



Growing your own food is like printing your own money!

Family farming is a way of life with a future and is the best way to ensure our islands' food security. It guarantees food in a sustainable manner while taking care of our island environment and respecting traditions and cultures. Establish vegetable gardens around your homes and start seeing food production happening all around! Whether it is part-time or full-time, working alone or with family and friends, you can fit food production into your life. Ask us, we will show you how to turn your garden into a food factory!

Dr. MURUKESAN KRISHNAPILLAI
RESEARCHER/EXTENSION SPECIALIST
COOPERATIVE RESEARCH AND EXTENSION
COLLEGE OF MICRONESIA-FSM
YAP CAMPUS
Tel: (691) 350-4319/5752

College of Micronesia-FSM Cooperative Research and Extension program is funded by the National Institute of Food and Agriculture, United States Department of Agriculture through College of Micronesia Land Grant Program. The College of Micronesia-FSM is an equal opportunity employer.



**2014
International Year of
Family Farming**



FAMILY FARMING

The sustainable model for food production!



The 66th session of the General Assembly of the United Nations formally declared year 2014 as the “International Year of Family Farming” (IYFF). The IYFF aims to raise the profile of family farming and smallholder farming by focusing world attention on its significant role in the fight for eradication of hunger and poverty, providing food security and nutrition, improving livelihoods, managing natural resources, protecting the environment, and achieving sustainable development, in particular in rural areas.

WHAT IS FAMILY FARMING?

Family farming includes all family-based agricultural activities, and it is linked to several areas of the rural development. Family farming is a means of organizing agricultural, forestry, fisheries, pastoral and aquaculture production which is managed and operated by a family and predominantly reliant on family labor, including both women’s and men’s. The family and the farm are linked, co-evolve and combine economic, environmental, reproductive, social and cultural functions.

In the Federated States of Micronesia, family farming is the predominant form of agriculture in the food production sector.

WHY FAMILY FARMING SIGNIFICANT?

- ◆ Family farming preserves traditional food products, while contributing to a balanced diet and safeguarding the agrobiodiversity and the sustainable use of natural resources.
- ◆ Family and small-scale farming are inextricably linked to food security.
- ◆ Family farming represents an opportunity to boost local economies, especially when combined with specific policies aimed at social protection and well-being of communities.

1

GUARANTEE OF FOOD SUPPLY

70% OF THE WORLD FOOD PRODUCTION IS PROVIDED BY FAMILY FARMERS

- ◆ Key to fight Hunger and Malnutrition.
- ◆ Small farms are often more productive and sustainable per unit of land and energy consumed.

2

GENERATES WELFARE

40% OF WORLD HOUSEHOLDS DEPEND ON FAMILY FARMING

- ◆ Out of the 3,000 million rural people in developing countries, 2,500 belong to families engaged in Family Farming.
- ◆ Also contributes to stabilize the population in rural areas, to preserve historical and cultural values, to generate income and consumption.

3

POVERTY ALLEVIATION

AT LEAST TWICE MORE EFFECTIVE THAN OTHER PRODUCTION SECTORS IN THE PREVENTION OF POVERTY

- ◆ GDP growth originated in agriculture is at least twice more effective in reducing poverty than GDP growth generated in other sectors.
- ◆ Agricultural and rural growth also benefits the poor in urban areas, due to the abundance and proximity of food.

4

BIODIVERSITY PROTECTION

GREAT POTENTIAL FOR THE CONSERVATION OF LOCAL VARIETIES

- ◆ Throughout history, we have used about 7,000 plants to meet basic needs. However, only 50 species are grown commercially, of which 30 constitute 90% of the calories in the human diet.
- ◆ Family Farming, besides being a source of genetic agro-diversity, can ensure their preservation through the use of native seed varieties and native livestock breeds well adapted to various environments.

5

WOMEN AS FARMERS

WOMEN MAKE NEARLY HALF OF AGRICULTURAL LABOR IN DEVELOPING COUNTRIES

- ◆ In most cases, the woman cooks and puts food on the table, sells farm products and deals with the health of the family. She is the first educator of their children, to whom gives birth.
- ◆ Women contribute a significant proportion of agricultural labor force in developing countries.