

### Growing vegetables on KaravanRoof

During the visit on Sunday, 24<sup>th</sup> March 2013 to villages of Moak Sharif and Kakoo Wasan by Yasmeen Lari with noted pediatrician Dr. D.S. Akram and Erum Ghazi KarvanPakistan's Head of Health Issues, a discussion was held with women to determine their eating patterns. It was clear that their diet is deficient and they needed to include vegetables in their daily diet.

Yasmeen Lari informed that the strong KaravanRoofs being provided to the households can can the load of extra soil required for vegetable farming. Dr. Akram advised that green chillies, tomatoes, tori, spinach, brinjal and kaddoo/paitha can be easily grown and will be extremely beneficial for them.

In view of the environmental improvements being made by the community in Kakoo Wasan that is being rehabilitated with funding from Spiritual Chords of South Africa, it has been decided to immediately get roof farming started. Extra tarpaulin and seeds for the above vegetables will be provided to households to begin growing vegetables. A local gardener working with HF will begin training of one of the women in Kakoo Wasan. It is expected that she will spearhead the roof vegetable gardening movement in the village.



*Kakoo Wasan House*