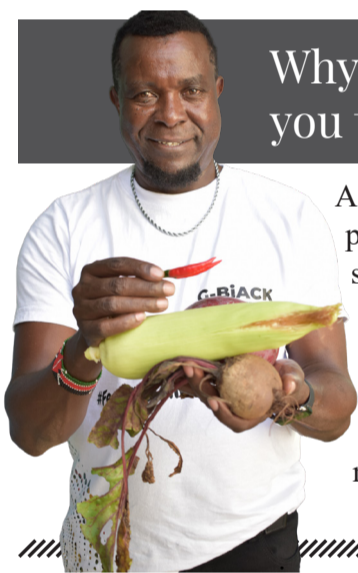


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GROW MORE WITH LESS ...



Why your small garden can produce more than you think.

A well-managed small garden can surprise you. When crops are planted intentionally, cared for consistently, and grown in living soil, every square meter counts.

When crops are spaced correctly and grown in healthy, living soil, plants support each other rather than compete. Techniques such as intercropping and timely harvesting make efficient use of space and nutrients. What may seem like a tiny plot can provide a steady supply of fresh vegetables and seeds for a household. GROW BIOINTENSIVE proves that careful planning and good soil management matter more than the size of the garden.

Your Garden plan	
60%	CARBON & COMPOST CROPS (The Soil Builders)
30%	SPECIAL ROOT & CALORIE CROPS (The Energy Powerhouses)
10%	VEGETABLE CROPS (The Nutrition & Income Zone)

A Visit From University of Pavia Discovers Kenya's Biointensive Miracle - G-BiACK Center.



The Grow Biointensive Agriculture Centre of Kenya (G-BiACK) today hosted a visiting from the University of Pavia, Italy, in an exchange that highlighted the growing global interest in sustainable and regenerative farming practices in Kenya. The visit offered an opportunity to showcase how Biointensive agriculture is being applied successfully at the center to improve soil health, increase food production, and support smallholder farmers.



Equipping Gen-Zs with ICT skills

The training covers practical areas such as introduction to computers, Microsoft Word, Excel, PowerPoint, internet use, and email, with a strong focus on hands-on practice. This training helps improve access to opportunities in today's digital world.

It's mango season at G-BiACK

The center is buzzing with color, sweetness, and good cheer. Ripe mangoes are being harvested, shared, and enjoyed, bringing smiles and a fresh reminder of the joy that comes with farming in season. The moment captures the simple rewards of agroecology, where good care of the land yields both food and happiness.

