



REGENERATIVE LIFE GARDEN (RLG)

Under RegenNow Farms | In Partnership with Multisolving Institute

COMMUNITY NEEDS ASSESSMENT REPORT

Climate Quest for Food Sovereignty and Climate Action in Sub-Saharan Africa



29 community participants gather at Maisha Garden for the RLG Needs Assessment — 20 December 2025, Kampala, Uganda.

Date: 20 December 2025

Prepared by: RLG Team

Venue: Maisha Garden, Kampala, Uganda

Learning Partner: Multisolving Institute

29

Community Participants

11

Communities
Represented

62%

Refugee Participants

19

New RLG Volunteers

OUR VISION:

A world where every household regenerates nature, fixes climate while securing food.

"Feeding People. Restoring Ecosystems. Building Livelihoods."



1. Executive Summary

The Regenerative Life Garden (RLG) is a vertically structured, multi-layered, composting-integrated garden system designed to deliver multiple co-benefits simultaneously — addressing food insecurity, climate change, biodiversity loss, waste pollution, and livelihoods — particularly in urban and peri-urban settings. RLG was launched in July 2025 under RegenNow Farms in Kampala, Uganda. More than a garden, RLG is a regenerative livelihood platform built for the world's most vulnerable communities.

On 20 December 2025, at Maisha Garden in Kampala, RLG conducted a structured, participatory Community Needs Assessment, bringing together 29 representatives from 11 diverse urban communities, 62% of whom were refugees (Congolese and Rwandan), 38% Ugandan nationals, and 52% women. Using the FLOWER Tool adapted from Multisolving Institute's framework, the assessment uncovered the priorities, aspirations, and challenges of communities where RLG operates and intends to expand.

KEY INSIGHT:

Community members did not just come to learn about a garden. They came to envision a better future. And what they saw in that future, more than anything else, was food, income, health and well-being

The petal ranking exercise, in which all 29 participants each cast three votes across eight FLOWER dimensions, produced a clear mandate:

- Livelihoods & Jobs ranked first with 14 votes (24.6%) — economic survival is the community's primary need.
- Health & Well-being ranked second with 13 votes (22.8%) — nutrition and physical health are inseparable from food systems.
- Food & Water ranked third with 11 votes (19.3%) — reliable, organic produce remains essential.

These findings confirm that RLG must be framed — and funded — not only as a climate or food solution, but as a regenerative livelihood system. This report presents the full findings, methodology, community voices, gap analysis, and a time-bound recommendation roadmap to guide RLG's next phase of investment and expansion.

2. Background and Problem Statement

2.1 The Polycrisis Context

Kampala, Uganda's capital, is one of the fastest-growing cities in Sub-Saharan Africa, home to a complex tapestry of communities including urban migrants, refugees, low-income households,



women-led families, and youth. These populations live at the intersection of multiple converging crises — food insecurity, climate vulnerability, economic precarity, biodiversity loss, and waste pollution. Traditional responses address these crises in isolation. RLG rejects this fragmentation. It embodies a multisolving philosophy: one regenerative intervention, multiple cascading benefits.

2.2 What Is RLG?



The Anatomy of an RLG showing multi-layered composting integration.



A community member tends the garden at Maisha Garden.

The Regenerative Life Garden is a vertical, multi-layered garden system with a central integrated composting unit enabling continuous nutrient cycling. Key features: maximises food production in limited urban spaces (as small as 2m²); regenerates soil health without synthetic inputs; integrates biochar for carbon sequestration; supports biodiversity including pollinators and microorganisms; applies zero-waste circular economy principles; and adapts to household and community. A well-maintained RLG produces organic vegetables for up to three years before re-establishment.

"RLG is not a garden project. It is a climate action that feeds people, builds livelihoods, and regenerates ecosystems — all at once. We call it a Climate Quest for Food Sovereignty."
— **David Munezero, RLG Founder**

3. Partnership & Institutional Framework

3.1 Multisolving Institute

RLG's methodological backbone was provided through a strategic partnership with the Multisolving Institute — an organization dedicated to addressing multiple problems through integrated, systems-level solutions. RLG was selected as a partner in Multisolving's Impact Lab where RLG team members **David Munezero, Alessandra Vega, and Iyanuoluwa Fatunmbi** participated and learnt about FLOWER tool.

3.2 The FLOWER Tool



Inspired by Multisolving's systems-thinking framework, RLG adapted the FLOWER Tool featuring eight interlinked petals representing domains of community wellbeing and ecological health: Livelihoods & Jobs, Health & Well-being, Food & Water, Climate Protection, Connection, Biodiversity, Waste Management, and Resilience.

4. Methodology

4.1 Assessment Design & Participant Profile

The assessment used participatory and systems-based methodologies grounded in the Visioning Method and the adapted FLOWER Tool. Community leaders were asked to identify 3–5 representatives from each target community, ensuring gender balance, multi-generational inclusion, and refugee representation.



4.2 Session Flow



Participants on the garden tour at Maisha Demo Garden, observing, questioning, and engaging with the RLG composting unit.

- Phase 1 — Welcome & Introductions (14:00–14:30): Participants introduced themselves in home languages. Francine Lea translated across French, Kinyarwanda, Swahili, and English.
- Phase 2 — Garden Tour (14:30–15:00): Participants toured four RLG demonstration gardens, physically engaging with composting units, vertical beds, and biochar integration.
- Phase 3 — FLOWER Group Discussions (15:00–16:00): Eight randomly assigned groups of 3–4 participants each explored one FLOWER petal using the Visioning Method — projecting 5 years into the future.
- Phase 4 — Plenary Presentations (16:00–17:00): Each group presented their petal findings to all participants.
- Phase 5 — Petal Ranking (17:00–17:40): Each participant cast up to three votes identifying priority areas for RLG contribution.
- Phase 6 — Volunteer Registration & Closing (17:40–18:00): 19 participants formally registered as RLG volunteers with written consent.

5. Key Findings by FLOWER Petal

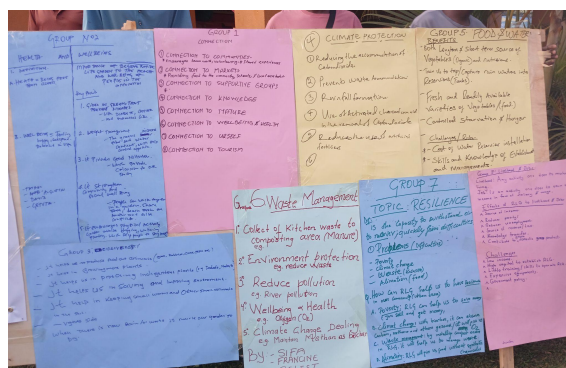


The following findings synthesize community voices, group discussion notes, and direct participant observations captured across all eight petal groups.

FLOWER Petal	Key Findings	Challenges highlighted	Priority
Livelihoods & Jobs	Income generation; poverty reduction; GDP contribution; skills transfer; employment.	<i>High setup capital; limited training; expensive equipment; policy barriers.</i>	HIGHEST
Health & Well-being	Disease prevention; weight management; nutrition; physical activity; social wellbeing.	<i>Access to diverse vegetables still limited in some areas.</i>	VERY HIGH
Food & Water	Organic vegetable supply; hunger mitigation; water conservation.	<i>High cost of water tanks; limited installation skills.</i>	HIGH
Climate Protection	CO ₂ absorption; biochar carbon sink; reduced synthetic fertilizers; methane mitigation.	<i>Community climate awareness still developing.</i>	HIGH
Connection	Community cohesion; market linkages; knowledge sharing; nature connection; Agri-tourism.	<i>Requires consistent facilitation to sustain.</i>	MEDIUM
Biodiversity	Indigenous crop protection; soil microbiome habitat; ecosystem support; animal feed.	<i>Water scarcity during dry seasons threatens garden life.</i>	MEDIUM
Waste Management	Kitchen waste composting; reduced air pollution; biochar production.	<i>Behavioral change requires ongoing community education.</i>	MEDIUM
Resilience	Coping with displacement, poverty, climate shocks; food sovereignty; self-sufficiency.	<i>Long-term sustainability requires continued capacity building.</i>	DEVELOPING



Community members in group discussion — actively writing, debating, and building collective vision.



A completed flip chart showing group findings — primary data in participants' own voices and handwriting.



5.1 Livelihoods & Jobs:

Group 8 opened by defining their terms with precision: livelihood as any activity done to make a living; a job as earning income through salary or wage. They identified RLG as a source of income through vegetable sales, a poverty-reduction mechanism, an unemployment solution, and a contributor to Uganda's GDP and tax base. Knowledge transfer — the passing of regenerative skills — was cited as a critical long-term livelihood benefit.

COMMUNITY VOICE:

"With the garden at home, you can have food and you can sell. RLG is not just growing — it is a business." — **Mukarazi Mukisa:** Group 8 Participant, Livelihoods & Jobs

Challenges acknowledged: high capital costs to establish RLGs; limited training and skills; expensive equipment; and regulatory/government policy barriers — particularly relevant for refugee participants who face legal restrictions on formal employment.

5.2 Health & Well-being:

Group 2 framed health as freedom from illness and well-being as a balanced, happy life. They identified five pathways through which RLG improves community health: disease prevention (diabetes, cancer, malnutrition), weight management through dietary fibre, nutritional supplementation (calcium, vitamins, phytonutrients), social cohesion and conflict reduction, and physical activity through gardening labour.

COMMUNITY VOICE:

"The garden gives us greens that prevent diseases. When you have good food, you have good health. And when you have good health, you can work and build your future." — **Maitha Mathias:** Group 2 Participant

5.3 Food & Water:

Group 5 surfaced both the promise and the most critical technical barrier facing RLG's scale: water infrastructure. RLG provides long and short-term organic vegetable supply, enables rainwater harvesting through its design, ensures fresh available food, and directly addresses starvation among refugees and vulnerable households. But water reservoir installation is costly, skills are scarce, and gardens are at risk during dry seasons.

CRITICAL GAP:

Water infrastructure is RLG's most urgent technical and partnership challenge. Solving it unlocks food security, biodiversity protection, and climate resilience simultaneously — a true multisolving opportunity.



5.4 Climate Protection:

Group 4 demonstrated systems thinking about RLG's climate contributions: CO₂ absorption through plant photosynthesis; biochar as a long-term carbon sink; prevention of waste accumulation and methane releases; support for rainfall formation through urban green cover; and elimination of synthetic fertiliser use.

5.5 Connection, Biodiversity, Waste Management & Resilience

Connection (Group 1) identified eight dimensions of community linkage RLG enables — from market networks to self-awareness to eco-tourism. Biodiversity (Group 3) highlighted RLG's role protecting indigenous crops (Dodo, Nakati) and supporting soil micro-organisms. Waste Management (Group 6) demonstrated the elegant circularity of kitchen waste becoming compost becoming food. Resilience (Group 7) defined their reality directly: poverty, climate change, waste, and food insecurity — and showed how RLG addresses each.

COMMUNITY VOICE:

"With an RLG at home, you cannot miss food. RLG will give us food without synthetic chemicals. That is resilience." **Muhire Janvier**— Group 7 Participant, Resilience

6. Petal Ranking Results

After all group presentations, each of the 29 participants cast up to three votes across the eight FLOWER petals. Total possible votes: 87 (29 × 3). Total votes cast: 73.

Rank	FLOWER Petal	Votes	Share	Visual
1st	Livelihoods & Jobs	14	24.6%	
2nd	Health & Well-being	13	22.8%	
3rd	Food & Water	11	19.3%	
4th	Climate Protection	10	17.5%	
5th	Connection	9	15.8%	
6th	Biodiversity	7	12.3%	
7th	Waste Management	6	10.5%	
8th	Resilience	3	5.3%	





A participant holds the handwritten petal ranking results — raw democratic data collected transparently in front of all 29 community members.

6.1 What the Ranking Tells Us

The top three petals — Livelihoods & Jobs, Health & Well-being, and Food & Water — collectively received 38 of 73 votes (52%). This concentration is a clear strategic mandate. Communities are not indifferent to ecological dimensions — they simply prioritize economic survival first. It reconfirms that: climate and food solutions must pay people, not only save the planet, for communities to adopt and sustain them.

INVESTOR INSIGHT:

Resilience ranked last — not because communities do not value it, but because for participants facing daily displacement and poverty, resilience is an indirect outcome. RLG's task is to make resilience the result of meeting more immediate needs.



7. Gap Analysis

The following gaps represent both honest challenges and investment opportunities for funders and partners:

Gap Area	Description & Implication
Water Infrastructure	RLG lacks water reservoir capacity. Dry season vulnerability is the greatest threat to food production continuity. On the hand every home and community has wasted (dirty) water that can be purified for this purpose. No current partnerships address this at scale.
Economic Integration	RLG produces food but has not yet connected outputs to formal markets. Revenue models for individual growers are undefined.
Training Capacity	19 volunteers are registered but no structured training curriculum exists. Skills transfer at scale requires a replicable, community-led model.
Monitoring & Evaluation	Baseline data on household food security, income, and health indicators was not systematically collected during this needs assessment.
Refugee Economic Inclusion	62% of participants are refugees. Legal barriers to formal employment in Uganda mean income models must be structured carefully.
Gender-Responsive Design	Women represent 52% of participants yet livelihood models have not yet been designed with their specific burdens and constraints at the center.
Inability to measure soil improvement and biodiversity protected	The project is not yet able to systematically measure the state of the soil and improvement over time and biodiversity protected.
Scale-Up Pathway	RLG currently operates 11 RLGs across 4 communities. A formal replication pathway from demonstration to city-wide expansion has not yet been achieved.

8. Strategic Recommendations

Timeframe	Recommended Action	Resources Needed	Responsible
Immediate (0–3 months)	Launch volunteer training for 19 registered volunteers: agronomy, composting, business basics.	<i>Training manuals, facilitators</i>	RLG Team + Partners
Short-term (3–6 months)	Establish market linkages: connect RLG produce to schools, hotels, and local markets.	<i>Market mapping, sales training</i>	RLG Lead + RegenNow Farms + Partners
Short-term (3–6 months)	Seek WASH partnerships for subsidized water reservoir installation and wasted water purification system at all RLG sites.	<i>WASH partners, NGOs, private sector</i>	RLG Team



Timeframe	Recommended Action	Resources Needed	Responsible
Medium-term (6–12 months)	Design tiered RLG models: household, Regenerative micro-enterprise, business model and community hub levels.	<i>Design sprints, prototyping budget</i>	RLG + RegenNow Farms + Partners
Medium-term (6–12 months)	Develop M&E baseline indicators across priority petals for funder evidence reporting.	<i>M&E framework, data tools</i>	RLG + Multisolving Institute + Makerere University
Medium-term (6–12 months)	Co-create blogs & social content with Multisolving Institute around FLOWER findings.	<i>Communications support</i>	RLG Team + Multisolving Institute
Long-term (12–24 months)	Pilot Community Supported Agriculture (CSA) model in 2–3 communities.	<i>CSA legal structure, financing</i>	RLG + Govt. Partners
Long-term (12–24 months)	Explore carbon finance, climate grants, and regenerative impact investment for expansion.	<i>Grant writers, climate finance experts</i>	RLG Leadership + Volunteers

8.1 The Case for Community Supported Agriculture (CSA)

Multiple participants and advisors surfaced the CSA model as a promising income-stabilizing structure for such a project. Under CSA, community members subscribe in advance to a share of the harvest, providing growers with upfront income, reducing market risk, and building loyal producer-consumer relationships. For RLG, a hybrid model could work at three tiers: one garden feeds the grower's family; a second pays back startup investment; a third generates subscription income from local households, schools, and hotels.

9. The Investment Case for RLG

9.1 SDG Alignment

Sustainable Development Goal	RLG Contribution
SDG 1 — No Poverty	Income generation through vegetable sales; cooperative economic models; cost savings on food and garden setup fees.
SDG 2 — Zero Hunger	Reliable organic vegetable supply results into household and community food security.
SDG 3 — Good Health	Improved nutrition; disease prevention; physical activity; mental well-being through community.
SDG 8 — Decent Work	Livelihood creation for refugees and vulnerable communities; skills development; formal economy.



Sustainable Development Goal	RLG Contribution
SDG 11 — Sustainable Cities	Urban green infrastructure; waste reduction; community cohesion; improved sanitation.
SDG 13 — Climate Action	Carbon sequestration via biochar and plant biomass; reduced synthetic inputs; methane mitigation.
SDG 15 — Life on Land	Indigenous crop protection; soil microbiome restoration; habitat for pollinators and microorganisms.
SDG 17 — Partnerships	Multi-stakeholder model: Multisolving, RegenNow Farms, RegenIntel, Maisha Garden, volunteers.

9.2 Demonstrated Community Buy-In

Of the 29 community participants who attended the Needs Assessment, 19 — that is 65.5% — voluntarily registered as RLG volunteers before leaving the venue, signing written consent forms and committing to future implementation, training, and advocacy roles. In a world where community ownership is often assumed but rarely proven, this figure speaks for itself.

65.5% VOLUNTEER CONVERSION

Of participants became volunteers on the same day — without any financial incentive. This is community conviction, not charity dependency.

9.3 Lean, High-Impact Model

The entire Needs Assessment — including materials, transport for 30 people, food, photography, and supplies — cost USD 299.56. This demonstrates the resource stewardship and mission commitment that distinguishes RLG from organizations requiring large overhead to generate community engagement.



The community celebrates at the close of the assessment — flip charts, energy, and commitment on display.

10. Needs Assessment Budget & Expenditure

Item	Quantity	Amount (UGX)	Amount (USD)
Snacks & Beverages	1 session	UGX 180,000	USD 50.53
Notebooks	2 units	UGX 24,000	USD 6.73
Markers	1 set	UGX 15,000	USD 4.21
Flip Chart	1 unit	UGX 20,000	USD 5.61
Manila Paper	24 sheets	UGX 48,000	USD 13.48
Team Transport	N/A	UGX 50,000	USD 14.03
Participant Transport Refund	30 persons	UGX 600,000	USD 168.45
Video & Photography	1 session	UGX 50,000	USD 14.04
Buckets (water supply)	4 units	UGX 80,000	USD 22.46
TOTAL		UGX 1,067,000	USD 299.56

11. Assessment Team & Roles



Role	Name	Key Responsibilities
Main Host	David Munezero	Event oversight, welcoming participants, directing logistics, presenting RLG vision.
Methodology Lead	Gaspard	FLOWER Tool facilitation, data quality assurance, analysis, report compilation.
Logistics Lead	Tumusiime David	Materials procurement, navigation support, participant engagement, checklists.
Timekeeper	Joan Gabunga	Time tracking across all sessions; keeping activities on schedule.
Note-Keepers	Vicent Sseguya & Muhire Janvier	Documenting group discussions and plenary insights across all eight petals.
Media	Maitha Mathias	Photography and video documentation of the event.
Food & Beverages	Maisha Restaurant	Provision of snacks and drinks in coordination with the logistics lead.
Translator (volunteer)	Francine Lea	Real-time translation between French, Kinyarwanda, Swahili and English.

12. Way Forward: Immediate Next Steps

- Water Partnerships: Seek WASH organisations, donors, or private sector partners to fund and install water reservoirs at all RLG sites.
- Volunteer Training Program: Organise structured onboarding for 19 registered volunteers covering agronomy, composting, business basics, and community facilitation.
- Knowledge Dissemination: Co-create blogs and impact stories with Multisolving, centered on FLOWER findings and the multisolving dimensions of RLG.
- CSA Pilot: Research and pilot Community Supported Agriculture models as a vehicle for stable grower income and market-linked production.
- M&E Framework: Develop baseline indicators across priority petals to enable evidence-based funder reporting.
- Replication Guide: Produce a formal RLG Replication Guide enabling neighborhood, city, and regional expansion with quality assurance.

13. Conclusion

The RLG Community Needs Assessment is more than a data collection exercise. It is proof of concept — proof that when you bring together 29 people from 11 communities across three nationalities, speaking multiple languages, living through displacement and poverty — and ask them to imagine a better future together, they do not imagine handouts. They imagine gardens. Income. Dignity. Health. Clean air. Community.



That is exactly what the Regenerative Life Garden offers. And now, for the first time, we have community voices — on the record, by vote, in their own words — telling us that RLG aligns with what they most need.

The next phase of RLG must intentionally design regeneration that creates income, dignity, and opportunity — while restoring ecosystems. The findings of this assessment give us both the mandate and the roadmap to do exactly that.

CALL TO ACTION:

If you believe that climate solutions must also be livelihood solutions — that food sovereignty and economic dignity are inseparable — then RLG is your investment. Join us in scaling a model that 29 ordinary people in Kampala have already voted for with their hands, their voices, and their time.

Regenerative Life Garden (RLG) | RegenNow Farms

Kampala, Uganda | January 2026

In partnership with Multisolving Institute



APPENDICES

This section contains the full photographic and documentary record of the RLG Community Needs Assessment conducted on 20 December 2025 at Maisha Garden, Kampala, Uganda.

APPENDIX A: Event Documentation

Chronological photographic record of the Needs Assessment event — 20 December 2025.



A1 | Arrivals & Welcome — Participants gathering at Maisha Garden



A2 | Introductions — Each participant shares name, community & favorite vegetable in their mother language and Francine translating to English



A3 | Garden Tour — Participants observe RLG composting units and translating seedlings



A4 | Garden Tour — Participants observe RLG composting units and translating seedlings



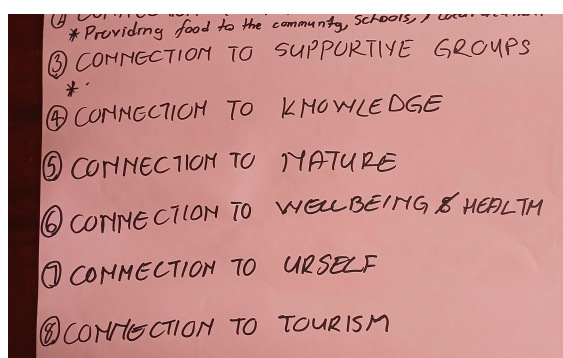


A5 | Group Discussions — Participants engage with FLOWER petal questions

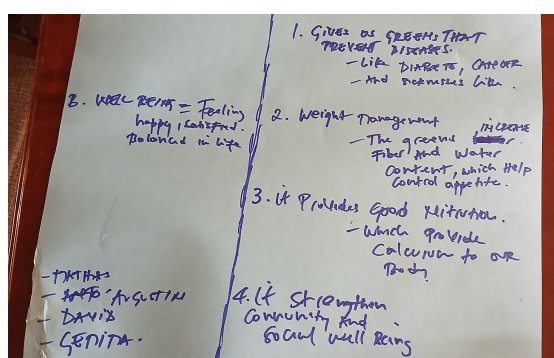
A6 | Group presentations: Mukisa Mukarazi presenting his group findings.

APPENDIX B: FLOWER Group Work — All 8 Petals

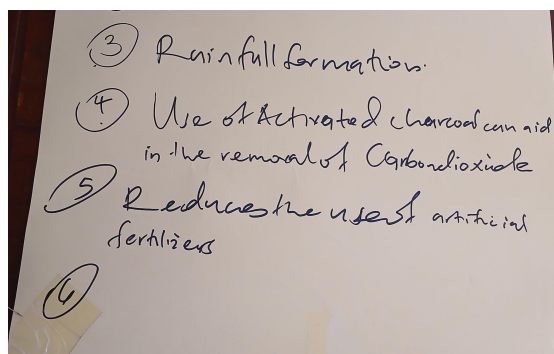
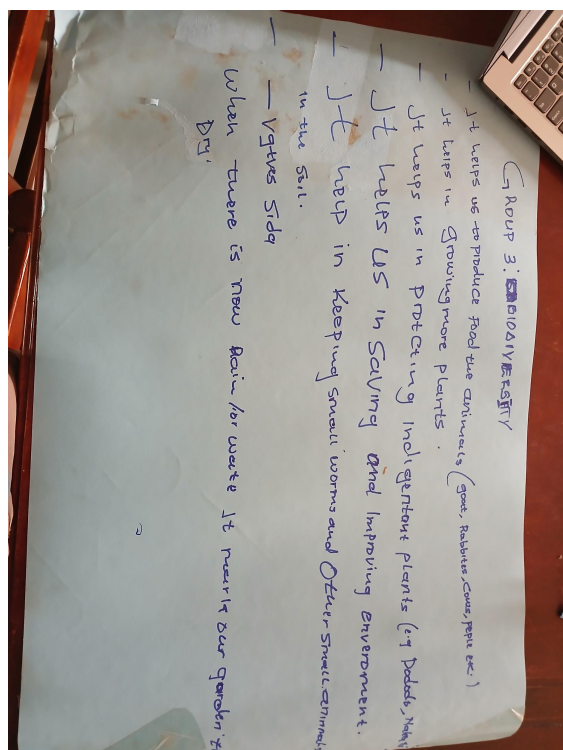
Photographs of completed manila paper / flip chart outputs from all eight FLOWER petal groups. These are primary data — the community's words, unfiltered.



B1 | Group 1: Connection — Petal findings in participants' handwriting



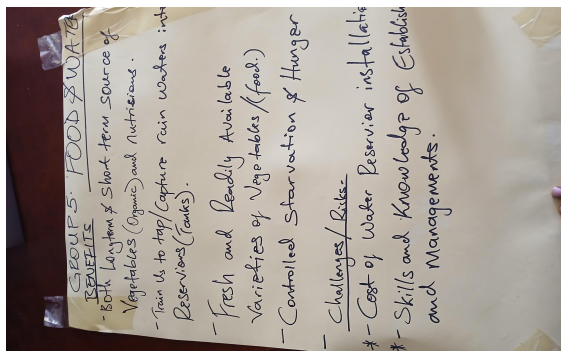
B2 | Group 2: Health & Well-being — Five health pathways identified



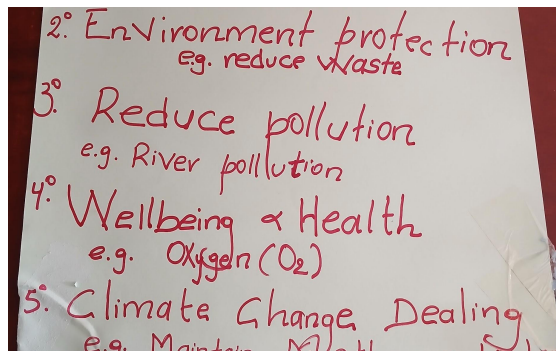
B4 | Group 4: Climate Protection — Carbon, biochar, and rainfall



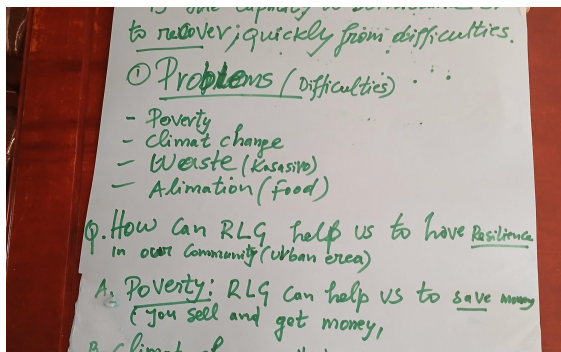
B3 | Group 3: Biodiversity — Indigenous crops and ecosystem protection



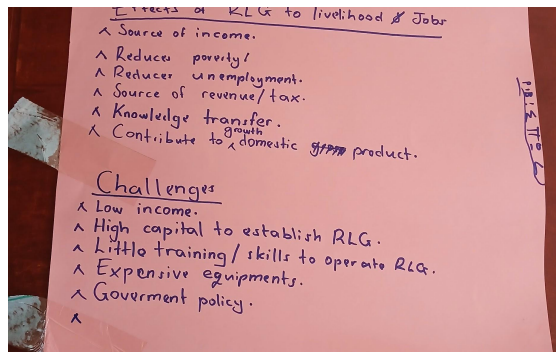
B5 | Group 5: Food & Water — Benefits and water reservoir challenge



B6 | Group 6: Waste Management — Kitchen waste to compost to food



B7 | Group 7: Resilience — Poverty, climate, nutrition solutions



B8 | Group 8: Livelihoods & Jobs — Income, employment, GDP contribution

APPENDIX C: RLG Garden Documentation

Close-up photographs of RLG infrastructure at Maisha Demo Garden.





C1 | RLG— Multi-layered growing system in limited urban space



C3 | Biochar in Soil — Carbon sequestration integrated into garden structure

C2 | Central Composting Unit — Kitchen waste recycled into soil nutrient



C4 | Growing Vegetables — Organic produce from the RLG.

APPENDIX D: Volunteer Registration

Photographic evidence of the volunteer registration process. Phone numbers should be redacted for privacy, but names and nationalities remain visible as proof of diverse community commitment. Insert 2 photos.

KAHAMUNA MURIEL	M	28	Ugandan	
KIBUKUZA MURIEL	M	42	Ugandan	
SABIRUZA MURIEL	M	45	DRC	
SSERUYA MURIEL	M	33	UGA	
JOAN GADUNGA	F	37	Ugandan	
FRANCINE-LEA	F	31	DRC	
MURIEL-LEA	F	29	Ugandan	
BARAKAT-LEA	F	20	DRC	
ROSE MASANGA	F	26	DRC	
SIFA SITHANI	F	40	DRC	
Augustine Lusaka	M	34	DRC	
Jamila Nassau	F		Ugandan	
FURAHIA CEBU	F	41	Congo	
Francine NABUNGU	F	39	Congo	
TANVIER MURIEL	M	45	Congo	

D1 | Volunteer Registration Sheet — 19 participants sign written consent forms



D2 | Signing Process — Community members formally committing to RLG's mission

END OF APPENDICES

For more media, Watch the video: <https://youtu.be/Z3hh-nkhqs0?si=YOQDFmtr-Y1RZUdL>