

Nutrition in your Backyard *from soil to soul*



For a world without hunger

Calendar 2022





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Nutrition in your Backyard



For a world without hunger

How beautiful would that feeling be when you wake up to the aroma of fresh mint growing in your backyard - a place where you have passionately grown organic vegetables, fruits, spices, and herbs loaded with nutrition!

Everyone can grow a nutrition garden. Whether you are growing a single tomato plant or have a large backyard garden, it is beneficial both to your health and the environment. When growing your own food, your diet is more diverse and healthier, packed with vitamins, minerals, and antioxidants, besides not using chemicals or pesticides that harm you and your environment. Gardening is a fun way to get amidst greens for some fresh air and involve yourself in exercise.

Especially in times of unprecedented lockdowns, growing your own nutrition garden has a deep and long-term impact on your physical and mental health. Reduced symptoms of depression and anxiety, stress and mood disturbances are already cited by researchers.

Welthungerhilfe has demonstrated a wide variety of nutrition gardens using agroecological approaches that transfer biodiversity on the soil to diet diversity on the plate. The gardens are designed by local communities to provide healthy food throughout the year, keeping in mind locally available natural and human resources.

The hand-painted acrylic paintings of the gardens in this calendar bring to you some of the tried and tested models that can be replicated in your backyards, balconies, rooftops, community parks and rural farmlands.

So, get ready with some soil, seed and your shovel!

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WHH_India



Welthungerhilfe India



Painted by Niharika Chakravarty



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Disclaimer : The information provided in the calendar is suggestive. Please refer to Welthungerhilfe India's 'Nutrition Garden Good Practice Guideline' on welthungerhilfeindia.org/publications/



Mandala Garden



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Mandala Garden

A mandala is a geometric design or pattern that represents the cosmos. This type of garden is circular, having a central hub with a pattern radiating outwards like a series of concentric rings. One can grow diverse vegetables, greens and herbs in these concentric beds.

Suggested Crops

Spinach | Red Amaranthus
Radish | Carrot
Beans | Cauliflower

MON	TUE	WED	THU	FRI	SAT	SUN
31					1	2
3	4		6	7	8	9
10	11	15	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

1 January | New Year
26 January | Republic Day





Kite Garden



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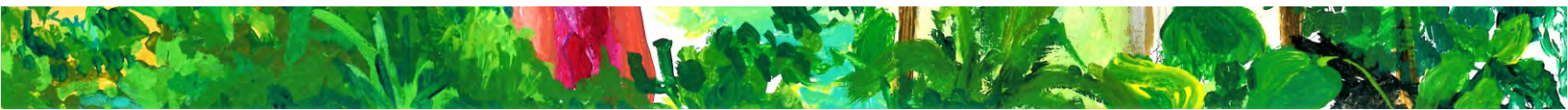
Kite Garden

The model uses an innovative technique that mimics a kite and maximizes the use of available land space. It is a low-cost method and can be built with any locally available material. The kite-shaped bamboo structure provides support to the climber plants.

Suggested Crops

Bitter gourd | Lablab bean
Ridge gourd | Long bean
Snake gourds | Broad beans

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						





Circle Garden



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Circle Garden

These gardens have a bowl-shaped hole in the centre with excavated soil piled up along the edges of the hole. On the inner and outer slope, the seeds are planted, and the soil is mulched with dry leaves or straw. Household vegetable waste, and water used in washing utensils can be used. Circle gardens require less space and water, which makes this model suitable for rural households in dry areas.

Suggested Crops

Long bean | Amaranthus
Beans | Chili
Pumpkin | Water Spinach

1 March | Maha Shivratri
18 March | Holi

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Keyhole Garden



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Keyhole Garden

These gardens are built in the shape of a circle measuring about six feet in diameter with a hole in the centre and a composting basket that moistens and nourishes the soil through gravitational flow. The slope of the land is kept higher in the centre and lower on the outside. It works like an organic recycling tank where cow dung, compost and water are added through the central hole, and require lesser water compared to a conventional garden.

Suggested Crops

Brinjal | Red Amaranthus
Okhra | Radish
Bathua | Water Spinach

10 April | Ram Navami
14 April | Mahavir Jayanti
15 April | Good Friday

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	





Forest Garden



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Forest Garden

Trees are a very important component of this garden and provide food, fodder and fuelwood. The space in-between the trees can have seasonal vegetables depending on the available sunlight and shade. A good combination of crops helps in controlling pest, disease and weed infestation and optimizes water usage. Different harvesting time of the crops ensures food availability over a longer period. This garden is ideal for rural areas.

Suggested Crops

Sesbania | Gliricidia
Banana | Moringa
Lemon | Pigeon Pea

3 May | Eid-ul-Fitar
16 May | Buddh Purnima

MON	TUE	WED	THU	FRI	SAT	SUN
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29





Sack Garden



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Sack Garden

This model allows growing a diverse range of fruits and vegetables even in places with no or less cultivable land. The sacks are movable and can be shifted to safer places if needed. Sack farming is good for crops that do not take long to mature, have shallow roots and do not grow too tall. It saves on land, space, water, money and time used in gardening. Such gardens can be developed anywhere.

Suggested Crops

Brinjal | Sweet Potato
Beans | Amaranthus
Turmeric | Water Spinach

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			





Floating Garden



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Floating Garden

This is a unique hydroponic model based on the age-old farming practice in the lowlands of Bangladesh where floating vegetable gardens are created that simply rise and fall with the swelling waters. Farmers gather weeds like water hyacinth, banana stems or paddy stalks, and place them on stagnant water, beating them into shape and making rafts.

They plant seedlings on these organic beds and place them in flooded parts of the villages.

These gardens can be used all year round, for summer and winter crops, and can provide families with enough vegetables to eat and sell.

Suggested Crops

Sweet Potato | Beans

Water Spinach | Red Amaranthus

10 July | Eid-ul-Zuha

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31





Raised-bed Garden



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Raised-bed Garden

Raised beds are preferred to avoid soil compaction. Plants are arranged, shortest towards east and tallest towards western end, to optimally use sunlight. The beds generally combine crops with different root depths and light requirements. It helps in using space more optimally and improves soil drainage. Some of the plants may also provide structural support for the others.

Suggested Crops

Spinach | Tomato
Brinjal | Pole bean
Chilli | Ginger

9 August | Muharram
15 August | Independence Day
19 August | Janmashtmi

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				





School Garden



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School Garden

This is a creative and interactive space where children connect to food and widen their knowledge on how nutritious crops are grown. They learn about plants and environment, recycling of waste material and water-use efficiency. School gardens should preferably have fast growing and high-volume crops which require less care and water. Ideal crops would be those with most edible parts fruits, stem, flowers and leaves.

Suggested Crops

Spinach | Beans
Tomato | Potato
Pumpkin | Bottle Gourd

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		





Trellis Garden



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Trellis Garden

This multi-layer garden provides more than two or three types of crops from the same land. At the ground level, leafy vegetables can be grown along with creepers at other tiers. When the creepers are not fully grown, the area below can be used for other leafy vegetables. When the trellis is covered, shade-loving crops can be grown underneath. This model is suitable for people in the cities and landless families in rural areas, who have limited space and irrigation water.

Suggested Crops

Bottle Gourd | Bitter Gourd
Pumpkin | Ivy Gourd
Chili | Turmeric

2 October | Gandhi Jayanti

5 October | Dussehra

24-25 October | Diwali

MON	TUE	WED	THU	FRI	SAT	SUN
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30





Rooftop Garden



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Rooftop Garden

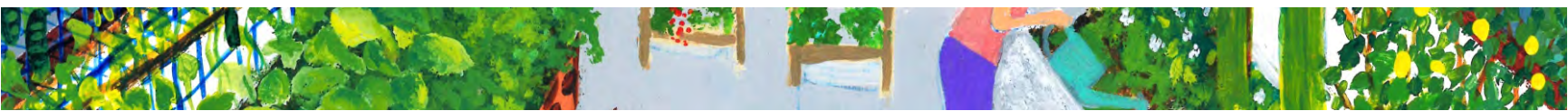
Also known as 'nature in the sky', rooftop gardening has the potential to provide fresh organic food, temperature control, waste recycling, recreational opportunities and on a large scale it has tremendous ecological benefits. With this model, people in the urban areas get an opportunity to grow and consume chemical free food and understand the challenges of farming and the real price of food. This model involves growing of vegetables, fruits, herbs and spices in pots, buckets, recycled containers, bottles or raised beds which contain a soil-based growing medium.

Suggested Crops

Spinach | Red Amaranthus
Radish | Carrot
Beans | Cauliflower

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
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28	29	30				

8 November | Guru Nanak's B'day





Community Garden



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Community Garden

A community garden is a collective initiative by a group of people on common land. Around the world, community gardens can fulfil a variety of purposes such as aesthetics, improving health through increased fresh vegetable and fruit consumption, providing a space for physical activity, and connecting to nature. The gardens also combat alienation by bringing people closer in touch with the source of their food, and by breaking down isolation and creating a social community.

Suggested Crops

Spinach | Tomato
Lemon | Banana
Broccoli | Cabbage

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29	30	31	

25 December | Christmas



2023



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JANUARY 2023

Mo Tu We Th Fr Sa Su

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FEBRUARY 2023

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MARCH 2023

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APRIL 2023

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MAY 2023

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JUNE 2023

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JULY 2023

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AUGUST 2023

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SEPTEMBER 2023

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OCTOBER 2023

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30	31					

NOVEMBER 2023

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23	24	25	26	27	28	29
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DECEMBER 2023

Mo Tu We Th Fr Sa Su

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23	24	25	26	27	28	29
30	31					