

Growing food and hope in Kenya

In a big city called Nairobi in Kenya, East Africa, families are **growing food in tiny spaces using gardens shaped like cones!** These gardens go UP like a tower and are full of tasty veggies like kale and aubergines. Parents who grow these vegetables are called **'urban farmers'**.

The gardens help families who don't have much money to eat healthy food. Urban farmers also sell what they grow to help pay for their children to go to school. **They hope the future will be better for them and their families.**



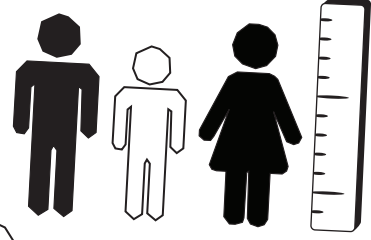
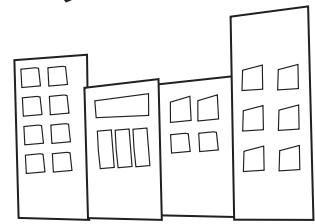
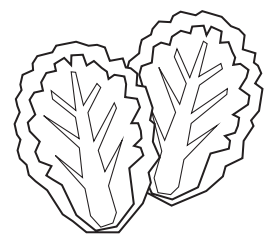
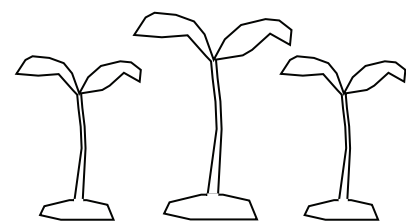
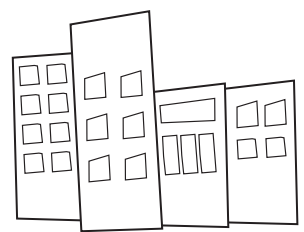
'When I harvest what I've planted, it makes me happy. **Urban farming has changed my life.**

Urban farmer Fridah, with her grandson Quillan.

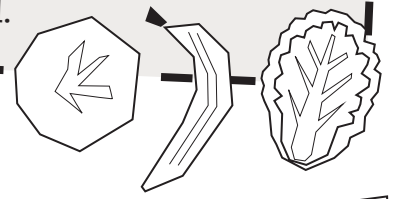
Fact: Clever cone gardens can grow over **100 plants** in a space **smaller than a chair!**



Colour the pictures and design your own city garden!



Fact: There are parts of Kenya where **1 in 3 children** don't get enough food to grow well.



Word search challenge

Can you find all the words listed below about growing food and hope?

G	A	R	D	E	N	N	H	Q	F
T	K	L	I	M	U	F	M	W	A
E	R	H	O	P	E	A	C	E	R
N	C	B	V	R	O	M	N	N	M
A	S	Y	K	D	N	I	G	O	I
I	R	B	A	T	G	L	R	C	N
R	V	J	L	R	B	Y	O	K	G
O	N	I	E	R	S	C	W	F	P
B	Y	B	E	K	E	N	Y	A	O
I	U	C	S	E	E	D	S	T	L
A	T	D	O	W	A	T	E	R	V

KENYA
NAIROBI
GARDEN
KALE

AUBERGINE
WATER
HOPE
SEEDS

FAMILY
GROW
CONE
FARMING

Where **hardship** means **hunger**

...urban farmers can grow hope.

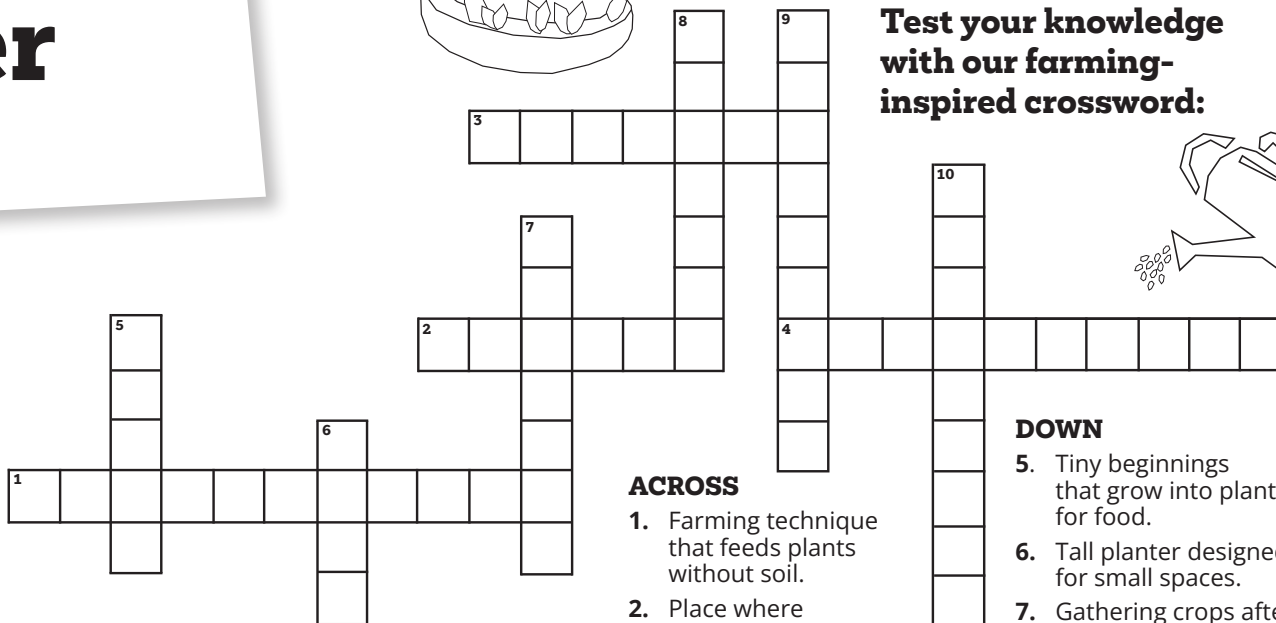
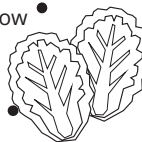
Intense urban poverty in Nairobi is robbing mothers of the ability to protect their children from hunger. But with tools and training from our partner, Beacon of Hope, parents are farming vegetables in small city plots to feed their families and earn an income.

Can you solve these riddles?

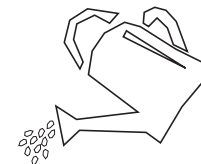
1. I'm a garden with a point, rising up and getting thinner. Water me well and I turn seeds into dinner. **What am I?**
2. I'm an allotment without soil, a farm without field. I feed families in small spaces, where the city streets yield. **What am I?**
3. They call me a giver of life. Without me, seeds sleep. But let me run free, and soon they'll leap. **What am I?**



- • • • • Beacon of Hope is training new urban farmers to cultivate vegetables, offering the skills and knowledge needed to grow produce in small spaces and unexpected places. • • • • •



Test your knowledge with our farming-inspired crossword:



ACROSS

1. Farming technique that feeds plants without soil.
2. Place where farmers sell their produce.
3. Decomposed organic matter used to enrich soil.
4. System for watering crops.

DOWN

5. Tiny beginnings that grow into plants for food.
6. Tall planter designed for small spaces.
7. Gathering crops after they've grown.
8. Prolonged period without rain.
9. Essential for health, often lacking in poor diets.
10. Quality that helps people and communities bounce back from hardship.



Fact: Nearly **1 in 3 children** in parts of Kenya are stunted because of poor nutrition.



Fact: People living in Nairobi's informal settlements often earn **less than \$1 a day.**



Fact: Families often spend more than half their income on food.



Across: 1. Hydroponics 2. Market 3. Compost 4. Irrigation **Down:** 5. Seeds 6. Cone 7. Harvest 8. Drought 9. Nutrition 10. Resilience **Riddles:** 1. A cone garden 2. A hydroponics system 3. Water