HOME GARDEN AS A SOURCE OF CONTRIBUTION FOR FAMILY SUSTAINABILITY IN RETIREMENT

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Abstract

The paper reviewed the home-garden as a source of contribution for family sustainability in retirement. Home garden is the cultivation of a small portion of land either around the house or within walking distance from the family home which serve as a supplementary source of family income. The role of home-garden was reviewed to have played a crucial role during retirement to improve retiree’s nutritional status, income and reduction of family expenditure. The paper also reviewed concept of retirement and sustainability. One of the recommendations were that there should be an informal continuous training or awareness by extension officers to educate retirees on how they could use home-garden as a tool for sustainability in retirement.

Keywords: Home Garden, Retirement, Family Sustainability

Introduction

The period of retirement is a crucial period in lifetime, it is a period of life when one chooses to permanently leave the workforce behind. It is the period of adjustment to physical changes in environmental condition, human relation and income. At this stage some people are paid their retirement benefits such as gratuity and pension. Retirement offers time and space to try new hobbies, and experiences which will be the source of family sustainability. The present economic recession and the fall of naira in the country have made items in the commercial places risen making the income of most families inadequate for sustainability (Harns 2000). Retirement refers to the time of life when one chooses to permanently leave the workforce behind the traditional retirement age is 65year the United states and most other developed countries, many of which have some kind of national pension scheme: Retirement is also defined as the event where workers leave the labour force due to decrease in psychological commitment to work.

Retirement offers time and space to try new hobbies and experiences, with a variety of options It is important to look for an option that can be allured to fit new lifestyle perfectly therefore home garden be considered. Garden most often known as a hobby that can lowers groceries and also offers health mood with a focus on improving retirement. This study examined the role of home garden in retirement.

Sustainability simply means meeting our own needs without compromising the ability of future generations to meet their own needs (Harris, 2000). Family is a fundamental social group in the society typically consisting of parents and their children and also share goals and values, having long term commitment to one another and reside usually in the same dwelling.

The future of the retirees can only be sustained when the family resources are properly management and one of such resources are the open spaces within the family compound or unused land around our premises or environment managing these spaces or land to cultivate for sustainability brought into existence the home garden.

Home garden is one of the world’s most ancient food production practices and is commonly practiced in countries at the world. It has been a way of life for centuries Galhena, et al (2013). Home garden is not only beneficial for daily consumption but it also generates and increases the family income. This so because the farm produces can be sold to members of the community which can equally serve as a means of sustaining the retirees. Home- garden is the cultivation of a small portion of land either around the house or within a walking distance from the family home. It is a small-scale food production system involve in both plants and animals located closed to the house, maintained by the family members for security, convinces and special care.
Concept of Retirement and sustainability: Since retirement means choosing to permanently leave the workforce behind the quality of life in retirement is impacted by Health, family purpose and finances. Achieving your ideal retirement requires through and actions in planning towards retirement. In planning the followings must be considered:

1. Your government pension (what you get from your social insurance fund)
2. Occupational pension, occasional provided by the employer
3. Your private retirement saving plans and investments Having planned will planning should entails
4. Keeping a retirement budget that is knowing your expenses
5. Identity your expenses
6. Identity your risk appetite
7. Figure out how many years you have in hand before retirement
8. Income sources post retirement
9. Stay off debt
10. Invest within your limit

It’s never too late to start retirement planning. Planning is part of the major ways to sustain the family future. There is need for the family to be properly managed for sustainability. Although many definitions abound the most often used definition of sustainable development is that proposed by the Brundtland commission (Cerin, 2001, Dembach, 2003, Stoddant, 2011). The concept of conserving resources for future generations is one the major features that distinguish sustainable development policy from traditional environment policy when also seek to internalize the externalities of environmental degradation. The overall goal of sustainable development (SD) is the long-term stability of the economy and environment this is only achievable through the integration and acknowledgement of economic, environmental and social concerns through the decision-making process.

To secure a sustainable family future there is need for the family to be properly manage for good sustainability and such family to be free from collapsing in the future. Family is a fundamental social group in the society typically consisting of parents and their children and also share goals and values, have long term, commitment to one another and reside usually in the same dwelling. Family future can only be sustainable or the future of the retirees family can only be sustain when the family resources are properly managed and one of such resources are the open spacing within our family compound of unused land around our premises or environment.

Home-gardening is the cultivation of a small portion of land either around the house or within walking distance from the family home. It is a small scale food production system involve both plant and animals located close to the house, maintained by the family members for security convenience and special care.

- Typeset of Home-gardens
- Traditional garden- independent of any intervention
- Promoted garden- receives support from an outside organization.

Concept of Home garden
Home garden refer to the traditional land use system around a home stead where several species of crops and vegetable are given and maintained by the household, members and their products are primarily meant for family consumption and utilization, (Ogundiran, 20130). Home gardens are usually located close to dwellings or homes for security convenience and special care.

Home garden refers to the cultivation of a small portion of land which may be around the household or within a walking distance from the family homes (Odebode, 2006).

Home gardens are found in both rural and urban areas in predominantly small scale subsistence agricultural systems (Odebode, 2006). The very beginning of modern agriculture can be dated back to subsistence production system that began in small garden plots around the home. Home gardens have persistently endured the test of time and continue to play an important role in providing food and income for the family (Kumar & Nair, 2004)

According to Odebode (2006) Home gardening refers to the cultivates of a small position of land which may be around the household or within walking distances from the family walking distances from the family. Home gardens can be described as a mixed cropping system that encompasses vegetables fruits, plantain crops, species, herbs and medical plants as well as livestock that can sense as a supplementary source of food.
Adding to this, Eyzagulre Linares (2010) also described a home garden as a well-defined, multi-started and multi-use area near the family dwelling that serve as a small-scale supplementary food production system maintained by the household members;

Characteristics of a home garden
According to Michelle and Harstad (2004) five intrinsic characteristic of home gardens
- Home garden are located near the residence.
- Home garden contains a high diversity of plants.
- In home garden production is supplemented rather than a main source of family consumption and incomer
- It occupies a small area
- Home garden is a production system that the poor can easily enter at some level.

The Role of Home Garden
- Enhancing food and nutritional security: - The most fundamental role of home garden stems from their contributions to household food security by increasing availability, accessibility and utilization of food products. Home gardens are maintained for easy access to fresh plant and animal food sources. Food items from home gardens add substantially to the family energy and nutritive requirement on a continuous basis. (Odebode, 2006)

- Improving health: - Plants are an important source medicine for human- herbs and medical plants are grown in home garden all over the world and in developing countries nearly 80% of the people use them to treat various illnesses diseases and also to improve health conditions (Nendez, LOK & Sumarriba, 2001).

- Home garden contribute to income generation, improved livelihoods and household economic welfare as well as promoting entrepreneurship Michea & Hastad (2004) asset that home garden can contribute to household economic wellbeing. In several ways, garden products can be sold to earn additional income-trader activities can be developed into a small cottage industry; and earning from the sale of home garden products and the savings from consuming home-grown food products can lead to more disposable income that can be used for other domestic purposes.

- Home- Garden ensure continuous production and availability throughout the year
- Reduces family expenditure especially with regards to food bills in these days of economic meltdown home garden is a vital practice for family sustenance
- Easy access to fresh fruits and vegetables, while it is fresh to benefit from all its nutrients.

Conclusion
The review supports the inclusion and promotion of home garden as the sustainable agricultural practices for retirement. The literature shows the concept of retirement and sustainability while the roles of home garden in retirement are broadly distinguished here for better illustration.

In these contexts, there is renamed attention to food production and livelihood enhancement through home gardens. Therefore, to my mind, it could be considered as one of the numerous strategies for sustainability in retirement.

Recommendations
The writers recommend the following:
1. There should be an informal continuous training or awareness by extension officers to educate retirees on how they could use home garden as a tool for sustainability during retirement
2. Individual building or constructing private buildings should be encourage not to use up the total land space for building. This can help them to use the space for garden.
3. Public enlightenment, seminars, workshop on home- garden should be organized regularly in communities, religious centers and schools by home- economist specialist

References


