

# **FOURTH QUARTER IMPACT REPORT**

## **From (September to November)**

### **1. RESULT AND ACHIEVEMENTS:**

Our project aimed to empower men and women who are beneficiaries of our project in remote areas through organic gardening of Thrive program for growing vegetables. We have made notable progress in several key areas, though some obstacles have also been encountered.

We conducted a workshops to 20 people from Tropeang Tom village and Chor Chong village, Thalaborivath district, Stung Treng province. These participants were chosen from Assisting Children To School and Family Empowerment Project. We taught them about the principles and practices of organic gardening. This involved explaining the benefits of organic farming, including improved soil quality, reduced environmental impact, and healthier produce. We provide women with hands-on experience in implementing kitchen garden techniques. They learn how to build sacks garden and keyhole garden. We completed the construction of 5 keyhole gardens and established 15 sack gardens. This helped them gain confidence and practical skills required for successful organic vegetable cultivation.

After the training, we distributed seeds to those participants, ensuring they had access to the necessary resources to start their gardens. We fostered a sense of community among them, encouraging them to share their experiences and support each other in adopting organic gardening practices. Regular follow-up visits were conducted to monitor the progress of their growing. We provided additional support and addressed any challenges they faced in implementing the methods.

Some of them faced challenges in obtaining essential resources for their gardening, such as organic fertilizers like cow manure and pest control methods. Efforts are being made to explore sustainable solutions and partnerships to address this issue. Ongoing awareness are being conducted to change mindsets and highlight the benefits of organic gardening.

### **2. FINDINGS**

Thrive gardens are a great idea for everyone, even if they don't have much space. They don't need a big area; even a small space near the kitchen can be enough to grow vegetables and some plants for the family. This goes beyond cultivating plants; it equips individuals with the tools to lead healthier, more sustainable lives while fostering a sense of community and environmental responsibility. We found that our beneficiaries is the strong preference for organic soil enrichment methods. Many express their interest in loosing soil, twigs, leaves and natural fertilizers, highlighting a growing awareness of the importance of soil health in organic gardening practices. A key finding is the existence of educational gaps in understanding organic gardening principles. Some participants express a need for more information on natural pest control methods, and the overall management of an organic garden.

### 3. TESTIMONIES

“I learned about organic gardening and how to make gardens in small spaces with Asian Outreach Cambodia. This changed how I think about health and well-being. At first, I did not think a small piece of land could grow anything. I thought it was better to have money and buy food from the store. I did not know the problems with this way of thinking. When I learned more about organic gardening, I understood something new. I saw how growing my own food helped me take care of my health. I was wrong to think that a small piece of land was useless. Organic gardening was a good thing to do, not a waste of time. Now I have keyhole garden and sack gardens at my house. I felt safe and happy to grow my own food without chemicals”.

Mr. Sorn Sokeng

Member of kitchen garden

.....

“AOC provided me a training on kitchen gardening and organic farming. I joined this training to learn more about these topics, which I had ignored before. They taught me simple methods to grow vegetable in small spaces at home, which suited my needs. With AOC’s help, I have keyhole garden and set up sack gardens at my house. I hope that this garden will produce enough vegetable for my family, and that will be fresh and healthy. AOC’s approach has made gardening easier and more enjoyable for me. I have gained confidence and skills in growing organic food at home. The kitchen garden is a proof of what I have learned from AOC. I have become more interested and involved in organic farming”.

Mrs. Touk Kunthea

Member of kitchen garden