



**Seeds for a Future**  
Creating Better Lives - Today!



**Program Books and Guides  
Produced by Seeds for a Future**

**[SeedsforaFuture.org](http://SeedsforaFuture.org)**

## Resource Books and Manuals Produced by the Seeds for a Future Field Team

The Seeds for a Future Team has written and illustrated 29 books and guides on a wide range of subjects for supporting the Program's participants.

The books and guides are invaluable for integrating the mentoring and coaching provided by extensionists and community leaders.

Several books include the comprehensive guidelines for replicating the Seeds for a Future program globally.

For more information on the Program, please contact us at [SeedsforaFuture.org](http://SeedsforaFuture.org).

1. ***Community Development Book***: Detailed description of the experiences of Seeds for a Future implementing its community development program. Heavily illustrated with photographs, the book is designed to guide other organizations interested in implementing a similar program in their area.
2. ***Community Organization for Development***: Provides insights on organizing rural communities, where the most abundant and potentially most effective resource is the rural families themselves.
3. ***Family Gardens and Backyard Farms***: A comprehensive guide for working with rural families to implement Nutrition Gardens and Backyard Farms to promote food security and better nutrition.
4. ***The Functions of Vegetables***: Detailed information and illustrations on the food values of food plants featured in the Family Nutrition Gardens and how to grow them. It also includes information about medicinal plants, basic grains, and meats.
5. ***Nutritious Greens and Vegetables***: Provides an understanding of the basic concepts of nutrition and food, as well as provides full descriptions, with photographic illustrations, of plants that are in demand as food in the community and grow well in the area.

6. ***High-Nutrition Recipes:*** Recipes using the main horticultural crops produced in family nutrition gardens, including how to enhance the nutrition of many popular local dishes.
7. ***How to Raise Rabbits:*** Contains basic information for use in training families in simple methods of raising rabbits, including feeding, breeding, reproduction, pregnancy, delivery, nursing, weaning, and diseases of rabbits.
8. ***Sustainable Production of Poultry:*** Covers the various species of birds that can be raised for food and how to do so effectively in household spaces.
9. ***School Garden Manual:*** A guide for developing a school garden designed to teach children gardening basics, promote better food and nutrition habits, and provide information about nutritious vegetables that can be used for improving meals in the school.
10. ***Medicinal Plants:*** A practical manual for identifying and using various medicinal plants which grow in the lower altitude regions of the Department of Suchitepequez.
11. ***Recipes for Nutritious Hot and Cold Beverages:*** Recipes that use fruits, vegetables and greens in hot and cold beverages to enhance family nutrition (and replace the empty calories of carbonated soft drinks).
12. ***Home-Growing and Cooking Oyster Mushrooms:*** Includes complete information on the nutritional properties of Oyster mushrooms, the process and methods for producing them, and recipes in which Oyster mushrooms can be used.
13. ***Food Value and Nutrition of Different Types of Foods:*** Covers the characteristics and food values of basic grains, milk and milk products and other food types, and the contribution they make to the growth and development of the human body.
14. ***Family Vegetable Gardens (condensed):*** This field guide contains the essential information about nutrition gardens as condensed from the larger book, Family Gardens and Backyard Farms (#3 above).
15. ***Strategic Plan for Planting a Family Garden:*** This book sets forth the strategies developed for planting, growth, production and harvest of various nutritious plants utilized in the municipalities of Santo Tomas La Union and San Pablo Jocopilas. These strategies are based on research and awareness of the climate, with a high prevalence of precipitation during the months of May to September, which acts to guide or determine the selection of plants to be used.

16. ***Production of Seeds, Seedlings and Cuttings:*** A guide to seed collection and preservation, growing seedlings and the use of cuttings in specific areas is presented.
17. ***Cleaning and Cooking Vegetables:*** Deals with the hygiene practices that must be used when handling food.
18. ***Nutritious Greens Recipe Book:*** Recipes from local and neighboring communities, with the addition of plants featured in a nutrition garden. Illustrated with drawings by one of the extensionists.
19. ***Nutrients Book:*** This field manual combines graphic displays to aid Extensionists in explaining the properties of a large array of vegetables, fruits and meats consumed regularly.
20. ***Food and Nutrition:*** Explains how food and nutrition are different but interrelated.
21. ***Dictionary of Concepts:*** A guide to terms often used in group meetings and presentations about the Backyard Farm and related activities, but which family members may not be familiar with.
22. ***How Life Begins:*** As part of our focus on the needs of pregnant and nursing mothers, this pamphlet presents the biology of the miracle of a new life, clarifying the process of fertilization of the ovum by the sperm.
23. ***The First 1000 Days:*** The 1000-day period from conception to age 2 presents a unique opportunity. Good nutrition for both the pregnant/nursing mother and her infant is essential to a healthy life for both.
24. ***Medicinal, Seasoning and Aromatic Plants:*** Provides information on plants grown for medicinal use, as seasonings, or for aromatic purposes.
25. ***Fertilizers:*** In any type of agriculture, crops need to grow in fertile soil to produce the best and most beneficial results. It covers the 16 elements (including both macro and micronutrients) needed by plants and the appropriate amounts for each type of plant.
26. ***Nutrition Benefits of Garden Greens:*** A summary of the main nutritional properties of various greens and herbs.

27. ***Food Security***: This document presents information related to Food Security: how it is defined, the characteristics and effects of food insecurity, and related points of interest.
28. ***The Development of Human Capital***: Focuses on the integral development of each individual.
29. ***A High-Competence Team***: This document is used in internal training to improve how team members work together cooperatively and effectively.

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