

# ESF Urban Garden Initiative

## Camp Toto



The ground around Life is Good in Camp Toto, Port-au-Prince.



With your support, this is what Camp Toto will look like!

### Who Are We

ESF is a grassroots organization that collects volunteers from all walks of life and puts them to work on projects to create more connected and healthier communities in Philadelphia, Senegal, and Haiti. Among many other programs, over the past year ESF has been sending teams of physicians, nurses, and other volunteers to some of the rebuilding communities in Port-au-Prince, Haiti, to conduct mobile health and wellness clinics.

### What We Are Doing And Why

During a Dec 2010 trip to Haiti, ESF members were struck by the food insecurity and nutrient deficiencies endemic in the tent cities of Port-au-Prince. While handing out bagfuls of multivitamins to the children, teenagers, and adults in the clinics, we realized this was just a short-term solution to a major underlying problem. These communities deserve a long-term solution to malnutrition and micronutrient deficiencies, a plan to address barriers to eating fruits and vegetables. In talking to Ysmaille, a community worker and ESF liaison in Port-au-Prince, we discovered a common cause and began creating a plan for increasing access to expensive fruits and vegetables, beginning in the Camp Toto tent city. An urban garden at the Life is Good community center in Camp Toto is our first baby step in providing more fruits and vegetables to the kids and adults of Port-au-Prince. We want this project to be long-lasting and sustainable, continuing long after the volunteers have gone. To that end, Ysmaille and the ESF volunteers are involving the kids and adults of Camp Toto in composting workshops and actual hands-on work in the garden, to ensure a new generation grows up with the knowledge and skills to feed itself.



## ESF URBAN GARDEN PICNIC FUNDRAISER

MAY 21st  
12p-4p

Clark Park  
43rd & Baltimore

For organization info contact:  
info@explorersSF.org  
For ESf Urban Garden donations or  
info contact: alori@sas.upenn.edu

## How We Are Doing It

The first step toward food security and increasing access to fruits and vegetables is to augment the soil. Increasing soil quality or nutrient augmentation begins with adding nutrient-rich organic compounds to the existing soil. This can be accomplished by collecting horse manure, vegetation, food scraps, leaves and straw. Both adults and kids at Camp Toto will be involved in composting workshops and hands-on gardening-- if the adults know its importance, they'll ensure the project's success.

ESF is already collecting manure and greens from sugar cane to begin the composting process. Due to the poor soil quality and long periods of dry weather, the most sustainable method of planting in Haiti begins with using refuse tires as containers to plant vegetables and fruits. The rubber holds in moisture and the dark and moist environment encourages earth worms and healthy microorganisms required for healthy soil. Rain water collection and irrigation, is the next crucial step to accomplishing a thriving garden. Currently ESF volunteers are collecting discarded garden hose and using barrels and tanks to store rain water. In June, ESF volunteers will implement an irrigation system using the collected hose and rainwater to maintain the crops.

## What We Need

Please help us make this food source a continuing reality for Camp Toto! If you can help, please consider contributing to our fundraising efforts. ESF is a 501(c)3 under the Greater Philadelphia Urban Affairs Coalition, and by donating to our Urban Garden Initiative, you enable us to buy the supplies we need in-country—supporting local Haitian farmers and workers while we build our dream garden. Your donations will go towards purchases in Haiti of:

- Picks for breaking up the hard ground
  - Shears
  - Rakes
  - Shovels
  - Machetes
  - Buckets collecting water
  - Hoses for irrigation
  - Scissors
  - Carrots
  - Leeks
  - Eggplant
- Indigenous fruit tree saplings (mangos, oranges)
  - Seeds for growing local vegetables like:
  - String
  - Swiss chard
  - Spinach
  - Calaloo
  - Tomatoes
  - Peppers
  - Beets
  - Cabbage
  - Lettuce

If you have in-kind donations, we will gladly consider bringing them to Haiti with us, but please be cognizant of the space/weight restrictions in our luggage. For more information please visit our website at [www.explorerssf.org](http://www.explorerssf.org) or contact us at [info@explorersSF.org](mailto:info@explorersSF.org)