

# The Benefits of Permaculture Education and Sack Gardens in Kenya, East Africa



Mary Mbugua ✉ · February 26, 2014

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*You may have previously read about the work of FoodWaterShelter in Tanzania, East Africa, where they use permaculture solutions to provide the food, water and energy needs of the vulnerable women and children at the [Kesho Leo children's village](#). And you may have heard about [the successful English and Kiswahili PDCs](#) that they have hosted with almost 90 graduates. Well now read a story from one of the world's first Kiswahili PDC graduates who began small to improve livelihoods. Mary Mbugua is based at the Jamii Learning Centre in Nairobi, Kenya, and is working to improve food sovereignty of local famers in schools in her community.*

When I came back to my country Kenya after the April 2013 PDC in Arusha, Tanzania, I was fully energized and looking forward to initiating a process that would make good use of my newly acquired skills in permaculture.

My organization being a new one, I thought the first beneficiaries of this learning would be my family, who were also eagerly anticipating hearing what I learnt in Tanzania. Everybody was very enthusiastic and ready to support me to achieve my dream of growing safe foods for the family and beyond. Permaculture has various principles and I applied one of them within one and half months of returning home: starting small. Bearing in mind the distance and size of our land back at our rural home I decided to figure out how I could start with a kitchen garden in an urban area set-up.



During the first week after the training I approached my eldest sister whom I knew too well where she