

Table Gardening Concept

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Principles of Table Gardening

- Table Gardening consists of 16 planting bags on an elevated table of 1 meter height and 1.80 m by 1m
- With a small netting for shade which is movable to allow watering
- Table gardening involves the following cultivar
 - ☐ Leafy Vegetables
 - E.g.: Spinach
 - Lettuce
 - Cabbage

❑ Fruity Vegetables

- Green Paper
- Tomato

❑ Root Vegetables

- Beetroots
- Carrots
- Potatoes
- Onions
- Lettuce
- Cabbage

❑ Herbs

- Celery
- Parsley

- Fennel
- Basil
- It is less work using a 330milliliter cool drink tin for watering twice a day; morning and afternoon
- Using inorganic fertilizer to boost the growth of the vegetables. 5kg if well used should last 2 to 3 months
- Table Gardening can provide food to a household of 8 to 10 people

Purpose of Table Gardening

- To supply food for people living in rural or remote places with disabilities/sickness and diseases such as HIV/AIDS
- To promote a balanced diet in the society
- Making it easier for people living with HIV/AIDS to cover for their living expenses and supply fresh vegetables to their household
- With the increase of urban population families will not afford to buy food/vegetables at market places

The Process of Table Gardening

- To train individual to do their own table garden for a period of two weeks
- Have them prepare their own tables with their own material
- Assist financially and technically to establish a table garden
- Within the vision 20/30 we want to reach out to the hungry and poor community with this concept of table gardening
- Reach out to communities suffering malnutrition especially those with HIV/AIDS in OVC's

Purse Strings of table Gardening

- 48 Planting Bags

At a cost of N\$ 1.65

- 5Kg of inorganic fertilizer

At a cost of N\$ 100

- Bottle Sprayers and organic spray

At a cost of N\$ 75

- 1 bag of Seedling Mix

At a cost of N\$ 150

- Netting for Shade

- At a cost of N\$ 150

- Watering Buckets

At a cost of N\$ 120

- Training cost for 2 weeks and a 4 months follow-up on the project

At a cost of N\$ 2500

Total Expenses: N\$ 3 174.42

Productivity of Table Gardening

- Spinach Harvest
- Planting period for Spinach before harvest 3 months
- Estimated Harvest out of 16 planting Bag twice per week:
 - 5 to 10kgs

NB: other vegetables have a longer cycle before the harvest therefore spinach is being used here to demonstrate the productivity of a table garden