

Empowerment through Edible Forestry  
Athena Mikros and Riley Hawkins

Project Objective

To create a sustainable organic farm to be affiliated with a 52 Kids Foundation dormitory. To provide resident students with a source of food for consumption and sale. To promote healthy eating habits, responsible community values, an

suitable for this type of farming<sup>3</sup>.

Edible forestry is a type of farming based on “...putting plants together in woodland-like patterns that forge mutually beneficial relationships, creating a garden ecosystem that is more than the sum of its parts.”<sup>4</sup> It incorporates plants of different sizes and types, providing a large degree of diversity in as little space as possible, while still ensuring minimal environmental impact, which is essential to the sustainability of the project. Ultimately, we will be able to create a farm with a high yield of food while requiring minimal maintenance.

Bananas would be an obvious choice of perennial planting that will bear fruit in 2- 3 years or sooner. Bananas are always in high demand, as matukie (mashed bananas) is a staple of the Ugandan diet. Bananas are also easy to sell and would make a very good cash crop. Banana trees would also offer plenty of shade that would be needed for the growth of the other plants in the garden. Passion fruit is another obvious choice, as it is both nutrient rich, prolific and in high demand. Cassava is a third choice of local interest as this is another food basic found in the area. Pineapple is also in high demand and easily grown.

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Colorado College and made contact with experts in the areas of edible forestry and tropical farming.

Budget:

1st Year Operations total: \$6250

-Land rental: \$500

-Labor:

-Management: \$1500

-Supplemental labor: \$750

-Training: \$250

-Facilitation: \$250

-Water System: \$2250

-Other inputs:

-Tools: \$250

-Seeds: \$500

2nd Year Operations total: \$3750

-Land Rental: \$500

-Labor:

-Management: \$1500

-Supplemental labor: \$250

-Training: \$125

-Facilitation: \$125

-Water System: \$1000

-Other Inputs:

-Tools: \$125

-Seeds: \$125

Total cost of farm for two years: \$10,000

\*All estimates provided by 52 Kids Foundation

52 Kids has also offered supplemental funding as available