

# UZIMA

## THE GIFT OF A KITCHEN GARDEN



### A GARDEN IN A SACK?!

*YOU READ THAT RIGHT! A KITCHEN GARDEN IS A GARDEN THAT GROWS IN A SACK.*

*A SACK GARDEN ALLOWS PEOPLE LIVING IN CITIES OR WITHOUT THEIR OWN LAND TO GROW NUTRITIOUS FOOD RIGHT OUTSIDE THEIR KITCHEN DOOR!*

### THE POWER OF PLANTING

In countries like Uganda and Kenya, many people are **subsistence farmers**. This means that they rely on *what they can grow* to eat. So if their soil is not good or they do not have easy access to plenty of water -- or they are too young, too old, or too weak to farm fields or they just live in a big city without land of their own-- **food can be hard to come by and people are hungry.**

Here is where the humble sack comes in. **A sack garden is an ingenious method of growing fruits and vegetables that requires less soil and water, little maintenance, and almost no space -- just a sack and some seeds.**

Here's how it works: you start with an inexpensive sack and stand an old pipe (or something else long and hollow) up

the middle of the sack. Pour in stones to create a rocky core in the middle of the sack, then shovel soil in around the pipe until the sack is full. Then pull out the pipe, poke holes in the sack, plant some seeds, and get read for SALAD! The center column of stones keeps the soil temperature lower so the garden requires less water and, when water is poured over it, it acts like a waterfall, evenly distributing water throughout the sack.

**World Renew wants hungry people in Uganda and Kenya to have all the possible tools they can to make food.**

Five sacks and 5 seed packets come with lessons in how to make a sack garden and advice about how to care for it.

Because people don't need land or a lot of water to maintain it, a sack garden can help people grow healthy food right outside their door. And nutritious food keeps people healthier and more able to work and study. **Because God doesn't want His to people to merely subsist. He wants them to have abundant life.**



**SACK GARDENS ARE GREAT FOR KIDS, SENIORS, THE DISABLED, AND PEOPLE WITH NO LAND WHO STILL WANT TO GROW FOOD!**

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## THE SECRET CORE

**A sack garden holds a secret.** What looks like a humble bag of dirt can grow food to feed a family and its inner core holds the invisible secret to its success.

At the center of each sack garden, surrounded by dirt, is a column of rocks that evenly distribute water and maintain moisture. In places where water is unpredictable or scarce or requires a long walk to obtain, a sack garden's rock core allows it to use less water to grow nutritious food and stabilize a family who may be struggling for enough to eat. (For a touching story about the power of a kitchen sack garden, spend 5 minutes on the YouTube video "*Kangemi Center for Sack Gardening*.")

The invisible core of a sack garden, that inner stone "waterfall," would be a great metaphor for the Holy Spirit. Wouldn't you agree that we humans are generally just humble bags of dirt? And yet, inside of

**each of us is a wellspring of life that flows for our own sake and the sake of others, endless.**

Like the many Biblical images for the Spirit (wind, fire, cloud, dove, tongues), water is one we use in church over and over. The covenant of baptism proclaims the indwelling of the Holy Spirit even in *babies* with the pouring (or dripping or dunking) of *water*. And though that water is just an image and none of us actually sees the Holy Spirit, the Bible assures us that *it is there*, inside of us. Ezekiel says that God declares "*I will put my spirit within you*" and Corinthians affirms that promise with this: "*Do you not know that you are the temple of God and that the Holy Spirit dwells within you?*" Jesus said "**Whoever believes in me, as Scripture has said, rivers of living water will flow from within them. By this he meant the Spirit...**"

That waterfall inside of us is meant, like the core of a sack garden, to nourish us, to water us well, and help us grow good food for others.

## SEEDS FOR FUN

**Add some fun to your lesson with a video, book, or activity!**

Kids really do love to mess with dirt, so **consider letting them build their own sack gardens.** There are tons of instructions online, including a video from from Awamu, a young man who makes his own sack garden. Just **go to YouTube and search "Awamu and John."**



## DIG THIS!

**For just \$31, a family in Kenya or Uganda will receive 5 sacks and 5 packets of seeds plus training and support in growing a kitchen garden. Can you dig it?!**

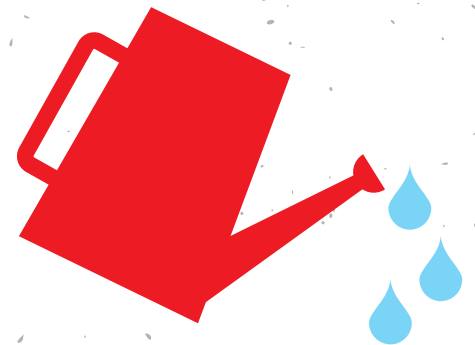
Gardening is so popular here in North America. You should have no trouble convincing your little fundraisers and their prospective donors to *plow* into this kind of giving.

If you're simply collecting money, give your collections a little pizzazz with **a garden boot or watering can for your crop of cash.**

If your kids want to be more engaged, a **plant sale of small, seasonal plants** wrapped in a lunch bag and tied with twine would cultivate the garden-in-a-bag theme and quickly get you to your goal. If kids can be involved in the actual planting, even better!

If a **raffle** sounds easy, think about having your kids **build a few actual sack gardens** as prizes. At \$1 a ticket, your future farmers will find themselves at \$31 fast. Search "fabric pots" on Amazon for supplies.

For more ideas, visit [www.worldrenew.net/kidsfundraisingideas](http://www.worldrenew.net/kidsfundraisingideas)



If you'd like to share some read-aloud time, preschoolers will love Alma Fullerton's **Community Soup**, a charming story about children in Kenya growing their own vegetables while managing mischievous goats.

For elementary ages, **The Good Garden** by Katie Smith Milway introduces the concept of food security with the story of the Luz family in Honduras who grow their own food and, while not about sack gardening, the issues raised do apply to the needs of people in Uganda and Kenya.

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