



# The Kalahari Garden Project

**Promoting food security and self-reliance  
among the San Bushmen in Namibia**

Growing food in household gardens helps to feed families, alleviate nutritional deficiencies and develop self-reliance. In response to a request from San families living in Corridor, Omaheke south, Namibia, the Global Diversity Foundation will work with local organisations and communities to develop 60 household gardens and a kitchen garden in the local primary school. The gardens will produce food all year round and enhance the diets of a population of approximately 800 people.



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The San, otherwise known as the Bushmen, are southern Africa's oldest inhabitants. They live mostly in the desert regions of Botswana, Namibia, South Africa, Angola and Zambia. Once numbering several million, their present population is estimated to be 100,000, of which some 48,000 live in Botswana, 33,000 in Namibia, with the balance dispersed elsewhere in southern Africa.



They traditionally lived as hunter-gatherers, but during the twentieth century encroachment on their land by other ethnic groups and subsequent marginalization made their nomadic lifestyle increasingly difficult to sustain. As a result, they have become an impoverished and highly dependent population, largely reliant on food aid and other forms of welfare for their survival.



Our project aims to reduce this dependency by improving food security and nutrition among the San living in Corridor, Omaheke, Namibia. We will do this by providing training and assistance in creating and maintaining household gardens and establishing a kitchen garden in the local primary school. The gardens will improve the nutritional status of the daily diets of the San and promote agricultural, nutritional and ecological education within the community. They will also encourage the exchange of knowledge on edible and medicinal plants that were formerly a part of the San's traditional diet and reinforce the value of these plants among the younger generations.



The project will result in improved local access to water by providing technical training in water management and irrigation and establishing a reliable water supply for each household. We will encourage the use of organic farming methods, crop rotation and cultivation of local varieties of foods where possible. To ensure the long-term maintenance of the gardens, the project will work with local partners to provide training in garden management and support local income-generating activities. In doing so, we will contribute to developing the skills and opportunities necessary for establishing self-reliance among the San.



**For further information on the project or how to donate, please contact: Hattie Wells, Regional Coordinator**  
**Work: 01227 479 341 Mobile: 07949 262 949**  
**hattie@globaldiversity.org.uk www.globaldiversity.org.uk**

# Gift Aid

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