

PUMPKINS AGAINST POVERTY

Every year in Bangladesh, the lives of 1 million people are devastated by floods that destroy homes and land... making it hard for people to feed themselves all year round.

Now with some help from Practical Action, communities have discovered a great solution to improve their health and lives throughout the year.

Hi, I'm Jui. Let me tell you how my family and community are growing pumpkins.

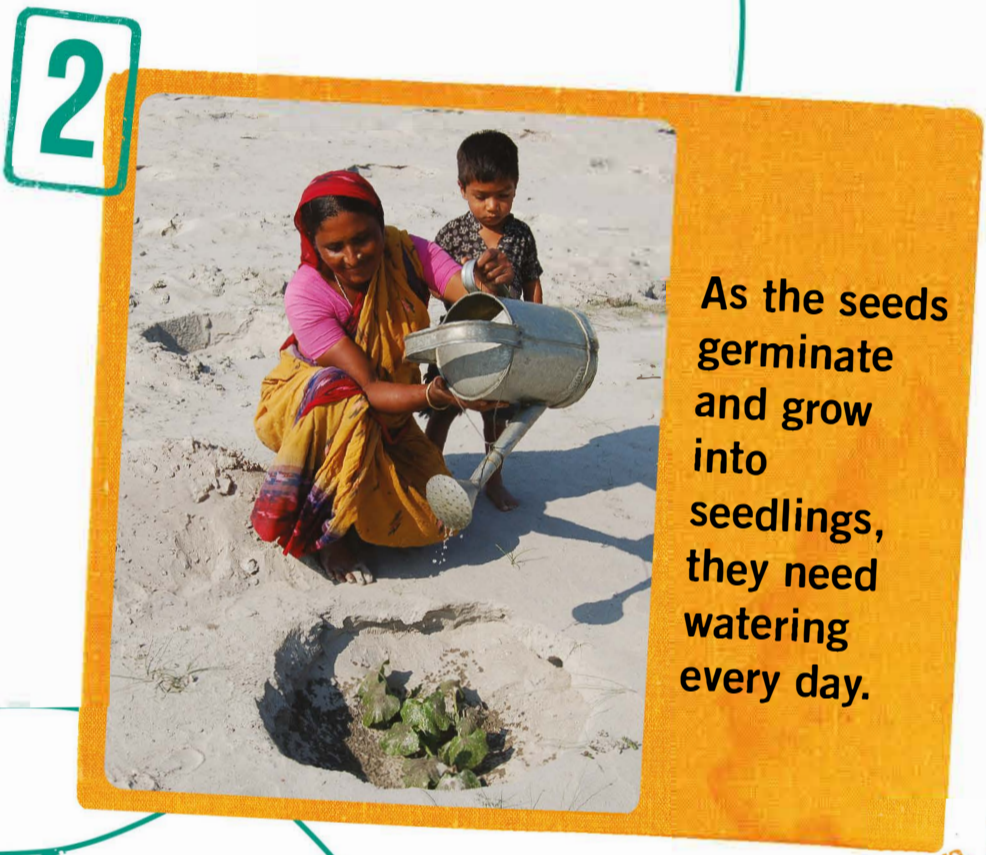


My parents put compost in the pits and plant five seeds in each one.

My mum makes delicious spicy pumpkins snacks that keep us healthy.



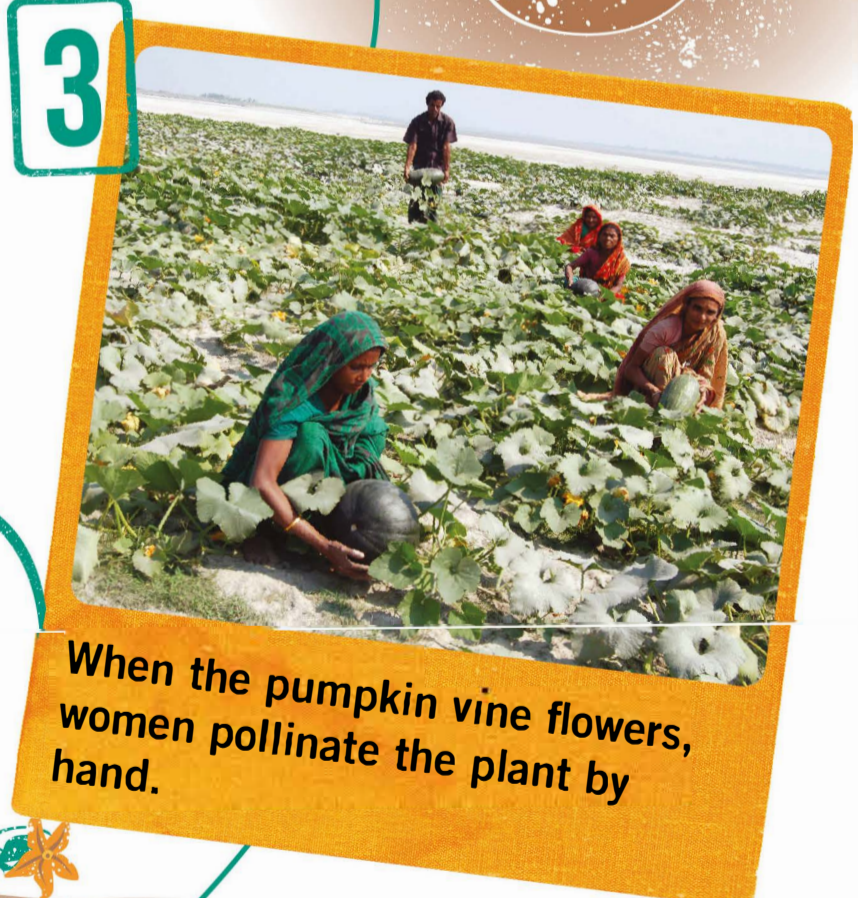
1 People dig one metre wide holes in the sandy soil left behind by the floods and add compost and seeds.



2 As the seeds germinate and grow into seedlings, they need watering every day.



5 Pumpkins can be stored for a long time, so there's enough food to last throughout the year.



3 When the pumpkin vine flowers, women pollinate the plant by hand.



4 The fruit is ready to harvest after five months.

Find out more about PUMPKINS AGAINST POVERTY and what your school can do to make a difference.

