

Abstract

This research paper gives an overview of the Trinidad economy as it relates to agriculture and its development. Trinidad has been developing rapidly due to its export of natural resources, which is an outside approach. The paper sets out to initiate an inside approach to sustainable development and also give people a sense of self-sufficiency by making them aware that there are alternative options that are practical and useful and which are evident by the people who participated in the study. This would be seen as a beneficial approach as amidst all the rising food prices which are currently taking place in our country today, they can supply these basic needs for themselves.

In the Caribbean, Home Gardens have been a source of livelihoods for many as well as providing subsistence food to the household. The analysis quantified the benefits of this activity in relation to income and savings, and food imports on a whole.