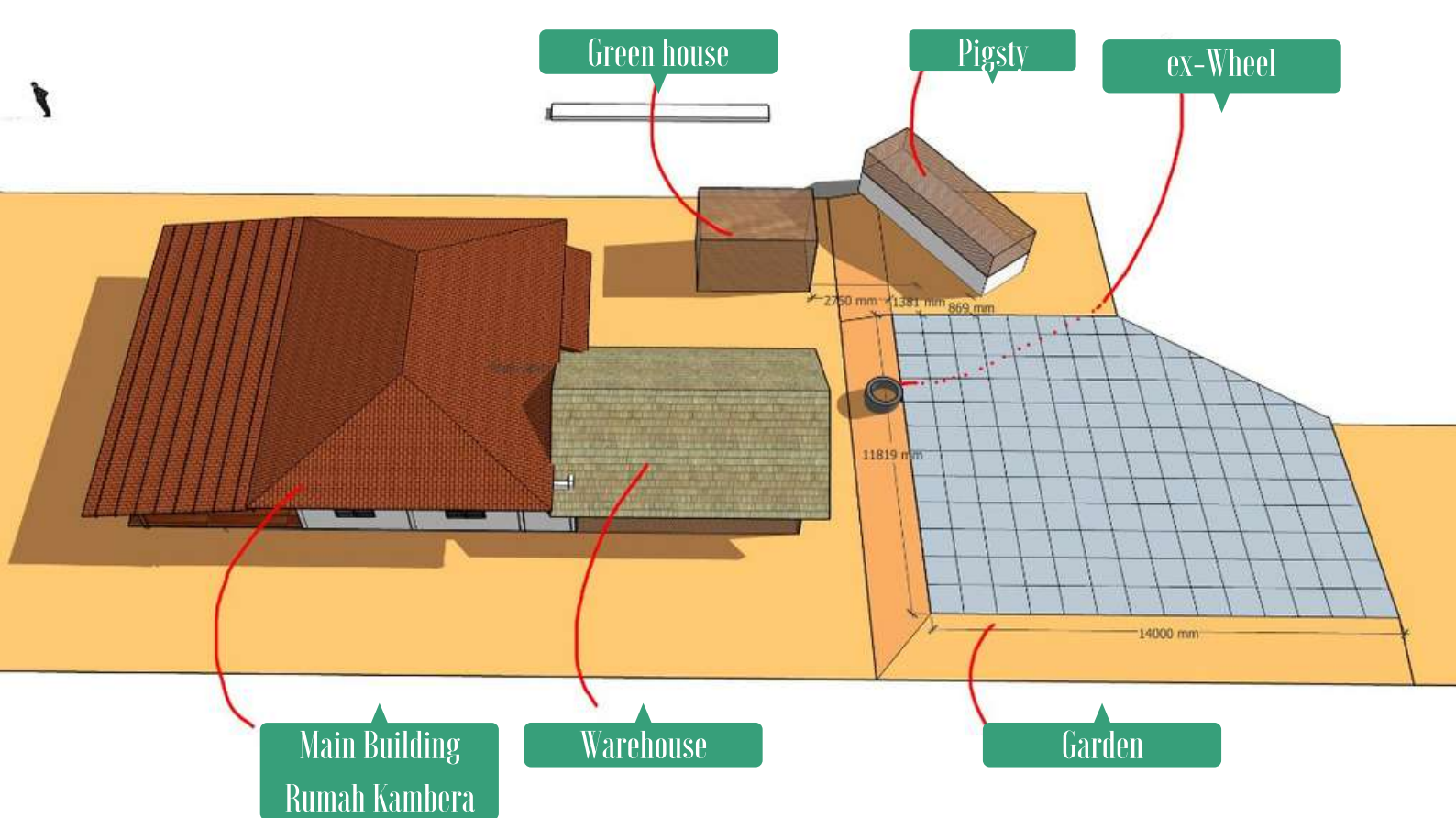
Steps	Implementation	Duration
Land Processing	Giving Manure 15 sacks Giving Dolomite / Lime a maximum of 2 sacks Provision of NPK Fertiliser	1-3 Days
Sown	- The first option is to buy planting media with a complete composition - The second option is to make your own with a ratio of 1:1:1 (soil, husks and manure). Prepare a hygrometer to check the temperature and humidity in the nursery.	21 Days
Transplant seedling	For more intensive maintenance of seedlings, planting is carried out according to the spacing of each plant.	1 Days
Maintaining Seedlings	Initial fertilisation Watering Weeding Cleaning Fertilising (only application biological pesticides)	1 time only at the beginning 1-2 times, everyday 1 or every 2 days 2 times a week once a week
Harvesting	Harvesting is carried out in two ways, namely pulling harvests and gradual harvesting carried out on chilli, cucumber, tomato and eggplant plants.	once a week

BREEDING HOUSE / BUILD A GREEN HOUSE

This nursery house was built on a former chicken coop that is no longer in use. Made a little renovation of the main wooden structure, then replaced the weathered bamboo walls with 60% density Paranet over the entire surface of the building.

We made 3 sets of bamboo shelves, with a size of 2.5 x 5 meters to facilitate the nursery process. One bamboo rack can accommodate 10 trays of seeds.





LAND PREPARATION



The garden area, before being cleared, was overgrown with weeds. There are several trees with a height of approximately 3 meters. Some of them are papaya, mahogany, moringa, star fruit and neem tree.



After clearing the land, the picture shows that the soil is very dry and lacks fertility. The landowner used this place as a dumping ground for livestock manure (chicken and pigs) before. It is confirmed that the soil here is of poor quality for farming activities, so it is necessary to add a mixture of compost from tamarind leaves to get maximum results.

SEED SEEDING GUIDE

Seeds	Sown Duration
Mustard	14 days
Kale	Sowing
Spinach	Sowing
Kale Green Curly	19 days
Bird-eye chili	21 days
Chilli	21 days
Tomato	21 days
Cucumber	14 days
Bitter melon	21 days
Eggplant	21 days
Black Beauty Eggplant	21 days
Beans	Sowing
Snake Bean	Sowing
Butterfly Flower	21 days
Marigold Flowers	21 days
Cotton Flowers	21 days
Leek	Seedling
Celery	21 days
Basil	21 days

Some types of seeds are sown earlier, because they have a longer seedling age, including:

1. Black eggplant
2. Tomato
3. Bird-eye chilli
4. Chilli
5. Kale
6. Celery

On the 7th day, the average height of the sprouted seeds was 5 cm. The treatment given to the seeds sown was watering in the morning and evening.

Based on the results of the Cocoon team's assessment, some seeds that lack sunlight or etiolation are abnormal growths where plants grow in dark places without sunlight.



GROWING SEEDS:

Type	Quantity
1. Tomato	72 Plants
2. Kale	60 Plants
3. Chilli	12 Plants
4. Celery	5 Plants
5. Bean	-
6. Spinach	-

SEEDS SOWN:

1. Eggplant : 100 Plants
2. Butterfly Flower : 10 Plants
3. Cotton : 15 Plants



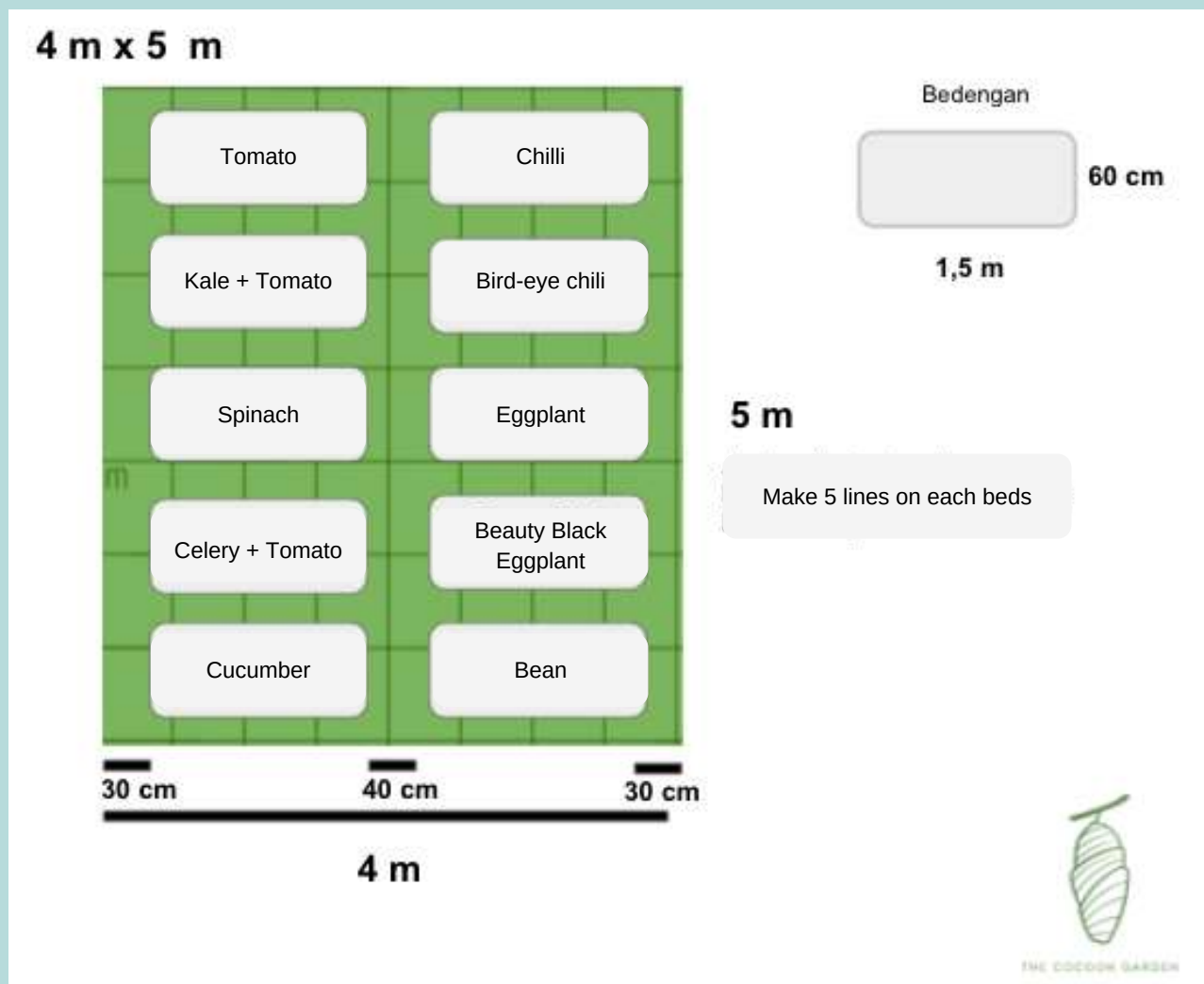
TRANSPLANTATION

The next step is planting. Seeds that have been sown become young plants that are ready to be moved to the specified land. The following is the recommended garden distance for each type of vegetable plant in order to grow optimally:

Type	Distance
Mustard	20 x 20
Kale	Sowing
Spinach	Sowing
Kale Green Curly	20 x 20
Bird-eye chili	50 x 50
Chilli	50 x 50
Tomato	50 x 50
Cucumber	30 x 30
Bitter melon	
Eggplant	30 x 40
Black Beauty Eggplant	30 x 40
Beans	30 x 40
Snake Bean	30 x 40
Butterfly Flower	
Marigold Flowers	40 x 40
Cotton Flowers	40 x 40
Leek	20 x 20
Celery	20 x 20
Basil	20 x 20



10 beds have been prepared on the prepared land, each of which will be planted with approximately 10 plants.



When the beds and seedlings are ready, the next step is to transfer the seedlings to the land with adjusted spacing.





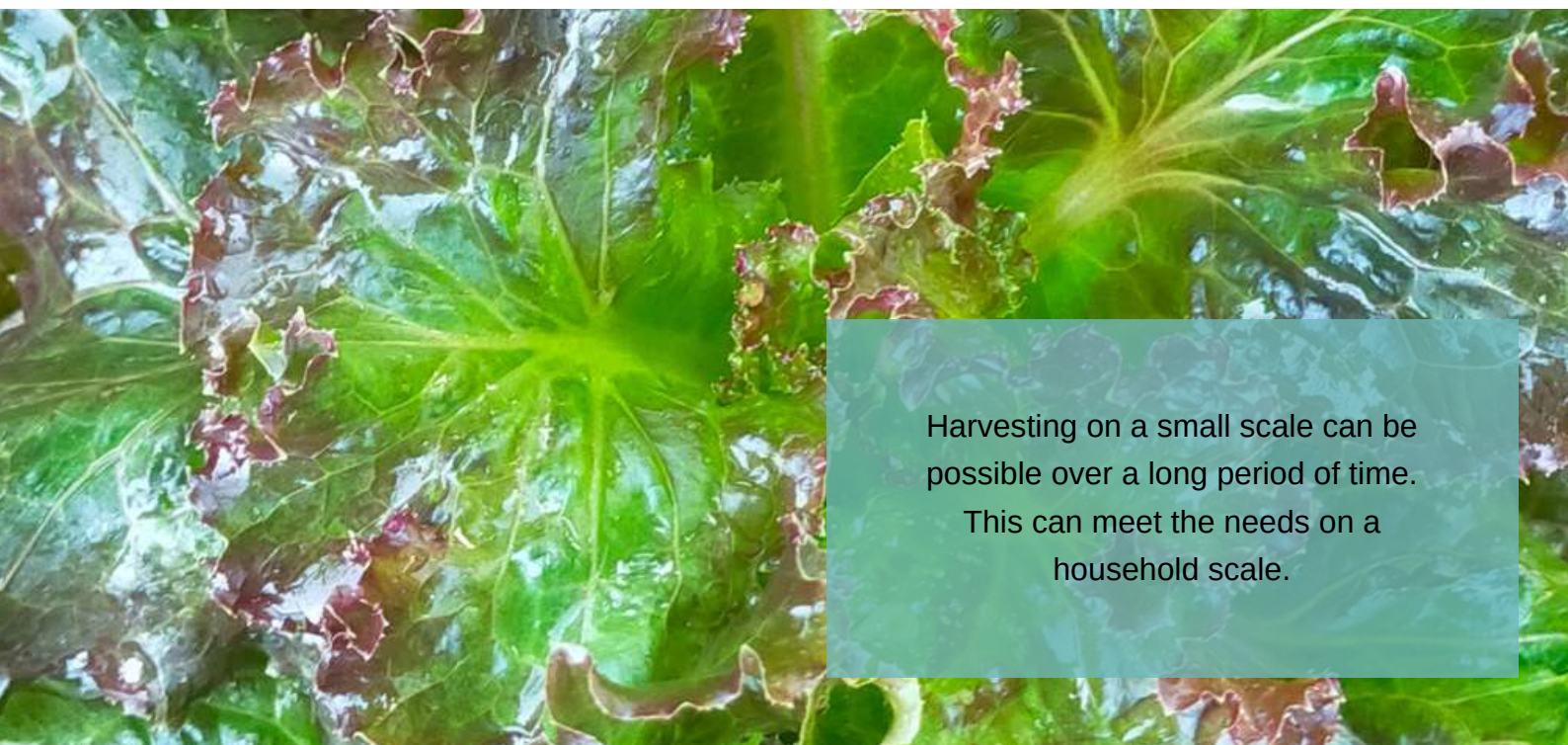
PLANT DEVELOPMENT

In the second month, some plants begin to bear fruit, such as; tomatoes, bitter melon, and chillies. Several other crops have also begun to be harvested, such as watercress and celery.

Care, watering and weeding of wild plants that grow around the gardens are carried out every day. Tie up the vines and replant the soil that has begun to harden is also routinely carried out. While fertilization is not done because the soil used for planting is acidic compost soil which contains a lot of minerals. The next development will be fertilized with NPK pearls, once a month.



PERIODIC HARVEST



Harvesting on a small scale can be possible over a long period of time. This can meet the needs on a household scale.



The nutritional needs of the family can be presented from the yard of our own house. It is healthier, cheaper, and fresher.

DEKI, LAMBANAPU YOUNG FARMER



Healthy Lunch Menu

PREPARED BY FRIENDS AYU AND MAMA DESMIANTI

The lunch menu this time uses vegetables harvested from the Rumah Kambera garden. This salad contains lettuce, tomato, cucumber, and chilli. The carbohydrates, there are purple sweet potatoes and pumpkin that can be purchased at the market and animal protein from fried fish.



Eggplant



Tomato



Chilli



Celery



Lettuce



Bitter Melon

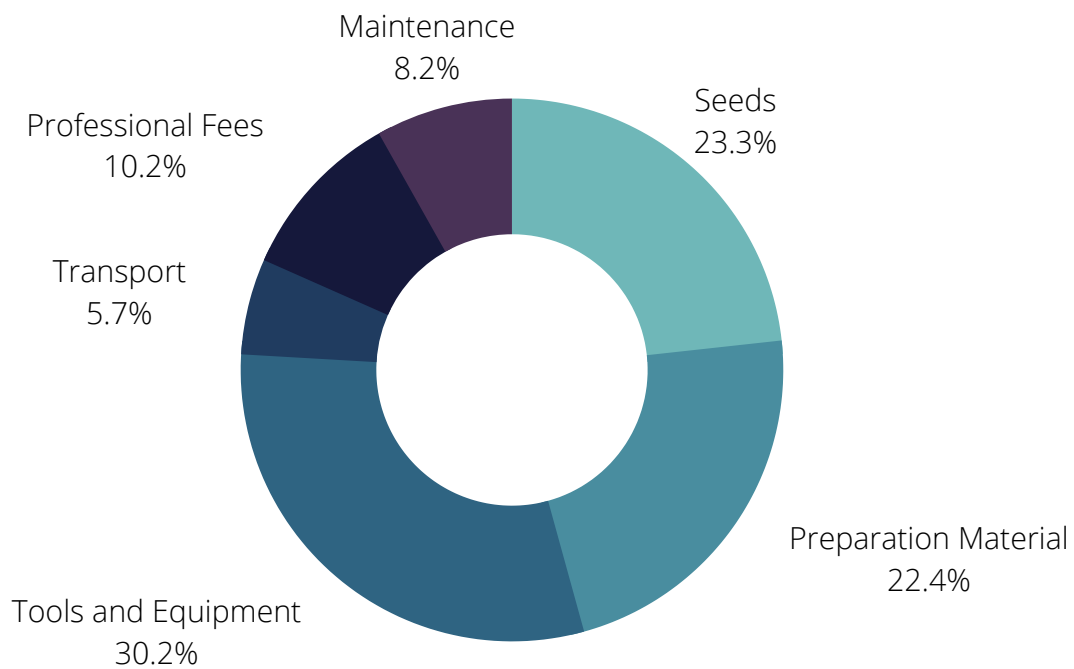


Daily harvest to fulfill daily nutrition at the dinner table. Imagine if all households could create small-scale gardens like ours, it is certain that the family's nutritional needs such as vitamins, fiber, minerals can be met independently.

FINANCIAL STATEMENTS

Overall, the financing for the Kambera House garden activities is included in the Part II Kambera House Budget Plan. The management of this garden absorbs 100% of the funds with a value of Rp. 24,500,000,- with the following details:

1. Seeds	Rp. 5,700,000
2. Preparation Material	Rp. 5,500,000
3. Tools and Equipment	Rp. 7,400,000
4. Transport	Rp. 1,400,000
5. Professional Fees	Rp. 2,500,000
6. Maintenance	Rp. 2,000,000
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	Rp. 24,500,000



100%

The budget is absorbed in the implementation of the Kambera House Garden activities.

ACKNOWLEDGEMENTS

Below, list down the names of those committed to these projects, such as:

Those responsible for **concept and coordination** - **Annisa Yuniar & Niluh Paramashanti**

Our group of **researchers** - **Annisa Yuniar**

Our **financial manager** - **Niluh Paramashanti**

Our **donator and supporter** - **Fair Future Foundation**

Our **colleagues** from **partner organizations** - **The Cocoon Garden**

Our **colleagues** from **local communities** - **Yoakin Diki, Primus Lede**



KAWAN BAIK INDONESIA FOUNDATION

Rumah Sanur, Jalan Danau Poso 51A -

Banjar Semawang, Sanur,

Kec. Denpasar Selatan - 80228

Denpasar, Bali - Indonesia

<https://kawanbaikindonesia.org/>

info@kawanbaikindonesia.org

Project Report can be reached here:



WE THANK YOU FOR
YOUR ONGOING
SUPPORT OF OUR
PROGRAMS