

# Harvest Money Expo: Experts to conduct trainings on urban farming

By Joshua Kato

Food is the best medicine, so the saying goes. Perhaps it would have been even better to say: "Food made at home is the best medicine."

It is because of this that two special sessions, specifically on urban farming, have been arranged at the 2018 Harvest Money Expo at Namboole. The sessions will take place on Friday, February 16 from 3:00pm to 5:30pm and on Saturday, February 17 from 9:00am to 11:30am. Farmers will be charged sh10,000 to attend all training sessions each day.

The training will be conducted by Dr Diana Nambatya, a 2015 Best farmer (urban) from Kwagala Farm and Harriet Nakabaale from Camp Green. Nakabaale is a well-known urban farmer and consultant from Kawaala.

Urban dwellers find it hard to grow their own food, with the most common excuse being lack of space. And yet, in the same homesteads, you find that all the available space is



Urban farming expert Nakabaale will conduct trainings at the event

allocated to flowers.

"I used to grow only flowers in my compound, until I realised that one cannot eat flowers. My compound is now covered with vegetables and

other foods," Nambatya, who lives in Kulambiro, says.

"Have you considered developing your landscape further by adding space for growing fresh, delicious

and useful produce like vegetables and herbs?" Nakabaale asks.

"The human body needs greens, which come in many varieties, including *Nakati*, *doodo* (amaranths), *Sukuma wiki*, onions, garlic, cabbages, garden eggs, egg plants, carrots, lettuce, mint, rosemary, aloe vera, green pepper and tomatoes," she notes.

At the Harvest Money expo, urban dwellers will be told that rather than spend 40% of their budget buying vegetables from the market, they can ably grow them at home.

A recent survey around the city showed that less than 10% of city dwellers know about sack farming. And yet, it is one of the ways they can reduce their food bill.

"All you need is an old gunny or jute bag, create a few holes in it and then fill it with fertile black soils," Nakabaale says.

She adds: "Whether your yard is large or small, you can still enjoy fresh home-grown vegetables straight from your garden," Nakabaale, whose

urban vegetable farm is now a model farm, says.

According to Nambatya, urbanites can teach their children everything about agriculture.

"From these small manageable gardens, you can teach your little ones how to grow vegetables, by turning gardening into a family activity. You can plant, water plants and harvest produce as a family," she says.

This year, more exhibitors have come on board, compared to last year but the entry fee to the expo remains the same at sh10,000 per person.

Several training sessions have been organised for farmers. Those who want to attend these trainings have to pay an extra sh10,000 day.

Interested farmers exhibitors can book

stall by sending an e-mail to

[hme@newvision.co](mailto:hme@newvision.co) or call 0752007564

0784584