

Asuncion
Green City
of the Americas
Pathways to Sustainability



BEST PRACTICES AND LESSONS LEARNED ON THE

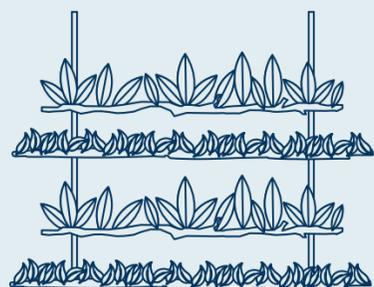
PATHWAYS TO SUSTAINABILITY

URBAN ORCHARDS IN A NATURAL RESERVE

INVOLVING THE COMMUNITY IN THE CONSERVATION EFFORTS

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AN ECOLOGICAL RESERVE AND ITS COMMUNITY

FACING THE CHALLENGE

“Banco San Miguel y Bahía de Asunción” Ecological Reserve is the city’s largest green area. Spreading over 300 hectares, this unique ecosystem is recognized worldwide as a conservation site for shore and migratory birds.

However, the reserve is home to numerous families living in vulnerable conditions. Waste management has become a social and environmental challenge in the area, but the community is working with the Asunción Green City project to reduce irregular dumpsites and restore the reserve.

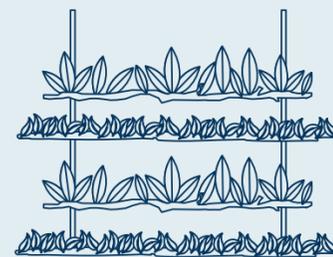




EDIBLE GARDENS AND URBAN ORCHARDS

Edible gardens are small designated spaces in a home to grow a mix of ornamental and aromatic plants with vegetables and medicinal plants. Through the implementation of edible gardens, we can improve food security for families in the reserve, who can grow their own produce for self-consumption, with larger variety and better quality.

Urban agroecological orchards are created in larger spaces and are generally meant for community use, ideally for legumme crops and vegetable production such as beans, corn and yuca. These orchards introduce organic growing techniques that enrich and improve the soil.



"Learning how to grow an edible garden is not something they teach in schools. Being able to pick up my own fresh produce just outside my kitchen window is healthier for my family and better for our economy."

JAZMIN BOGADO

MEMBER OF THE "BANCO SAN MIGUEL" COMMUNITY



WOMEN AT THE CENTER

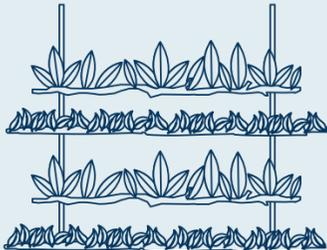
The Municipality of Asunción, in the framework of the project, worked with the communities of San Miguel and Caacupemí, inside the reserve, to offer four training workshops for women heads of households. The courses aimed at strengthening capabilities towards the implementation of edible gardens and community agroecological orchards. These initiatives seek to provide skills and improve opportunities for members of the community who have a key role in caring for the reserve and its ecosystems.

Women are care providers and educators within their families and their community, and can exercise an important leadership to contribute to the protection of the wetland system and the vast biodiversity that the Banco San Miguel Ecological Reserve protects.

ENVIRONMENTAL EDUCATION

The training sessions followed an agroecological approach, aimed at the production of healthy food based on the principles of organic agriculture. Emphasizing the importance of protecting soil diversity and promoting crop diversification, the workshops also promoted the incorporation of native species, such as fruit trees, native medicinal plants and edible native ornamental species.

The women also learned how to create vertical gardens, ideal for smaller spaces and had lessons on waste segregation, composting and techniques to upcycle different elements, such as bottles or tires, to create beds for plants.



"With these techniques we can create our own orchards, grow our own organic vegetables. I have learned how to combine flowers with edible plants, how to enrich the soil, how to treat seeds and sprouts. And to top that, the garden smells amazing."

GRACIELA FLEITAS

MEMBER OF THE "BANCO SAN MIGUEL" COMMUNITY



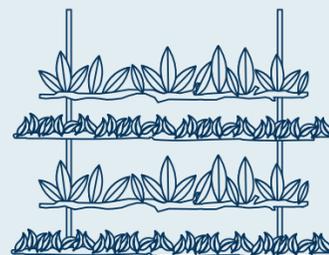
Moving forward, the initiative also included a training session with students from the local school, where they created their own orchard.



MOVING FORWARD

An agroecological orchard was installed in each one of the communities that participated in the initiative, offering further training on composting, soil preparation and care with organic and natural products, planting in seedbeds and direct planting, selection of species according to the seasons, and a canned foods production workshop. Workshops were offered to students at the community's school.

Following the success of the initiative, training sessions were scaled up to include other communities in Asunción's metropolitan area, who also live in the vicinity of large green areas.



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TEKOHA HA
AKÁRAPU'Á KATUIRÁ
Motenondeha

Ministerio del
AMBIENTE Y DESARROLLO
SOSTENIBLE



FONDO PARA EL MEDIO AMBIENTE MUNDIAL
INVESTANDO EN NUESTRO PLANETA



TETĀ REKUÁI
GOBIERNO NACIONAL

*Paraguay
de la gente*



Municipalidad
de Asunción

#ASUNCIÓN
EN ORDEN



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HA MARANDU
Motenondeha

Ministerio de
OBRAS PÚBLICAS
Y COMUNICACIONES



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