

Garden2Plates was born out of a passion for gardening and eating healthy good food. **NAWA member Naa Enti** sells salads, greens and herbs that are homegrown in her garden plot in Cantonments. Her primary focus is providing unusual but delicious varieties of lettuce at affordable prices.

Over the last year Naa has attended many organic and specialist farming events in Ghana and made some amazing discoveries. She now partners with **select farmers** whose produce has been carefully screened including cucumbers, tomatoes, sweet peppers, orange sweet potatoes and pineapples. In keeping with the company's ethos of freshness, **she only buys on harvest days**.



From day one, Naa has been concerned about how her produce packaging would impact the environment. It seemed defeatist to cultivate organic, fertilizer-free produce in soil enriched by compost and manure and then sell the resulting harvest in plastic packaging. **Garden2Plates packs produce in brown paper bags and encourages customers to return the bags so that they can be re-used.** They are in the process of shifting all packaging for hard produce to brown paper bags as well. Ready-made salads are sold in **biodegradable cornstarch containers** and served with **bamboo forks**. Garden2Plates also invites customers to provide their own reusable containers for fulfilling their orders.

Leafy greens present a special challenge. These need to be stored in airtight packaging to prevent moisture from entering and thereby making the greens go off quickly. Garden2Plates currently sells leafy greens in plastic ziplock bags but they have discovered **cornstarch ziplock bags which are biodegradable**. Once they secure a reliable source, Garden2Plates will sell leafy greens in these cornstarch bags and encourage customers to return used bags to be added to the compost heap.

Garden2Plates composts all unused produce, cut grass, brown leaves and papers. Fruit peels from local fruit sellers that were previously thrown in the rubbish heap are collected by Garden2Plates and added to their compost pile. Naa has invested in two heavy-duty Mantis Composters to expand their composting capacity.

Naa and her company maintain that we all owe our planet a duty of care and that everyone has to do their part. Garden2Plates is certainly endeavoring to do theirs.

Check out the Garden2Plates website: www.garden2plates.com

Lettuces, herbs and produce can be ordered online, by phone, email or via WhatsApp and picked up at the delivery spot at Crosstrain Wellness Centre in Cantonments.

Email: orders@garden2plates.com

Tel: +233 (0)50 388 3838

Most customers join the weekly availability WhatsApp broadcast list and get weekly information on what is ready to order (it is not a chat group so only information from Garden2Plates will show). Order collection days are Tuesdays and Fridays and all orders need to be in the day before the chosen day of collection.

