

RESOURCE BOOKS AND MANUALS PRODUCED BY THE SEMILLAS FIELD TEAM

1. **Community Organization for Development:** Provides insights on how to organize rural communities, where the most abundant and potentially most effective resource is the rural families themselves.
2. **How Food Plants Function:** Detailed information and illustrations on the food values of food plants featured in Nutrition Gardens, and how to grow them, as well as some information about medicinal plants, basic grains and meats.
3. **Nutritious Greens and Vegetables:** Provides an understanding of the basic concepts of nutrition and food, as well as full descriptions with photographic illustrations of plants that are in demand as food in the community, and which grow well in the area.
4. **High-Nutrition Recipes:** Recipes utilizing the main horticultural crops produced in family nutrition gardens, including how to enhance the nutrition of many local dishes.
5. **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 and weaning; and diseases of rabbits.
6. **School Garden Manual:** A guide for developing a school garden which is designed to both teach children gardening basics and promote better food and nutrition habits, as well as provide nutritious vegetables which can be used to improve meals in the school.
7. **Medicinal Plants:** A practical manual for identifying and using various medicinal plants which grow in the lower altitude regions of the Department of Suchitepequez.
8. **Food Security:** This document addresses the highest priority in the fight against hunger: Food Security, as defined by the World Food Summit of 1996 as "when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life."
9. **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).
10. **Community Development Book:** Detailed description of the experiences over several years of Seeds/Semillas in implementing an integrated community development program. Heavily illustrated with photographs, it is designed to be guide to other organizations who are interested in implementing a similar program in their area, with indications of which local factors must be customized to the area and community in which they work.
11. **Family Gardens and Backyard Farms:** A detailed guide working with rural families to implement Nutrition Gardens and Backyard Farms in order to promote Food Security and better nutrition.
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 growth and development of the human body.
14. **The Development of Human Capital:** Focuses on the integral development of each individual.