



Family Gardens

“With Sustainable Harvest’s support, my family is growing vegetables that we eat and sell. We get a much better price for growing things like onions and cucumbers instead of just corn and coffee and they give us more food to eat.”

- Participant farmer, Juan Alberto Perez

Malnutrition is a very real threat for countless families living in Central America. In areas where a majority of the population falls well below the poverty level, meals often consist of only basic grains and children suffer without the nutrients vital to good health and growth. SHI provides seeds, training and support to families desperate to grow food to sustain themselves. We have helped families to plant more than 1,000 organic gardens next to their homes. Children are getting the important nutrients they need and families are increasing their incomes by selling excess produce in the markets and to their neighbors.

Photo by Sarah Kennedy



Sustainable Harvest International

A Special **Gift of Hope** to Plant Family Vegetable Gardens

Dear

This Gift of Hope is given to you by:

Thanks to this gift in your honor, families can be provided with seeds, materials and training to plant their own organic vegetable garden.

OUR MISSION

Sustainable Harvest International is building a global network of local partners working toward environmental, economic and social sustainability. SHI facilitates long-term collaboration among trained local staff, farmers and communities to implement sustainable land-use practices that alleviate poverty by restoring ecological stability.

Sustainable Harvest International

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