

ONS KWEEK KOS SAAM GENADENDAL-GREYTON

BEYOND FOOD PARCELS: UNLOCKING THE VALLEY'S FOOD-GROWING RESOURCEFULNESS



The Red Cross and supporting organisations are providing food parcels to vulnerable families in the Genadendal Valley in the Overberg Region of South Africa in the wake of the Covid-19 lockdown. But this is an unsustainable solution to food insecurity. Once the pandemic grips the cities, resources and attention may largely go there, and as the economy takes many years to recover and food insecurity persists, we may have to fall back more and more on our own resources and resourcefulness in the four towns in our valley.

As part of the Red Cross Covid-19 Response, the Greyton Transition Town (GTT) has launched a food security initiative for Genadendal, Berea, Voorstekraal and Greyton, called the **Valley Food Gardens**, to boost vegetable production in our valley. It is led by Marshall Rinquist, the GTT Director, who has years of experience in supporting permaculture and community-based food gardens in schools and households.

KEY ASPECTS OF THE INITIATIVE

- Four community-based Gardening Hubs are being developed, one in each town in the Valley, based with existing successful growers;
- The Ecolodge is the supporting Hub;
- The Hubs will supply seedlings, compost and support to members (households), drawn from anyone wanting to participate, including those receiving food parcels;
- These Hubs will be developed over time, with training and coaching into sustainable businesses, based on permaculture principles;
- We will launch a nutrition education campaign to promote the eating of leafy greens and other immune system boosting vegetables;
- Extra seedlings, compost and fermented bio-fertiliser will be produced at the Ecolodge for sale to residents, providing income to support the whole initiative;
- In the next phase we will also support small farmers to boost their production and help grow local markets and veggie-box subscriptions to develop the local economy.

Home vegetable gardens increase people's economic access to food, reduce family food bills, allow more spending on proteins, provide more diverse diets, boost immune systems and provide growers with possibilities for new source of income.

For more details go to: www.greytontransitiontown.org.za

PLEASE DONATE

Greyton Transition Town
FNB Caledon
Current A/C: 62355982747
Swift Code: FIRZAJJ
Reference: Valley Food

OR

Crowdfunding:
<https://www.givengain.com/cc/valleyfoodgardens/>

Please contact us for any ideas or connections to support this:

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