

Enjoy a low-cost, healthy diet from your very own vegetable garden and get the chance to make money by selling your own products. Start your own vegetable garden to grow, prepare and eat your own delicious fruits and vegetables. (...)

The article:

<http://www.fao.org/zhc/detail-events/en/c/213014/>

The manual:

<http://www.fao.org/docrep/019/i3556e/i3556e.pdf>