

## Project

Harvesting the Future aims to increase food availability and consumption by increasing production through the establishment of home gardens for vulnerable families with children at risk of malnutrition.

The project uses the Farmer Field and Business School (FFBS) methodology, a gender-transformative approach to food systems programming, in which women and their families strengthen their knowledge, skills, leadership and confidence in sustainable agricultural practices, climate-smart water and nutrition, livelihood diversification, monitoring and participatory evaluation. Livelihood diversification, participatory monitoring and evaluation.

Participating households receive agricultural inputs and are encouraged to grow a variety of vegetables on a fixed plot throughout the year.

Families learn best practices in production, focusing on sustainable/climate smart and nutrient sensitive seeds and farming techniques.

### Results:



We strengthened the organization and leadership of women for the implementation of community or family gardens for the production of vegetables and medicinal plants for consumption.



We have improved production, agricultural practices and food consumption through the methodology of *Campo Campesino* and Business School for the proper management of communal or family garden production.



### About Chimaltenango:

- 57% of children suffer from chronic malnutrition.
- 66.1% of the population lives in poverty.
- 58.1% of the population is in a situation of food insecurity.

### Achievements:

**10,743, direct participants**

- Female producers: 6,461
- Male producers: 4,282
- 13 VSLAs formed with 256 women participating
- 62 FFBS groups

## Sustainable Income from Family Gardens

Active participation in the Harvesting the Future project has changed the life of Olga Sis, who joined the project to receive training in Family Farming, Health and Sanitation (FFBSS) in her community.

Through the implementation of project activities, Olga established a family garden with a variety of crops, including chipilín, black nightshade, miltomate, jalapeño peppers, coriander, spinach, fava beans, onions, buttercup squash cabbage, rosemary, basil, epazote and rue. In this first production cycle, Olga's efforts were rewarded with a sales income of US\$62.66 (Q476.00).



Olga Sisi in her family garden, community San Domingo, El Tejar, Chimaltenango

Family Garden	
Crop	Income
Chipilín	USD 7.24
Black Nightshade	USD 3.80
Miltomate	USD 5.00
Jalapeño Peppers	USD 3.37
Coriander	USD 4.74
Spinach	USD 3.32
Fava beans	USD 4.55
Onions	USD 0.79
Buttercup Squash	USD 13.16
Cabbage	USD 3.95
Rosemary	USD 2.37
Basil	USD 2.24
Epazote	USD 4.74
Rue	USD 3.41

Motivated by the initial success, Olga used the income generated to lease a larger plot of land, with the main goal of increasing production for commercialization.

In this second cycle of production, Olga has diversified her crops to include French beans for export and other traditional crops after learning about good agricultural management practices.

The profits from this second cycle have been used by Olga to purchase school supplies, uniforms, and supplementary food for her family. In addition, a significant percentage of these funds will be reinvested in the next production cycle, demonstrating a sustained commitment to the economic and social development of her community.

## Crops for commercialization

Crop	Income
Common Bean plant	USD 279.05
Rutabaga	USD 71.05
Radish	USD 32.89
Coriander	USD 36.18
Epazote	USD 17.89
Spearmint	USD 42.11
Cabbage	USD 67.11

**Olga increased her profits by 700%.**

**USD 62.66**

FAMILY GARDEN

**USD 546.29**

CROPS FOR  
COMMERCIALIZATION

The case of Olga Sis illustrates the transformative potential of projects like Cultivating the Future, not only in terms of sustainable income generation, but also in strengthening food security and family well-being. Her story highlights the importance of training and empowering local communities to achieve positive and lasting change.