



Where Small Land Yields Big Dreams



From buying every vegetable at the market to feeding her family year-round — how an FFS seed basket and climate-smart practices turned Zahida Naseem's home into a kitchen garden of plenty.

Paving the Path Towards Sustainable Development

Gwadar Lasbela Livelihoods Support Project
Phase II

AT A GLANCE

Beneficiary: Zahida Naseem

Contact: +92 320 1808427

Address: Village Mundi, UC Chib Kalmati, Tehsil Gwadar, District Gwadar

Intervention: Farmer Field School (FFS) — Kitchen Garden Seed Basket

Implementing Partners: FAO, IFAD, GLLSP-II

6+ crops

okra, tomato, chili, spinach,
peas, coriander

Year-round
family nutrition

Climate-smart
water-efficient practices

From Knowledge to Harvest

With the kitchen gardening seed basket provided by FAO, Zahida established her own home-based vegetable garden, cultivating a variety of seasonal crops:

- Okra
- Tomato
- Chili
- Spinach
- Peas
- Coriander

The Story: Skills That Travel Across a Garden Wall

Zahida Naseem is a dedicated female farmer and member of the Farmer Field School (FFS), from Mundi village, Gwadar District. She has a small plot at her home, which she has transformed into a kitchen garden — ensuring year-round access to fresh, nutritious vegetables for her family.

Before joining the FFS under the FAO-implemented GLLSP-II project, Zahida bought all her vegetables from local markets. Through her participation in FFS sessions, she gained practical knowledge in kitchen gardening techniques, soil preparation, seed selection, composting, efficient water use, and integrated pest management.

Despite limited space and water scarcity, she successfully adopted climate-smart, resource-efficient practices — maximising production from a small area.



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“Working in my kitchen garden keeps me happy and connected. It is not just about growing vegetables, it brings peace to my home, confidence to my life, and inspires other women in my village to grow together.”

Zahida Naseem

Sustainable Development Goals Advanced

SDG 2
Zero Hunger

SDG 3
Good Health

SDG 5
Gender Equality

SDG 12
Responsible

SDG 13
Climate Action

The Impact

Today, Zahida's kitchen garden improves her family's nutrition, reduces expenses, and brings her happiness and confidence. By sharing produce and experiences with neighbours, she is also inspiring other women in Mundi village to adopt kitchen gardening and strengthen community resilience.



Lessons Learned & Outcomes



- **Small inputs, outsized returns** — one seed basket plus structured FFS training delivered year-round nutrition for an entire household.
- **Water scarcity is not a barrier** — efficient water use, composting and IPM let a small plot produce six different vegetables in a dry coastal climate.
- **Women are natural extension agents** — Zahida's success has triggered replication among other women in Mundi, multiplying impact at zero additional cost.
- **Nutrition and food security advance together** — home gardens reduce market dependence, lift diet quality and build resilience to price shocks.