



# KITCHEN GARDENERS INTERNATIONAL

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## World Kitchen Garden Day. Islamabad:Pakistan.

Fri, 08/30/2013 - 15:09 -- Salma

World Kitchen Garden Day is an annual, decentralized celebration of food produced on a human-scale. It is recognized each year on the 4th Sunday of August. It is an opportunity for people around the world to gather in their gardens with friends, family, and members of their local community to celebrate the pleasures and benefits of home-grown, hand-made foods.

<http://kgi.org/world-kitchen-garden-day> [1]

Pakistan Has Been celebrating this event for last two years .This year city of Faisalabad also joined in celebration, besides Islamabad.

In Islamabad event was organized by Salma Kamal a kitchen gardening activist.

<https://www.facebook.com/groups/90728545579/> [2]. Arsim School System at Ali Pur Islamabad was kind enough to let its premises to celebrate the event.

The event consisted of inauguration of roof top garden at school. This concept of utilizing roof tops is non existence here. Pakistan is experiencing the effects climate change. The world is becoming warmer Replacing traditional roofs with gardens could help fight climate change .A rooftop garden or green roof can actually cool down the temperature of the building below, making air conditioning bills lower and contributing less to pollution. A rooftop garden can also improve air quality by storing CO<sub>2</sub>, thus reducing its ability to trap heat and contribute to global warming. These gardens can create colorful spots in the midst of a drab urban environment.

Drawing contest was also organized among young children.

. The goal was that children have fun while they learn about vegetables. Books were given to winners. Salma Kamal gave a talk about basics of kitchen gardening. At end of this talk, quiz questions were asked.The winners of quiz we given prizes.

Beenish jamal a renowned herbalist gave a lecture about common herbs in our kitchen and remedies associated with them. In the end chief guest Samina Khan President Girl Guide association Islamabad division shared her kitchen gardening experience.

<http://www.flickr.com/photos/salmakamal/sets/72157635270549365/> [3]

The event was just like a Family day with local community women taking keen interest in all the activities.

The event brought closer all the participants making it such a fun and successful community gathering.

At the end every one enjoyed the tea and delicious assortment of goodies served.

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