



# Local Food Report

March 2019 - February 2020



# Vision

To be a leading model in the development and promotion of environmentally sustainable living practices which enhance the health, social wellbeing and economic viability of local communities.



# Local Food Project

## Progress Report

Supervisor: Zikhona Mdalase



*Local Food Supervisor, Zikhona Mdalase, introduces the 2020 theme of Local Food at the 2019 EnviroQuizArt Event. This theme will continue into 2021*



# LOCAL FOOD PROJECT

PROJECT	OBJECTIVE	Key Critical Success Factors
<p>Food gardens and Biodiversity component of food gardens</p>	<ul style="list-style-type: none"> <li>To successfully educate learners and community members to grow their own food by recycling green waste, compost, worm farms. Planting seeds, seedlings, maintaining gardens, harvesting produce.</li> <li>To educate schools and the community about biodiversity in plants, the practical, insecticide, medicinal, health uses</li> </ul>	<p>Buy-in of all Hout Bay Schools and Hout Bay &amp; CBOs</p> <p>Funding for Thrive Local Food Supervisor Post</p> <p>Funding for model development (Salaries)</p>



# LOCAL FOOD PROJECT - Schools

LOCAL FOOD STATISTICS FEB 2019 - MARCH 2020

School Name	Date	Event or Workshop	Adults	Learners	Male	Female	Nr plants	Bags soil	Comment
Herchel Girls	05-Apr-19	Visiting for info on Thrive	3	105		105	0	0	The girls were visiting Hout Bay on a field trip and were shown around the Thrive tunnel and told what Thrive does in Schools
Sentinel Primary	03-Jun-19	Biodiversity planting	1	11	8	3	30	4	Eco Heroes from Sentinel Primary school were given a biodiversity planting session on their school embankment, area 2 metres sq
Sillikamva High	06-Jun-19	Biodiversity planting	1	12	5	7	20	5	Learners learnt the value of taking care of the environment. Plants were bought using voucher won in EnviroQuizz 2018
	06-Aug-19	Art prep session	1	6	3	3	0	0	Silikamva won the senior art competition and did well in the Quiz
	27-Nov-19	Bio garden extension	1	0	0	0	20	4	Paul, Nontsiki and Zikhona implemented the planting before end of term 4
	22-Jan-20	After-school sign up	1	38	12	26	0	0	Session to get learners to sign up to become Thrive Eco Heroes
Kronendal Primary	08-Apr-19	Meeting with Eco Teacher	1	0	0	0	0	0	In April 2019 KP had 4 beds planted by grounds staff with variety of vegetables
	01-Nov-19	Seedling planting session	1	19	8	11	0	0	Plants were bought using vouchers won for best art piece for juniors EnviroQuizz/Art Thrive competition. Learners had fun learning about planting seedlings



# LOCAL FOOD PROJECT – Community

## LOCAL FOOD STATISTICS FEB 2019 - MARCH 2020

Organisation	Date	Type of Event	Adults	Learners	Male	Female	Plants	Consumables	
iKhaya Lethemba	12-Mar-19	Soil preparation session		74	32	42	0	0	Learners from iKhaya enjoyed learning about different types of soil and ways to enrich soil
	06-May-19	Seedling planting session		15	9	6	19	0	Learners planted seedlings in their garden and they were excited as they will have harvest later
Penzance Forest	5-20 Nov 2019	Biodiversity planting		0	0	0	51	0	Effort to green Penzance Forest. Team cleared up an area of waste and introduced a worm farm and planned beds
Penzance Forest	11-Nov-19	Waste awareness session	22		16	6	0	0	Session by PACE on waste management with regard to organic waste
Penzance Forest	04-Dec-19	Portable Toilet demonstration	30	0	12	18	0	0	30 community members attended
Penzance Forest	5-20 Nov 2019	Biodiversity planting	3	0	0	0	51	0	Effort to green Penzance Forest, planted 51 indigenous and water wise plants
Penzance Forest	11-Nov-19	Waste awareness session	22		16	6	0	0	Session by PACE on waste management with regard to organic waste
Penzance Forest	04-Dec-19	Toilet demonstration	30	0	12	18	0	0	30 community members attended
Sakhisizwe Youth at HB Library	18-Nov-19	Conservation Theory presentation	51	0	14	37	0		Department of Environmental Affairs and Tourism trainees were given a theory session on importance of conserving the natural environment
Sakhisizwe at East Fort Chapmans Peak Drive	10-Dec-19	Practical invasive vegetation info session	55	0	16	39	0	4 (litres herbicide)	Department of Environmental Affairs and Tourism Trainees were given a session on importance of conserving the natural environment, a practical session on invasive clearing

# Local Food Project

In 2019 Thrive rendered support to the following gardens:

- Hout Bay High farm (garden maintenance)
- Kronendal Primary garden maintenance and seed sowing
- iKhaya Lethemba Aftercare: Seed sowing and soil prep
- Noluthando Daycare: Seed sowing and composting
- All the seeds sown in schools or aftercare are nurtured in Thrive growing tunnel
- Once ready, seedlings are planted in various gardens



# Local Food Project

## Kronendal Primary School Food garden



On 1<sup>st</sup> Nov 2019 Mark Lewis visited valley Farm Stall to claim their prize they won during EnviroQuiz for 1<sup>st</sup> place Green School and 1<sup>st</sup> place junior art, they purchased seedlings which the Enviro Club learners will plant in containers and take home to take care of over the school holiday. ZM went to spend the afternoon with Kronendal Eco Heroes assisting Kate Rogers and Mark Lewis in training/workshop learners in seedling planting and caring for them at home. 19 learners between the ages of 9-11 from grades 3-5 were instructed to find a container, make holes for drainage, fill with stones and soil and plant their golden beetroot and red cabbage seedlings. Tomato, strawberry and cabbage were planted in the garden. The learners spotted a nest with eggs in the garden and they turned out to belong to some Egyptian geese. This was a highlight for the learners and the afternoon ended off with an evaluation circle where a stick was passed to each learner and they had to say what they enjoyed most.



# Local Food Project

## Sentinel Primary Biodiversity garden



In June 2019, learners, together with their teacher Mr Abrahams, prepared an area for their school biodiversity garden and planted the succulents supplied by Thrive.

In the classroom the learners and their teacher planted about 15 succulent plants in silver metal pots. These were mounted near the admin to add a touch of biodiversity to that area.



# Local Food Project

## Silikamva High Biodiversity Garden

On 6 June 2019, 12 Eco Heroes planted a biodiversity garden in one of the terraces at Silikamva High School. Plants used on this planting day were purchased using the Silikamva Eco Heroes voucher for art in the 2018 Thrive EnviroQuizArt competition and they were able to buy about 20 plants. Thrive donated 3 bags topsoil and 2 bags compost.

Thrive team did a follow up biodiversity planting in Silikamva High School on Wed 27 Nov 2019. An area of 2 meters long by 0,5 wide was populated by a variety of water-wise indigenous plant and 2 bags compost were donated by Paul Robinson, Thrive Chair and Silikamva Mentor. 2 bags of topsoil were donated by Thrive.



# Local Food Project

## Ikhaya Lethemba Parents planting session



On the 22 August 2019 8 parents of the learners from iKhaya Lethemba aftercare centre participated on a seed sowing session. Seeds were sown on the ground and the moms were to make sure that they water them and look after them to ensure they survive.

When moms work in the Ikhaya Lethemba garden, they benefit from skills development and at the same time, can access a space in which to practice growing food. The harvest is then shared amongst participating families. The added advantage is that learners see their parents actively participating and benefitting from the skills that they as Eco Heroes, are learning in the Thrive program.

# Local Food Project

## Hout Bay High Volunteer hosting



On 16 Oct Thrive hosted a volunteer, Georgina Pople who wanted to shadow our Local Food Supervisor as she is doing her Honours in Community Development. She was taken through what takes place in the Thrive tunnel, where plants are propagated to share with the schools as well as other gardens involved in the program. A visit was paid to Hout Bay High School garden to show Georgina one of the champion school gardens in the Thrive program. They participated in a session to assemble eco bricks made by the Hout Bay High Eco Heroes. A planting bed was constructed so as to expand HBH growing space.

HBH's school garden is well maintained with a variety of crops and they sell their produce (mainly lettuce) to restaurants in Hout Bay. Our champion teacher Mrs Julius will no longer be in HBH in 2020 going forward. We will miss her sadly, as she has been the driving force behind the progress made by the school in the Thrive program. Her passion for food growing has motivated generations of Hout Bay High Eco Heroes.



# Local Food Project

## Hout Bay Academy

### Taking the next step

Hout Bay Academy have thoroughly enjoyed the year they spent doing the Thrive Enviro Program. They feel they have learnt enough to go it alone for a while and we are delighted. This means to us that our program has been a success for them.

We wish Hout Bay Academy all the best and encourage them to contact us for guidance, support, or just to tell us their good news stories. This is sustainability at its best!



# Thrive Organisational Details

## Thrive Contact Details:

Organisation Name: Thrive Hout Bay  
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## Thrive Banking Details:

Bank Account holder name: Thrive Hout Bay  
Bank: Nedbank  
Branch number: 167 609  
Type of account: Cheque  
Account Number: 1013997441  
Proof of Payment to: [info@thrive.org.za](mailto:info@thrive.org.za)

